

Transformations: Vegan Recipes You Can Live By Fruit and Vegetable Juices

A New Orange Juice For Breakfast§

<http://www.rebootwithjoe.com/a-new-orange-juice-for-breakfast/>

- 8 medium carrots, peeled
- 1 pear, washed and quartered
- 1 inch piece of ginger root, peeled
- 1 orange, peeled, optional
- a few ice cubes, optional

This orange juice is just that, orange; there were no oranges in the original version it. I added one to this recipe which added a bit more sweetness to it.

Juice the carrots, pear, lemon, ginger root and orange, if included, in an electric juicer.

Serve immediately, optionally over ice.

A Touch of Tropical Fruit Juice§

Tyler, Daniel. 30 Day Juice Cleanse: Over 100 Juicing Recipes to aid weightless, detox, and fasting (p. 45). Encore Publishing. Kindle Edition.

- 1/4-1/2 avocado, peeled and pitted
- 1/4 medium pineapple, peeled and cubed
- 1 handful spinach, washed
- several ice cubes
- 1 lime, peeled
- 1 stalk celery, washed
- 1/2 inch piece of ginger root, peeled
- 2 apples, washed and quartered
- 2 inch slice of cucumber, peeled

Originally classified as a smoothie, this is more of a regular fruit and vegetable juice.

Place the avocado, spinach and ice in a blender.

Juice the pineapple, lime, celery, ginger, apples and cucumber in an electric juicer.

Add juice to blender and blend until smooth. Serve immediately.

This juice contains Omega 3, amino acids, vitamins and minerals. It is also rich in chlorophyll that helps to oxygenate the blood and alkalize the body. This is also full of vitamin E that needed of our skin.

ABC Juices§

Originally "ABCs – Juice". <http://www.rebootwithjoe.com/abcs-2/>

- 2 Asian pears, washed and quartered
- 2 apples, washed and quartered
- 2 beets with greens, if greens are fresh, halved

- 2 carrots, peeled
- 1 cup cabbage
- 6 leaves Swiss chard, or kale leaves, optional

Juice pears, apples, beets, carrots and cabbage in an electric juicer.

If including Swiss chard or kale, place juice in a blender along with leaves. Blend until well mixed. Strain juice through a sieve to remove excess solids before drinking.

Makes almost a quart of juice.

All Packed for Skin§

Tyler, Daniel. 30 Day Juice Cleanse: Over 100 Juicing Recipes to aid Weight Loss, Detox, and Fasting (p. 88). Encore Publishing. Kindle Edition.

- 1/2 cup arugula, washed
- 1/2 cup parsley, washed
- 1 lemon, peeled
- 1 large apple, washed and quartered
- 1 cucumber, peeled
- 1 small papaya, or part of a large Mexican papaya, peeled
- 1 inch piece of ginger root, peeled
- 5 carrots, peeled
- 5 radishes, washed
- 6 stalks celery, washed
- several ice cubes, peeled

A bit of work to make but quite delectable. You can't even tell your drinking greens. Makes two large servings.

Juice the arugula and parsley in a wheatgrass or cold press juicer, if available. Otherwise, place in a blender.

Juice the lemon, apple, cucumber, papaya (it's not necessary to remove the seeds), carrots, radishes and celery in an electric juicer.

Blend juices together in a blender, optionally with ice, until greens are well chopped (if not previously juiced). Serve immediately.

This juice contains antioxidants, vitamin C, magnesium and folic acid. It can improve your skin complexion and cure skin impurities.

Allergy Reliefs§

Calbom, Cherie: The Juice Lady's Turbo Diet: Lose Ten Pounds in Ten Days-the Healthy Way! (page 174) Charisma House Kindle Edition

- 2 stalks celery, well washed

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- 1-2 carrots, peeled
- 1/2 lemon, peeled
- 1/2 cucumber, peeled
- 1 bunch parsley, well washed
- a few ice cubes, optional

This juice is a little potent. Lemon was added to make it a bit more palatable.

Juice the celery, carrots, lemon and cucumber in an electric juicer.

Add the contents to a blender. Add parsley and, optionally, a few ice cubes. Blend until parsley is well chopped. Strain juice through a coarse sieve to remove remaining solids.

Serve immediately.

An Energizing Juice That Gives You Wings§

<http://www.rebootwithjoe.com/energizing-juice-recipe/>

- 1 cup spinach, washed
- 1 cup arugula, washed
- 1 cup blueberries, frozen or thawed
- 4-6 ice cubes
- 1 medium beet, washed and halved
- 1 cucumber, peeled
- 2 apples, washed and quartered

Place spinach, arugula, blueberries and ice in blender

Juice the beet, cucumber and apples.

Combine juice with the greens in the blender. Blend until greens are well chopped and ice is crushed.

Optionally, strain through a sieve into a quart container to remove any residual pieces.

Anised Twist§

The Big Book of Juices, page 243, by Natalie Savona

- 1/2 pineapple, peeled and cut into juicer sized pieces
- 2 apples, washed and quartered
- 1/2 fennel bulb, cut into juicer sized pieces

Juice pineapple, apples and fennel bulb in an electric juicer. Serve immediately.

The fennel gives this juice a most unusual though quite delightful taste. It makes a large glass of juice that is very smooth going down.

Anti-Aging Beet Grape Juices§

<http://www.rebootwithjoe.com/anti-aging-beet-carrot-grape-celery-juice-recipe/>

- 2 stalks celery, well washed
- 2 beets with greens, if greens are fresh, well washed and halved
- 1 handful red grapes, washed and stemmed

- 2 large carrots, peeled
- 1/2-1 lemon, juiced, optional

Juice celery, beets, optionally with greens), grapes and carrots.

Optionally, add a bit of lemon juice and stir if juice is too sweet, which it can be when grapes are used.

Anti-Aging Cocktails§

Originally "Antiaging Cocktail". Calbom, Cherie: The Juice Lady's Turbo Diet: Lose Ten Pounds in Ten Days-the Healthy Way! (page 162)

- 2-3 carrots, peeled
- 1 cucumber, peeled
- 1 small parsnip, peeled
- 1 lemon or lime, peeled
- 1/4 green bell pepper, washed and seeded

Juice carrots, cucumber, parsnip, lemon or lime and green bell pepper in an electric juicer.

Stir and serve immediately.

About average made acceptable with the addition of the lemon or lime. A bit potent.

Anti-Inflammatory Ginger Pear Juices§

<http://www.rebootwithjoe.com/anti-inflammatory-ginger-pear-juice/>

- 2 sprigs rosemary—it must be fresh rosemary
- several ice cubes
- 2 stalks celery, washed
- 1 inch piece of ginger root, peeled
- 6 leaves Romaine lettuce, washed
- 4 pears, washed and quartered

The original recipe called for 1 pear. I changed it to 4 and added ice. The juice is quite peppery, and really needs the extra pears to 'tone it down', as might be imagined. This recipe makes one large serving.

Cut the rosemary sprigs into pieces and add them and the ice to a blender.

Juice the ginger root, lettuce and pears in an electric juicer.

Add juice to blender and blend until the ice is crushed and rosemary is well chopped.

Strain mixture through a sieve into a quart plastic, cup and discard the pulp, to serve.

Drink slowly to avoid potential stomach upset. The juice is quite potent drinking it too fast can be problematic.

Anti-Ulcer Cabbage Cocktail§

Originally "Antiulcer Cabbage Juice". Calbom, Cherie: The Juice Lady's Turbo Diet: Lose Ten Pounds in Ten Days-the Healthy Way! (page 161) Charisma House Kindle Edition

- 1/4 head green cabbage, well washed

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- 2 carrots, peeled
- 4 stalks celery, well washed

Not the most appealing of juices, I consumed this combination a lot once upon a time when I was recovering from a bleeding ulcer. The cabbage, juiced, is especially therapeutic to a damaged stomach lining.

Juice the cabbage, carrots and celery in an electric juicer. Serve immediately.

Anti-Viral Cocktail§

Originally "Antiviral Cocktail". Calbom, Cherie: The Juice Lady's Turbo Diet: Lose Ten Pounds in Ten Days—the Healthy Way! (page 162) Charisma House Kindle Edition

- 4-5 carrots, peeled
- 1/2 cucumber, peeled
- 1 clove garlic, peeled
- 1 turnip, peeled and quartered
- 1 lemon, peeled
- 2 cups spinach, loosely packed
- a few ice cubes

This juice sounds awful but it's actually quite amicable. It's one of the more tolerable green juices though the ice cubes, unlike most other times, are not optional.

Juice carrots, cucumber, garlic, turnip and lemon in an electric juicer.

Add the spinach, and optionally, ice, in a blender. Followed by the carrot-based juice.

Blend until greens are well chopped. Makes a large glass of juice.

Serve immediately.

Apple Basic§

The Big Book of Juices, page 40, by Natalie Savona

- apples, washed and quartered
- carrots, peeled
- ice cubes, optional

It doesn't get any easier than this.

Juice apples and carrots in an electric juicer.

Optionally, serve over ice.

Apple Beet Carrot Juice§

- 2 apples, washed and quartered
- 1/2 beet with greens, if greens are fresh, halved
- 2 carrots, peeled

This is a variation of the classic apple-carrot juice. The beet adds a nice sweetness to the juice. One word of caution: Drink slowly. Any juice with beets in it can trigger nausea if consumed too quickly.

Juice apples, beet and carrots in an electric juicer. Serve

immediately.

Apple Blues§

The Big Book of Juices, page 61, by Natalie Savona

- 3 apples, washed and quartered
- 1 cup blueberries or blackberries, thawed if frozen
- 1 tablespoon flaxseed meal, optional

Juice apples in an electric juicer.

Place apple juice, berries and flaxseed meal in a blender. Blend until smooth. Serve in a large glass.

Caution: Drink slowly. The frozen berries make this smoothie-like drink delicious but also very cold. Drinking too fast will likely cause 'brain freeze'.

Apple Blush 1§

- 3-4 apples, washed and quartered
- 1 nectarine or peach, fresh, pitted, peeled and chopped or frozen, about 1 cup
- 8 strawberries, fresh or frozen, about 1/2 cup
- 1 banana, frozen, sliced, optional

On a 1-10 scale, this juice/smoothie gets an 11!

Juice apples in an electric juicer.

Combine apple juice with nectarine/peach and strawberries in a blender. Blend until smooth.

Optionally, add frozen banana for a smoothie-like texture.

Apple Blush 2§

The Big Book of Juices, page 17, by Natalie Savona

- 3 apples, washed and quartered
- 2 nectarines, washed, pitted and sliced
- 8 strawberries, washed and hulled
- 4-6 ice cubes

Really quite delicious. Optionally, the nectarines can be added to the blender instead of juice in the electric juicer. It depends on the quality of the nectarines. (Mine were a little mushy.)

Add strawberries and ice cubes to a blender.

Juice apples and nectarines in an electric juicer.

Add apple and nectar juice and blend until ice is well crushed.

Serve immediately.

Apple Cabbage Greens Juice§

<http://www.rebootwithjoe.com/apple-cabbage-greens-juice/>

- 2 apples, washed and quartered
- 1/4 head green or purple cabbage
- 2 carrots, peeled
- 1 inch piece of ginger root, peeled

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- 6 leaves Swiss chard, (or bok choy)
- 1 lemon, peeled
- several ice cubes

Makes a solid quart of juice ... and it's not as bad as it sounds. However, it's not a juice you can drink quickly. The apples, carrots and lemon make it tolerable. It REALLY needs the ice, however. The first large glass was pretty easy to drink. When I started on the second, I started to retch and felt like I might throw up. In fact, I thought I was going to do so. Some juices, especially green juices, can be very potent. Still, I ate a banana and my stomach calmed down. Just don't try to chug this juice. It's nutritionally bountiful and really good for the stomach. It's just a little hard to handle. On the positive side, it really energizes you.

Juice the ingredients in the order indicated. Add ice to a glass, and pour the juice over the ice to drink SLOWLY.

Apple Cleanser§

The Big Book of Juices, page 56, by Natalie Savona

- 3 apples, washed and quartered
- 2 large kale leaves
- 2 stalks celery, washed
- 1/2 cucumber, washed and peeled if not organic
- 1/2 beet
- 5-6 ice cubes, optional

In the order indicated, juice the fruit and vegetables indicated in an electric juicer.

Optional add juice and ice to a blender. Blend to crush ice and serve.

Apple Cooler§

The Big Book of Juices, page 306, by Natalie Savona

- 4 sprigs fresh mint, washed
- 1 cucumber, peeled
- 2 apples, washed and quartered
- 1/2 inch piece of ginger root, peeled
- 4-6 ice cubes, optional

Add mint to a blender.

Juice cucumbers, apples, and ginger root. In an electric juicer.

Combine juice with mint and ice in a blender. Blend until ice is well crushed. Serve immediately.

Apple Cranberry Grape Juices§

- 1 cup cranberries, thawed
- 2-3 apples, washed and quartered
- 1 1/2 cups green or red grapes, well washed
- several ice cubes, optional

This makes a rather sweet juice. Adding a little ice

helps take the overly sweet edge off.

In the following order, juice cranberries, apples and grapes in an electric juicer.

Optionally, stir in several ice cubes to chill.

Apple Cranberry Juice§

- 1 cup cranberries, thawed
- 3 apples, washed and quartered
- ice cubes, optional

The following order, juice cranberries and then apples, in an electric juicer.

It's necessary to juice the apples last to force the cranberry juice through the strainer in the juicer.

Optionally, combine juice with ice in a blender and blend until ice is broken up; or simply add ice and stir.

Apple Kiwi Juice§

- 4 kiwi fruits, peeled
- 2 apples, washed and quartered
- 1 lemon or lime, peeled
- a few ice cubes, optional

Makes one large glass of delicious, if not a bit tart, juice.

Place the kiwifruit in a blender. (It's much too good a fruit to simply juice.)

Juice apples and lemon or lime in an electric juicer.

Add apple-citrus juice to blender along with a few ice cubes if desired.

Blend until kiwifruit is well ground. Serve immediately.

Apple Lullaby§

The Big Book of Juices, page 76, by Natalie Savona

- 2 apples, washed and quartered
- 1 lemon, peeled
- 1/4 head lettuce, or 2 cups of spinach, washed in either case
- a few ice cubes

A very agreeable juice. The greens adds a nice sweetness to this fruit based juice.

If using lettuce, tear into bite sized pieces, as you would for a salad. For either the lettuce or the spinach, add these greens to the blender, along with a few ice cubes.

Juice the apples and lemon in an electric juicer and add the juice to the blender.

Blend until the greens and ice are well chopped. You may need to push the spinach leaves down a couple of times with a spatula to get them to mix with the juice.

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Serve immediately.

Apple Mojito§

Originally "In the Reboot Kitchen: Apple Mojito". <http://www.rebootwithjoe.com/apple-mojito-juice/>

- 1 cup fresh mint, washed
- 4 kiwi fruit, peeled
- 4 green apples, washed and quartered
- 2 large limes, peeled
- a few ice cubes, optional

Place mint leaves and kiwifruits in a blender.

Juice apples and limes in an electric juicer. Serve immediately.

Add juice and, optionally, ice cubes to blender. Blend until mint is well chopped.

Serve immediately.

Apple Orchard Berry Buster§

- 3-4 apples, washed and quartered
- 1 cup blueberries or blackberries, fresh or frozen, thawed if frozen
- 1 ripe banana, fresh or frozen, cut into chunks, optional

As much a smoothie as a juice, especially if frozen berries and a frozen banana is used.

Juice apples in an electric juicer. Serve immediately.

Combine apple juice with berries and banana.

Blend until smooth and fruit is well broken down. Serve immediately.

Apple Pear Pineapple Juice§

- 6 apples, washed and quartered
- 3 pears, washed and quartered
- 1/2 pineapple, trimmed and cut into juicer-sized pieces
- 1-2 lemons or limes, peeled

This makes two large servings. Divide the ingredients in half for a single serving.

This juice is very sweet. The citrus takes a bit of the edge off the sweetness.

Juice apples, pears and pineapple and, optionally, the lemons or limes, in an electric juicer. Serve immediately.

Apple Pie Juice§

- 4 apples, washed and quartered
- 1/2 teaspoon ground cinnamon
- ice cubes

A minor variation on a theme, the cinnamon is a nice

touch.

Juice apples in an electric juicer. Add apple juice, cinnamon and ice to blender.

Blend until smooth and serve. Makes one large glass of juice.

Apple Tang§

The Big Book of Juices, page 71, by Natalie Savona

- 3-4 apples, washed and quartered
- 1 grapefruit, peeled and quartered
- 1 lemon or lime, peeled
- ice cubes, optional

This juice is definitely on the tart side, though quite refreshing. Makes a large glass of juice.

Juice ingredients in an electric juicer.

Serve immediately, optionally with ice.

Apple Zing§

The Big Book of Juices, page 80, by Natalie Savona

- 3 apples, washed and quartered
- 2 carrots, peeled
- 1/2-1 inch piece of ginger root, peeled
- a few ice cubes

An excellent morning drink to get the day started.

Juice the apples, carrots and ginger root.

Add to a little ice in a glass and stir, or combine with ice in a blender, to serve.

Apple Zong§

- apples, washed and quartered
- inch slice of pineapple, peeled and cut into juicer sized pieces
- carrots, peeled
- 2-1 inch piece of ginger root, peeled
- few ice cubes

Juice apples, pineapple, carrots and ginger root in an electric juicer.

Serve over ice.

Apples and Neeps§

The Big Book of Juices, page 353, by Natalie Savona

- 3 parsnips, peeled
- 3 apples, washed and quartered
- 1 lime, peeled
- a few ice cubes, optional

A very mild juice and perhaps a bit sharp. An unusual use for parsnips, too.

Juice parsnips, apples and lime in an electric juicer.

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Optionally, serve over ice.

Apples, Pears and Cherries for Aging§

Tyler, Daniel. 30 Day Juice Cleanse: Over 100 Juicing Recipes to aid Weight Loss, Detox, and Fasting (p. 90). Encore Publishing. Kindle Edition.

- 1/2 cup cherries, pitted and washed, or frozen is okay
- 1 apple, washed and quartered
- 2 pears, washed
- several ice cubes, optional

A truly delicious juice.

Place the cherries in a blender.

Juice the apple and pear in an electric juicer.

Combine juice with cherries, optionally including ice. Blend until cherries are well chopped to serve.

This juice is packed with vitamin A, B, C and E that keeps our body hydrating. It also has the essential nutrients that can fight aging.

Asparagus and Tomato Cleansing Juice§

Originally, "Asparagus and Tomato Cleansing". Tyler, Daniel. 30 Day Juice Cleanse: Over 100 Juicing Recipes to aid weightless, detox, and fasting (p. 59). Encore Publishing. Kindle Edition.

- 8 spears of asparagus
- 1 lemon, peeled
- 1 cucumber, peeled
- 1 ripe tomato, washed and quartered
- several ice cubes

Makes one large glass of juice.

Juice the asparagus, lemon, cucumber, and tomato in an electric juicer. Serve immediately, optionally, over ice.

This recipe can help to flush the toxins from our body and can promote cleansing in the kidney.

Australia Day Juice§

Originally "In the Reboot Kitchen: Australia Day Juices". <http://www.rebootwithjoe.com/in-the-reboot-kitchen-australia-day-juices/>

- 1/2 pineapple, peeled and cut into juicer sized pieces
- 1 yellow bell pepper, washed and quartered
- 1 lemon, peeled
- 1 inch piece of ginger root, peeled
- a few ice cubes, optional

This is a very unusual juice, yellow in nature. It was originally a reboot with Joe recipe: This juice was inspired by Australia Day, whatever that is. When I made it with a green instead of a yellow pepper. It makes one fairly large drink.

Juice pineapple, pepper, lemon and ginger root in an

electric juicer.

Serve immediately, optionally serving over ice.

BBQ Blow Out Juice§

<http://www.rebootwithjoe.com/bbq-blow-out-juice-2/>

- 1-2 inch slice of purple or red cabbage
- 1 beet with greens, if greens are fresh, halved
- 2 carrots, peeled
- 2 apples, washed and quartered
- 1 lemon, peeled

This is another of the high potency vegetable juices. It's not bad but it take a bit of getting used to. Drink it slowly to avoid stomach upset. It makes one large glass of juice.

Juice all the ingredients listed in an electric juicer and serve immediately.

Beauty and the Beet Juice§

<http://www.rebootwithjoe.com/beet-orange-turmeric-juice-recipe/>

- 2 oranges, peeled
- 2 beets with greens, if greens are fresh, halved
- 2 stalks celery, well washed
- 1/4 small purple cabbage
- a few ice cubes
- 1 teaspoon ground turmeric
- 1/2-1 teaspoon sea salt

Perhaps "Beauty and the BeaSt Juice" might be an appropriate title, too. Makes 2 large servings. Cut ingredients in half for 1 serving. This juice is okay; not great, just okay. It's VERY potent but chocked full of all sorts of vital nutrients. It could use a little salt. It's kind of flat.

Juice oranges, beets, celery and cabbage in an electric juicer.

Add optional ice, turmeric, and salt to a blender followed by the juice.

Blend to crush ice and serve.

Store the second glass of the remaining juice in a quart mason jar in the refrigerator for later. This is a VERY potent juice and needs to be consumed at two separate settings.

Beet Apple Juice§

Tyler, Daniel. 30 Day Juice Cleanse: Over 100 Juicing Recipes to aid Weight Loss, Detox, and Fasting (p. 1). Encore Publishing. Kindle Edition.

- 10 leaves of lettuce, washed
- 1 beet with greens if fresh, washed and halved
- 1 inch piece of ginger root, peeled
- 2 apples, ideally Fuji applies, washed and quartered
- 2 lemons, peeled

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- 1 inch slice of pineapple, peeled and cut into juicer sized pieces
- several ice cubes, optional

Probably not on my top ten list, I added pineapple to somewhat sweeten this otherwise VERY potent juice.

Add the lettuce to a blender

Juice the beets, ginger root, apples and lemons in an electric juicer.

Add juice to blender with ice, if using, and blend until lettuce emulsified. Serve immediately.

Alternately, lettuce can be processed through a wheat-grass juicer and the juice added to the main juice mixture.

Using beetroot into your juices can make you healthy and helps eliminates dead cells because it has filled with antioxidants. Beetroots are rich in vitamins and minerals such as Vitamin A and C. It also has fibre, manganese and potassium.

Beet Basic§

The Big Book of Juices, page 344, by Natalie Savona

- 2 beets, halved
- 2 carrots, peeled
- 1 apple, washed and quartered
- 1 stalk of celery, washed
- 1/2 inch piece of ginger root, peeled
- several ice cubes

Basically beet and basically quite delicious. It's much better served over ice, however.

Juice beets, carrots, apple and celery in an electric juicer.

Serve over ice.

Beet Carrot Ginger Juice§

Carrillo-Bucaram, Kristina. The Fully Raw Diet: 21 Days to Better Health, with Meal and Exercise Plans, Tips, and 75 Recipes (Kindle Location 2307-2325). Houghton Mifflin Harcourt. Kindle Edition.

- 2-3 medium beets with greens, washed
- 2-3 pounds carrots (about 12 large), peeled
- 1 inch piece of ginger root, peeled
- 1 lime peeled
- several ice cubes

This makes a two large glasses of juice. Adjust ingredients for a lesser amount. This is also a very potent drink. Drink, sip, slowly, to prevent and potentially nausea.

Juice ingredients in the order indicated in an electric juicer. Serve over ice.

Beet Cuke§

Originally "Bloody Cuke". The Big Book of Juices, page 316, by Natalie Savona

- 1 cucumber, peeled
- 2-3 apples, washed and quartered
- 1 beet, washed and halved

When I made this I followed this recipe, of course, and added the juice to a blender with two frozen bananas and protein powder. It actually worked really well and made a pretty delectable smoothie/protein shake.

Juice cucumber, apples and beet in an electric juicer. Serve immediately.

Beet Orange§

Originally "Bloody Orange". The Big Book of Juices, page 152, by Natalie Savona

- 3 oranges, halved
- 1 beet, halved
- a few ice cubes, optional

Makes one regular sized glass of juice.

Juice oranges and beet in an electric juicer.

Serve, optionally over ice, immediately.

Beet Pineapple§

Originally "Bloody Pineapple". The Big Book of Juices, page 248, by Natalie Savona

- 1/2 pineapple, peeled and cut into juicer sized pieces
- 1 beet, halved

Makes for an interesting juice, though probably not the most appetizing combination possible.

Juice pineapple and beet in an electric juicer. Serve immediately.

Beet and Carrot§

Originally "Bloody Carrot". The Big Book of Juices, page 286, by Natalie Savona

- 3 carrots, peeled
- 1 beet, washed and halved
- 2 stalks celery, washed
- 1/2-1 lime, peeled
- several ice cubes, optional

Juice carrots, beet, celery and lime in an electric juicer. Serve immediately.

Beet and Grapefruit Juice§

Tyler, Daniel. 30 Day Juice Cleanse: Over 100 Juicing Recipes to aid Weight Loss, Detox, and Fasting (p. 25). Encore Publishing. Kindle Edition.

- 1 cucumber, peeled
- 1/2 beet with greens if fresh, washed
- 1 apple, washed and quartered
- 1 grapefruit, peeled
- several ice cubes

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Juice the cucumber, beet and apple in an electric juicer. Add the juice and the other ingredients to a blender. Blend until the ice is crushed to serve.

This juice is packed with fibre that helps to move the digestive track right along.

Beet the Heat Juice§

<http://www.rebootwithjoe.com/exercise-juice-recipe/>

- 2 handfuls parsley, chopped
- 2 leaves kale, well washed
- 2 beets, with greens if fresh, halved
- 4 carrots, peeled
- 1 pear, washed and quartered
- a few ice cubes, optional

If you happen to own a VitaMix juicer, you can probably liquefy the parsley easily. Otherwise, a blender will have to do. This recipe makes one large glass of juice. With ice and with the parsley pulp removed, it's quite smooth and refreshing, though it does need to be consumed slowly.

Place the parsley and ice, if used, in a blender.

Alternately, you can juice the parsley and kale in a wheatgrass juicer which literally crushes the juice out of these items. Compost or discard the pulp. Otherwise ...

Juice the kale, beets, carrots and pears in an electric juicer.

Add the juice to the blender and blend on high for a good 30 seconds, until the parsley is well chopped.

At this point, and it's up to you, but I would suggest to strain blended juice through a sieve into a quart plastic measuring cup pushing as much juice out as possible with a spoon. Compost or discard the parsley pulp.

Beet, Celery and Carrot Juice§

- 4 carrots, peeled
- 1/2-1 apple, washed and quartered
- 1-2 stalks celery, washed
- 1 beet, with greens if fresh, quartered
- 1 inch piece of ginger root, peeled
- a few ice cubes, optional

Quite a delectable little juice. Makes a large glass and a little bit more of juice.

Juice all ingredients in an electric juicer.

Serve over ice, if you'd like.

Beet-Ginger Cleansing Cocktails

Calbom, Cherie". The Juice Lady's Turbo Diet: Lose Ten Pounds in Ten Days-the Healthy Way! (page 163) Charisma House Kindle Edition

- 1 carrot, peeled

- 1 cucumber, peeled
- 1 beet, with greens if fresh, halved
- 2 stalks celery, washed
- 1 inch piece of ginger root, peeled
- 1 lemon or lime, peeled
- 1 handful parsley, chopped
- a few ice cubes, optional
- 1 teaspoon sea salt, optional

An interesting vegetable juice. It's quite refreshing. It makes one very large glass of juice.

Juice carrot, cucumber, beet, celery, ginger root and lemon in an electric juicer.

Place the parsley, ice, if used, and salt, if used, in a blender.

Add juice and blend for 30 seconds. Process the juice through a large sieve into a quart measuring cup to remove the solids. Serve immediately but drink slowly. It's quite potent.

Beet-Ini§

Originally "In the Reboot Kitchen: Beet-ini". <http://www.rebootwithjoe.com/in-the-reboot-kitchen-beet-ini/>

- 1 cup fresh mint, packed
- a few ice cubes
- 1 small beet, with greens if fresh, halved
- 1 apple, washed and quartered
- 1 orange, peeled

Add mint and ice to a blender.

Juice beet, apple and orange in an electric juicer.

Add juice to blender and blend on high for 30 seconds.

Optionally, strain the mixture through a large sieve into a quart container to remove any residual solids and serve.

Beet-Kale Juice§

Originally "In the Reboot Kitchen: Beet-Kale Juice". <http://www.rebootwithjoe.com/in-the-reboot-kitchen-beet-kale-juice/>

- 4-6 leaves kale, washed
- 2 beets, with greens if fresh, halved
- 2 oranges, peeled
- 1 lemon, peeled
- 1 carrot
- several ice cubes, optional

Make sure it's kale with a hard rib. Kale chopped for salad, in a bag, just doesn't work for this recipe. Makes a large glass of very potent juice.

Juice kale, beets, orange, lemon and carrot in an electric juicer.

Optionally, serve over ice.

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Beetle Juice§

Carrillo-Bucaram, Kristina. *The Fully Raw Diet: 21 Days to Better Health, with Meal and Exercise Plans, Tips, and 75 Recipes* (Kindle Location 2264-2290). Houghton Mifflin Harcourt. Kindle Edition.

- 2 small beets with leaves, washed
- 2 large leaves Romaine lettuce, or any other kind of lettuce, washed
- 3-4 apples, washed and halved
- 3 stalks celery
- a few ice cubes, optional

By far one of the best beet juice combinations I've tried. When mixed with ice its smooth and delicious.

Process the beets, lettuce, apples and celery through an electric juicer.

Optionally, place ice in a blender, pour in juice, and blend until ice is well mixed to serve.

Beetles§

The Big Book of Juices, page 346, by Natalie Savona

- 2 beets, halved
- 2 apples, washed and quartered
- 3 stalks of celery, washed

Weird name but quite good actually, surprisingly so. The celery makes it particularly delectable.

Juice beets, apples and celery in an electric juicer. Serve immediately.

Beetroot, Carrots and Pears for Immunity§

Tyler, Daniel. *30 Day Juice Cleanse: Over 100 Juicing Recipes to aid weightless, detox, and fasting* (pp. 40-41). Encore Publishing. Kindle Edition.

- 1 cucumber, peeled
- 1 inch piece of ginger root, peeled
- 1 beet with greens if fresh, washed and halved
- 3 large carrots, peeled
- 4 stalks celery, washed
- several ice cubes, optional
- 1 pear, peeled, cored and sliced

This juice is a bit on the spicy side. Use care when adding ginger root.

Juice cucumber, ginger, beets, carrots and celery in an electric juicer.

Combine juice in blender with pear ice, if used. Blend until pear is well chopped to serve.

This juice is good for the immune system. It is also contain beta-carotene, vitamin C and E.

Beetroot-Orange Cooler§

Tyler, Daniel. *30 Day Juice Cleanse: Over 100 Juicing Recipes to aid Weight Loss, Detox, and Fasting* (p. 80). Encore Publishing. Kindle Edition.

- 1 beet with greens if fresh, washed and quartered

- 3 oranges, peeled
- 4 apples, peeled
- several ice cubes

An incredibly delicious juice. You won't even notice the beet.

Juice beet, oranges and apple in an electric juicer. Serve immediately over ice.

In this case the ice really is necessary to lesson the potency of the beets, which can be quite strong.

This juice is packed with lot of vitamins such as vitamin A, B₁, B₂, B₃, B₆, C, E and K. it is also rich in anti-oxidants, folate and niacin. This juice also helps in hydrating the skin and prevents wrinkles.

Beets and Carrots§

Originally "Blood and Carrots". The Big Book of Juices, page 350, by Natalie Savona

- 2 beets, washed and halved
- 3 oranges, peeled
- 4 carrots, peeled
- several ice cubes

A most unusual name, there are several like this, but a really delicious juice, especially when served over ice.

Juice beets, oranges and carrots in an electric juicer. Serve immediately.

Beginner's Green Juice§

Originally "Just Printable Juice Recipes", page 3, by Hannah

- 2 cups spinach, washed and packed
- 3 apples, washed and quartered
- 4 stalks celery, washed
- 1 lemon, peeled
- 1/2 inch piece of ginger root, peeled
- 4-6 ice cubes, optional

Place spinach leaves in a blender.

Juice apples, celery, lemon and ginger root in an electric juicer. Serve immediately.

Add juice to blender, and optionally ice, and blend on high until spinach is well pulverized. Serve immediately.

Bellyful§

- 1 cup fresh mint, packed
- 4-6 ice cubes
- 3 apples, washed and quartered
- 1/4 head green cabbage, cut into juicer sized pieces
- 1/4 small fennel bulb with leaves, cut into juicer sized pieces

Juice the apples, cabbage and fennel in an electric juicer.

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Add juice to blender and blend on high for 30 seconds until ice and mint are pulverized.

Strain juice through a sieve into a quart measuring cup using a spoon to push out the liquid. (There will only be a few, though consequential, solids removed.) Serve immediately.

Better with Beets Juice§

<http://www.rebootwithjoe.com/better-with-beets-juice/>

- 2 red apples, washed and quartered
- 1 large beet, washed and halved
- 1 large carrot, peeled
- 1 small turnip, washed and halved
- 1 lemon, peeled

While not part of the recipe, this vegetable juice also makes an excellent smooth when you add in a couple of frozen bananas.

Juice ingredients in an electric juicer. Serve immediately.

Bitter Melon§

The Big Book of Juices, page 142, by Natalie Savona

- 2 oranges, peeled
- 2 thick slices of melon, peeled

Really a VERY delicious juice. It is not necessary to remove the seeds from the melon to juice it.

Juice oranges and melon in an electric juicer. Serve immediately.

Black Mud§

The Big Book of Juices, page 373, by Natalie Savona

- 5 tomatoes, washed and halved
- 1 beet, washed and halved
- 4 large kale leaves, washed
- 1 lime, peeled

Juice the, beets, kale and lime in an electric juicer. Serve immediately.

This juice is better than it sounds. It's reddish-purple, not black. It's very tomato-e. No question it's packed with nutrients, especially lycopene and antioxidants.

Black Orchard Berry Buster§

The Big Book of Juices, page 63, by Natalie Savona

- 2 cups blueberries or blackberries, thawed if frozen
- 3 apples, washed and quartered
- 1 frozen banana, sliced, optional

Absolutely delicious, especially with a banana added. Makes two servings.

Place berries in a blender.

Juice apples in an electric juicer.

Add to blackberries, optionally including 1 banana, and blend until smooth. Serve immediately.

Black Peach§

The Big Book of Juices, page 184, by Natalie Savona

- 2 cups peaches, thawed or frozen
- 2 cups blueberries or blackberries, thawed or frozen
- 8 oranges, peeled

The instructions for the original juice said simply to juice the thawed peaches and berries in an electric juicer. That's fine but since my berries and peaches tend to be frozen, I changed it to the following. Makes 2 large smoothie-like beverages.

Add the peaches and berries to a blender.

Juice the oranges in an electric juicer.

Combine the orange juice and frozen fruit in a blender. Blend on high until smooth. Serve with a straw.

Blackberry with Green Fruits§

Tyler, Daniel. 30 Day Juice Cleanse: Over 100 Juicing Recipes to aid Weight Loss, Detox, and Fasting (p. 92). Encore Publishing. Kindle Edition.

- 1 cup blackberries, frozen
- 1 handful spinach, washed
- 4 sprigs fresh mint, with leaves removed from stem and washed
- several ice cubes, optional
- 1/2 fennel bulb, washed
- 1 cup broccoli
- 1 lemon, peeled
- 1 cucumber, peeled
- 2 green apples, washed and quartered
- 2 large leaves of kale, washed

You wouldn't think so but this is an incredible juice with just the right blend of berries, sweet, tart, and mellow. It's really quite delicious.

Place the blackberries, spinach, mint and ice, if used, in a blender.

Juice the fennel, broccoli, lemon, cucumber, apples and kale in an electric juicer.

Add juice to blender. Blend until berries and spinach are well chopped. Serve immediately.

This juice has a combination of different fruits and vegetables so it gives different nutrients that can be useful for our skin. Berries has a skin clearing antioxidants, mint can help soften and calm dry or itchy skin, fennels is good for the health of the skin and hair, kale contains a lot of vitamins and minerals, green apple

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is rich in vitamin C that helps in preventing damage against skin cells. Broccoli has antioxidants that help to add luminosity of the skin and revive damaged tissues, watercress is a powerful cleansing agent, cucumbers help to make the skin smoother and lemon has skin clearing properties.

Bleeding Apple§

The Big Book of Juices, page 70, by Natalie Savona

- 3 apples, washed and quartered
- 1/2 beet, with greens if fresh, halved

Juice apples and beet in an electric juicer. Serve immediately.

Bleeding Apples§

- 3 apples, washed and quartered
- 1/2 beet, halved
- several ice cubes, optional

Juice apples and beet in an electric juicer. Serve immediately, optionally over ice.

Bleeding Grapefruit§

The Big Book of Juices, page 115, by Natalie Savona

- 2 grapefruits, peeled
- 2 stalks celery, washed
- 1/2 beet, washed and halved

Not the most appealing of juices in that it's pretty sharp. It's okay but it definitely won't be on my top ten list.

Juice grapefruits, celery and beet in an electric juicer. Serve immediately.

Blue Pear§

The Big Book of Juices, page 209, by Natalie Savona

- 2 pears, washed and quartered
- 1 cup blueberries, thawed or frozen
- 1 cup blackberries, thawed or frozen

The original recipe suggest to juice the berries. I opted to add them to the blender to retain all their juice and fiber. Makes one large smoothie-type drink. Serve with a straw.

Juice the pears in an electric juicer.

Place the blueberries and blackberries in a blender. Add pear juice.

Blend until smooth. Serve immediately.

Blush Juice§

Originally "In the Reboot Kitchen: Blush Juice". <http://www.rebootwithjoe.com/valentines-day-juice/>

- 2 cups watermelon, peeled and cut into juicer sized pieces
- 1/2-1 pink grapefruit, peeled and quartered
- 1 apple, washed and quartered
- 1 quarter purple cabbage, washed and cut into juicer sized pieces

When I made this, watermelon was out of season, so I used a cantaloupe. I also substituted bok choy for the cabbage. Finally, I mixed the nearly quart of juice with 1 1/2 frozen bananas in the blender. As the saying goes, close enough for government work. With juicing, there are no hard and fast rules.

Juice watermelon, grapefruit, apple and cabbage in an electric juicer. Serve immediately.

Bountiful Brassica Juice§

Originally "Bountiful Brassica Juice – Recipe Of The Week". <http://www.rebootwithjoe.com/recipe-of-the-week-bountiful-brassica-juice/>

- 4-6 leaves kale, washed
- 2 stalks broccoli, washed
- 1/4 head green cabbage, washed and cut into juicer sized pieces
- 2 apple, washed and quartered
- 1/2 lemon, peeled
- 1 inch piece of ginger root, peeled
- several ice cubes, peeled

As green juices go, this one is quite good, surprisingly so.

Juice the ingredients in the order listed in an electric juicer. Add ice, stir and pour into a large glass to serve. It definitely needs ice.

Drink slowly. The sulfur-rich vegetables can cause nausea if this potent drink is consumed too quickly.

Breakfast Pear§

The Big Book of Juices, page 223, by Natalie Savona

- 3 pears, washed and quartered
- 2 stalks celery, washed
- 1/2 inch piece of ginger root, peeled

As with many of these juices, the juice can be added to a blender with a frozen banana to make a smoothie.

Juice pears, celery and ginger root in an electric juicer. Serve immediately.

Breakfast Zinger Juice§

Originally "The Breakfast Zinger". Juicing, Fasting and Detoxing for Life by Cherie Calbom, MS, page 94.

- 2 lemons, peeled

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- 2 carrots, peeled
- 2 apples, washed and quartered
- 2 beets, with greens if fresh, washed and halved
- 4-6 ice cubes

Makes a very large glass of juice or two regular glasses of juice. It's quite delectable as beet-based juices go.

Juice lemons, carrots, apples and beets in an electric juicer.

Serve over ice.

Bright Beets and Greens Juice§

<http://www.rebootwithjoe.com/bright-beets-greens-juice/>

- 1 beet, washed and halved
- 3 carrots, peeled
- 1 pear, washed, peeled and quartered
- 1 cup mustard greens, washed
- 4 leaves Romaine lettuce, washed
- 2 inch piece of ginger root, peeled
- several ice cubes, optional but strongly recommended

This is a VERY potent vegetable juice. Too, it really needs the ice to make it palatable. Because of the intense nature of this juice, it is recommended that you drink it slowly to prevent the possibility of stomach upset, because of the concentrated ingredients.

Juice ingredients in an electric juicer.

Stir in ice and serve immediately.

Bright Light Green§

<http://www.rebootwithjoe.com/bright-light-green-juice/>

- 1 green apple, washed and quartered
- 1 cucumber, peeled
- 2 zucchini squash, peeled and halved, if large
- 1 handful green beans, well washed, stems are okay
- 2 stalks celery, washed
- 4 leaves Romaine lettuce, washed

This actually is a pretty good vegetable juice. Unlike some green juices, it's very mild with just a touch of sweetness. Makes one large glass of quite refreshing juice.

Juice the vegetables, in the order indicated, in an electric juicer. Serve immediately.

Bright Orange§

The Big Book of Juices, page 129, by Natalie Savona

- 2 oranges, peeled
- 4 carrots, peeled

Exceptionally delicious when blended with a couple of sliced frozen bananas to make it into a smoothie.

Juice oranges and carrots in an electric juicer. Serve immediately.

Bright Purple Kale and Sunshine Citrus Juice§

<http://www.rebootwithjoe.com/bright-purple-kale-sunshine-citrus-juice/>

- 4 leaves kale, washed
- 6 carrots, peeled and washed
- 2 oranges, peeled
- 1 lemon, peeled
- 1 inch piece of ginger root, peeled
- 4-6 ice cubes

As vegetable juices go, this is an exceptionally good one. Makes one very large glass of juice.

Juice kale, carrots, oranges, lemon and ginger root in an electric juicer. Serve over ice.

Bugs Bunny Juice§

Carrillo-Bucaram, Kristina. The Fully Raw Diet: 21 Days to Better Health, with Meal and Exercise Plans, Tips, and 75 Recipes (Kindle Location 2585-2598). Houghton Mifflin Harcourt. Kindle Edition.

- 1/2 cup spinach, washed
- 5 green apples, washed and quartered
- several ice cubes
- 3 leaves Romaine lettuce, washed
- 2 stalks celery, washed
- 2 pounds carrots, peeled
- 1 lemon, peeled, or halved and juiced

Makes two very large glasses of pleasingly pleasant juice.

Place the spinach, lettuce and ice in a blender.

Juice the remaining ingredients listed in the order indicated in an in an electric juicer.

Add the juice to a blender and blend until vegetables are well chopped.

As a general consideration, blending whole spinach in a blender works far better than endeavoring to juice it in an in an electric juicer.

Bye Bye Blues Juice§

Originally "Meatless Monday: Bye Bye Blues Juice". <http://www.rebootwithjoe.com/meatless-monday-bye-bye-blues-juice/>

- 1 cup blueberries, frozen or thawed
- 1/2 sweet potato, peeled and washed and quartered
- 1/2-1 cucumber, peeled
- 1 lime, peeled
- 1 pear, peeled and quartered

The original recipe called for 1/2 jicama. Where I live you can't get a decent jicama so i substituted 1/2 sweet potato here.

This juice can readily be made into a smoothie by

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adding 2 sliced frozen bananas. It makes two large smoothies, which are quite agreeable.

Juice blueberries, sweet potato, cucumber, lime and pear in an electric juicer. Serve immediately.

Cabbage Patch§

Originally "The Cabbage Patch". Calbom, Cherie: The Juice Lady's Turbo Diet: Lose Ten Pounds in Ten Days-the Healthy Way! (page 163) Charisma House Kindle Edition

- 3 stalks celery, washed
- 3 carrots, peeled
- 3 tomato, washed and halved
- 1-2 lemons, peeled
- 1/4 head green cabbage, washed and cut into juicer sized pieces

Juice celery, carrots, tomato, lemon and cabbage in an electric juicer. Serve immediately.

Cabbage Patch Juice§

Originally "In the Reboot Kitchen: The Cabbage Patch Juice". <http://www.rebootwithjoe.com/in-the-reboot-kitchen-the-cabbage-patch-juice/>

- 6-8 leaves green cabbage, washed and cut into juicer sized pieces
- 6-8 leaves Swiss chard, or other greens, washed and sliced
- 3 carrots, peeled
- 1 inch piece of ginger root, peeled
- 5-6 ice cubes

Much better than you might suspect. It really needs the added ice cubes, however.

Juice cabbage, Swiss chard, carrots and ginger root in an electric juicer. Serve immediately.

Calcium-Plus Cocktail§

Calbom, Cherie: The Juice Lady's Turbo Diet: Lose Ten Pounds in Ten Days-the Healthy Way! (page 164) Charisma House Kindle Edition

- 1 cucumber, peeled
- 1 large kale leaf, washed
- 1 handful parsley, washed
- 3 stalk celery, washed
- 1 lemon, peeled
- 1 inch piece of ginger root, peeled
- 1 teaspoon ground cinnamon
- several ice cubes, optional

While very healthy this is definitely not on my top ten vegetable juice list. With the ginger root it's quite potent. However, it is a very energizing green juice. The ice is optional but it does make it more palatable.

Wrap the parsley around pieces of vegetables and fruit.

Juice cucumber, kale, the attached parsley, celery, lemon and ginger root in an electric juicer.

Add juice, cinnamon and ice to a blender. Blend to

crush ice and serve immediately.

Serve immediately.

Calcium-Rich Cucumber Juice§

<http://www.rebootwithjoe.com/calcium-rich-green-juice-recipe/>

- 1/4 pineapple, trimmed and cut into juicer-sized pieces
- 4 stalks celery, washed
- 1 cucumber, peeled
- 1 lime, peeled
- several ice cubes, optional

A delectably unique flavor from mixing pineapple and celery.

Juice pineapple, celery, cucumber and lime in an electric juicer.

Optionally, serve over ice.

Call for Fall Juice§

Originally "In the Reboot Kitchen: Call for Fall Juice". <http://www.rebootwithjoe.com/in-the-reboot-kitchen-call-for-fall-juice/>

- 5 strawberries, hulled and washed
- 4 leaves Romaine lettuce, washed
- 2-4 ice cubes, washed
- 3 carrots, peeled
- 2-3 apples, washed and quartered
- 1 lemon, peeled

Add strawberries. Lettuce and ice to a blender.

Juice carrots, apples and lemon in an electric juicer.

Add juice to blender with ice. Blend until smooth and serve.

Optionally, this makes a decent smoothie if two frozen bananas are added.

Calming Juice§

Tyler, Daniel. 30 Day Juice Cleanse: Over 100 Juicing Recipes to aid Weight Loss, Detox, and Fasting (p. 16). Encore Publishing. Kindle Edition.

- 1 handful of fresh mint, washed with stems removed
- 1 handful of spinach, washed
- several ice cubes, optional
- 1/2 head lettuce, washed
- 1 cucumber, peeled
- 2 green apples, washed and quartered

Place mint, spinach and optionally ice in a blender.

Juice lettuce, cucumber and apples in an electric juicer.

Juice lettuce a little at a time. It's harder to juice that one might expect.

Add juice to blender and blend until mint and spinach

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are well chopped.

Optionally, strain through a sieve to remove any residual solids.

Keep in mind that apples and spinach can have a powerful laxative cleansing effect. With a couple of frozen bananas thrown in, this makes a fairly decent smoothie.

Cucumber is packed with calcium, zinc and Vitamin K. When juicing cucumber, include the skin and seeds. There are also nutrients that can get in the skins of the cucumber. Adding lettuce can give you calming qualities and makes a great sleeping medicine.

Cantaloupe Carrot Cocktail§

<http://www.rebootwithjoe.com/cantaloupe-carrot-cocktail-juice-recipe/>

- 4 carrots, peeled
- 1/2 cantaloupe, peeled and cut into juicer sized pieces
- 3 stalks celery, washed

Juice carrots, cantaloupe and celery in an electric juicer. Serve immediately.

Optionally, this makes a decent smoothie if two frozen bananas are added.

Cantaloupe Cleanser§

A Celebration of Wellness, James Levin, M.D. and Natalie Cederquist, © 1992, page 19.

- 1/2 cantaloupe, peeled and cut into juicer sized pieces
- 2 cup red grapes, washed and stemmed
- 2 large limes, peeled
- 4-6 ice cubes, optional
- 1-2 frozen bananas, sliced, optional

Juice cantaloupe, grapes and limes in an electric juicer. Serve or ...

Optionally add ice and bananas to a blender. Fill blender with juice.

Blend until ice is crushed and bananas are well chopped. Serve in a large glass with a straw.

Cantaloupe Honeydew Watermelon Juice§

- 1/2 cantaloupe, peeled and cut into juicer sized pieces
- 2 inch slice of honeydew melon, peeled and cut into juicer sized pieces
- 1 inch slice of watermelon, peeled and cut into juicer sized pieces
- 2 frozen bananas, sliced

This recipe will make a hefty quart of juice.

Juice melon pieces in an electric juicer.

Add bananas to a blender and pour in juice. Blend until smooth.

The banana is not really necessary but it makes for a much smoother beverage than simply the melon juice alone. Either way it's quite delicious.

Capple Kiwi§

The Big Book of Juices, page 296, by Natalie Savona

- 2 kiwi fruit, sliced
- 3-4 carrots, peeled
- 3 apples, washed and quartered
- several ice cubes, optional

A most delectable of juice, especially when served over ice.

Juice, kiwifruit, carrots and apples in an electric juicer.

Add juice to blender and blend until kiwifruit is well mixed. Serve immediately, optionally over ice.

If the kiwifruit is soft it can be added to a blender instead. Add the juice and, optionally, ice, and blend until smooth to serve.

Capple Zing§

The Big Book of Juices, page 294, by Natalie Savona

- 4 carrots, peeled
- 2 apples, washed and quartered
- 1/2-1 inch piece of ginger root, peeled
- 1 lime, peeled

Juice carrots, apple, ginger root and lime in an electric juicer. Serve immediately.

Rather on the spicing side. With 2 frozen bananas this makes an excellent smoothie, too.

Carotene Kick§

The Big Book of Juices, page 354, by Natalie Savona

- 1 sweet potato, peeled
- 1/2 melon, peeled and cut into juicer sized pieces
- 3 carrots, peeled

A really incredible juice served as is or as a smoothie with three bananas and ground cinnamon added. It's very satisfying.

Juice sweet potato, melon, and carrots in an electric juicer. Serve immediately.

Carrot Apple Ginger Juice 1§

<http://www.rebootwithjoe.com/recipe-of-the-week-carrot-apple-ginger-juice/>

- 3 carrots, peeled
- 2 apples, washed and quartered
- 1 inch piece of ginger root, peeled
- several ice cubes, optional

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Juice carrots, apples and ginger root in an electric juicer. Serve immediately, optionally over ice.

Carrot Apple Ginger Juice 2

Originally "Carrot Apple Ginger Juice". Carrillo-Bucaram, Kristina. *The Fully Raw Diet: 21 Days to Better Health, with Meal and Exercise Plans, Tips, and 75 Recipes* (Kindle Location 2327-2345). Houghton Mifflin Harcourt. Kindle Edition.

- 1 inch piece of ginger root, peeled
- 3 sweet apples, washed and halved
- 1 pound carrots, peeled
- 1 lemon, peeled
- a few ice cubes, optional

Juice the ginger root, apples, carrots and lemon in an electric juicer.

Optionally serve over ice.

Makes an excellent smoothie, too, with the addition of 2 sliced frozen bananas in a blender.

Carrot Apple Juice§

- 8 carrots, peeled
- 2 apples, washed and quartered

Juice carrots and apples in an electric juicer. Serve immediately.

Carrot Cleanser§

The Big Book of Juices, page 262, by Natalie Savona

- 3 carrots, peeled
- 1 apple, washed and quartered
- 1 orange, peeled
- 1/2 beet, washed and halved
- 1 stalk celery, washed
- 2 large kale leaves, washed, up to a handful of kale
- several ice cubes, optional

Juice carrots, apples, orange, beet, celery and kale leaves in an electric juicer. Serve immediately, optionally over ice.

Carrot Cooler§

The Big Book of Juices, page 283, by Natalie Savona

- 3 carrots, peeled
- 1 cucumber, peeled
- 1 lime, peeled
- 2 apples, washed and quartered

Juice carrots, cucumber, lime and apples in an electric juicer. Serve immediately.

Makes an excellent smoothie, too. When I made mine I included 1 frozen banana and 1 cup of frozen cherries.

Carrot Crunch§

The Big Book of Juices, page 266, by Natalie Savona

- 4 carrots, peeled

- 2 stalks celery, washed
- 1/2 inch piece of ginger root, peeled
- several ice cubes, optional

Juice carrots and celery in an electric juicer. Serve immediately, optionally over ice.

Carrot Digestif§

- 4 carrots, peeled
- 1/4 pineapple, peeled and cut into juicer sized pieces
- 2 large leaves cabbage, washed
- several ice cubes, optional

Wierd name but an amazing juice, especially as related to digestive issues.

Juice carrots, pineapple and cabbage in an electric juicer. Serve immediately, optionally over ice.

Carrot Fennel Lemon Orange Juice§

- 3 carrots, peeled
- 1/2 fennel bulb with leaves, cut into juicer sized pieces
- 1 lemon, peeled
- 4 oranges, peeled
- several ice cubes, optional

Juice carrots, fennel, lemon and oranges in an electric juicer. Serve immediately, optionally over ice.

Carrot Lemonade§

Tyler, Daniel. *30 Day Juice Cleanse: Over 100 Juicing Recipes to aid Weight Loss, Detox, and Fasting* (p. 79). Encore Publishing. Kindle Edition.

- 1/2 stalk celery, washed
- 1 apple, washed and quartered
- 1 pear, washed and quartered
- 2 lemons, peeled
- 7 carrots, peeled
- several ice cubes, optional

A bit on the tart side, though quite delectable. It's even better when made into a smoothie via blending it with 2 frozen bananas.

Juice celery, apple, pear, lemons and carrots in an electric juicer. Serve immediately, optionally over ice.

Lemons contain a lot of vitamin C, citric acid, and B vitamins. It helps in purifying the blood and clearing of our skin. It can also help in cleansing of the kidneys and eliminate toxins.

Carrot Limeade Juice§

Originally "Community Recipe: Carrot Limeade Juice". <http://www.rebootwithjoe.com/community-recipe-carrot-limeade-juice/>

- 6 carrots, peeled
- 1 cucumber, peeled

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- 2 apples, washed and quartered
- 2 limes, peeled
- several ice cubes, optional

As a mostly vegetable juice, this one is surprisingly delightful.

Juice carrots, cucumber, apples and in an electric juicer. Serve immediately, optionally over ice.

Carrot Salad 2§

The Big Book of Juices, page 281, by Natalie Savona

- 3 carrots, peeled
- 2 tomatoes, washed and halved
- 2 stalks celery, washed
- 1/2 lime, peeled

Juice carrots, tomatoes, celery and lime in an electric juicer. Serve immediately.

Carrot Tang§

The Big Book of Juices, page 288, by Natalie Savona

- 3 carrots, peeled
- 1 grapefruit, peeled
- 1/2 inch piece of ginger root, peeled

Juice carrots and grapefruit in an electric juicer. Serve immediately.

Carrot-Kale Combo Juice

Originally "Carrot-Kale (Australian Tuscan Cabbage) Combo – Juice". <http://www.rebootwithjoe.com/carrot-kale-australian-tuscan-cabbage-combo/>

- 2 cups spinach, washed and packed
- 6-8 leaves kale, washed
- 1 green apple, washed and quartered
- 4 carrots, peeled
- 1 inch piece of ginger root, peeled

Add spinach to a blender.

Juice kale, apple, carrots, and ginger root in an electric juicer.

Combine juice with spinach in blend. Blend until spinach is well liquified. Serve immediately.

Carrot-Orange Blast§

Tyler, Daniel. 30 Day Juice Cleanse: Over 100 Juicing Recipes to aid Weight Loss, Detox, and Fasting (p. 78). Encore Publishing. Kindle Edition.

- 1 large lemon, peeled
- 1 inch piece of ginger root, peeled
- 2 oranges, peeled
- 8 carrots, peeled
- several ice cubes, optional

In and of itself this is a delicious juice. Even better is to add 1 frozen banana, a cup of frozen cranberries, and ice to a blend and turn the juice into a smoothie.

The taste can best be described as bordering on a really good soft drink. It's sweet, tangy, and incredibly refreshing all at the same time—and there's no phosphoric acid to tear your gut up.

Juice lemon, ginger, orange and carrots in an electric juicer. Serve immediately, optionally over ice.

Orange and Lemon is rich in vitamin C while ginger is a big help for digestion. Carrots are packed with vitamin A that needed for the eye, beta-carotenes and fibre that help to prevent cancer and heart disease.

Celery, Broccoli, Apple Juice§

Tyler, Daniel. 30 Day Juice Cleanse: Over 100 Juicing Recipes to aid Weight Loss, Detox, and Fasting (p. 104). Encore Publishing. Kindle Edition.

- 1 lemon, peeled
- 1 stem broccoli, washed
- 3 apples, washed and quartered
- 3 stalks celery, washed
- several ice cubes, optional

Really quite a pleasant juice, especially if blended with a couple of frozen bananas.

Juice lemon, broccoli, apples and celery in an electric juicer. Serve immediately, optionally over ice.

This juice makes an excellent electrolyte replacement drink. This juice used celery which is packed with sodium and potassium.

Celery, Carrot and Apple Juice§

Tyler, Daniel. 30 Day Juice Cleanse: Over 100 Juicing Recipes to aid Weight Loss, Detox, and Fasting (p. 42). Encore Publishing. Kindle Edition.

- 1 large apple, washed and quartered
- 2 large carrots, peeled
- 4 stalks celery, washed
- several ice cubes, optional

With the large amount of celery, this makes for a perky juice with a bit of a delightful bite to it.

Juice apple, carrots and celery in an electric juicer. Serve immediately, optionally over ice.

Celery can give us both potassium and sodium. This recipe uses celery with added nutrients from the apple and carrots. So this juice is packed of healthy nutrients plus it is refreshing that even kids will love.

Celery, Cucumber and Pear Green Juice§

Originally "Seasonal: Celery, Cucumber, & Pear Green Juice". <http://www.rebootwithjoe.com/seasonal-celery-cucumber-pear-green-juice/>

- 6 leaves kale, washed
- 2 cucumber, peeled
- 6 stalks celery, washed
- 1 pears, washed and quartered
- 2 apples, washed and quartered

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- several ice cubes, optional

Not great but not bad either. It definitely needs the ice. Makes two large glasses.

Juice kale, cucumber, celery, and pears in an electric juicer.

Combine juice in a blender with ice. Blend until ice is well crushed to serve.

Celery, Kale, Mint and Pears Juice§

Tyler, Daniel. 30 Day Juice Cleanse: Over 100 Juicing Recipes to aid Weight Loss, Detox, and Fasting (p. 101). Encore Publishing. Kindle Edition.

- 2 tablespoons fresh mint, washed
- several ice cubes or frozen slices of cucumber
- 2 frozen bananas, sliced, optional
- 1 bunch kale, washed
- 2 stalks celery, washed
- 6 pears or apples, washed and quartered

A much better juice than it sounds. Using fresh kale, preferably right from the garden, is preferable. While optional, the bananas add a great deal of smoothness to the juice.

Combine mint, ice, and bananas, if used, in a blender.

Juice kale, celery and pear or apples in an electric juicer.

Combine juice in blender. Blend until mint and other solids are well chopped. Serve immediately.

Celery is great for weight loss. Pears or apples provide fibre. Kale brings tons of vitamin A, C and K and it also helps in reducing the chances of developing cancer to the bone. Mint help in soothing stomach issues and clear your skin.

Chard Rock Café Juice§

Juice It to Lose It, by Joe Cross

- several sprigs fresh parsley, washed
- 1 lemon, peeled
- 3 carrots, peeled
- 1 large cucumber, peeled
- 1 bunch Swiss chard leaves, washed
- several ice cubes or frozen slices of cucumber

If available, juice parsley in a wheatgrass or cold press juicer. Otherwise place parsley in a blender.

Juice lemon, carrots, cucumber and Swiss chard in an electric juicer.

Combine juice in blender, optionally with ice. Blend and serve, optionally straining juice through a sieve to remove residual solids.

Chef's Picnic Party Juice§

Originally "A Chef's Juice: Picnic Party". <http://www.rebootwithjoe.com/a-chefs-juice-picnic-party/>

- 1/2 cup fresh mint, packed
- 4-6 ice cubes or frozen slices of cucumber
- 1 beet, with greens if fresh, washed and halved
- 1 grapefruit, peeled and quartered
- 1 summer squash, peeled
- 1 cucumber, peeled
- 1/4 head green cabbage, cut into juicer sized pieces

A very amenable juice in spite of how it sound. Makes an excellent smoothie too if 2 sliced frozen bananas are included.

Add mint and ice to a blender. Optionally, juice mint stems in a wheatgrass juicer and add juice to blender.

Juice beets, grapefruit, squyash, cucumber and cabbage in an electric juicer.

Combine juice, mint and ice. Blend on high until ice is well crushed. Serve immediately.

Cherry Cooler§

The Big Book of Juices, page 203, by Natalie Savona

- 2 cups cherries, pitted, frozen
- 1 cucumber, peeled
- 2-3 stalks celery, washed

Add cherries to a blender.

Juice cucumber and celery in an electric juicer.

Add juice to cherries. Blend until cherries are well chopped.

Serve immediately, with a straw.

This also makes an excellent smoothie by adding 1-2 frozen bananas. The more bananas the thicker the beverage. It's very refreshing, doubtless because of the cucumber juice.

Cherry Pie§

The Big Book of Juices, page 197, by Natalie Savona

- 2 cups cherries, frozen
- 4-5 apples, washed and quartered

The original instructions specified 2 apples. Since I use frozen cherries, I increased it to 4-5 apples. Makes an excellent, though rather thick, very large smoothie if two sliced bananas are included.

Place cherries in blender.

Juice apples in an electric juicer.

Add apple juice to blend and blend until cherries are pulverized. Serve immediately.

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Chlorophyll Carrot

The Big Book of Juices, page 293, by Natalie Savona

- 1 bunch parsley, washed
- 4 carrots, peeled
- 1 orange, peeled and broken into sections

Wrap parsley around carrot and orange pieces.

Juice parsley, carrots and orange in an electric juicer. Serve immediately.

Cinnamon Apple and Butternut Squash Juice

Originally "Cinnamon Apple & Butternut Squash (Australian Butternut Pumpkin) Juice".
<http://www.rebootwithjoe.com/cinnamon-apple-butternut-squash-australian-butternut-pumpkin-juice/>

- 4 cups butternut squash, peeled and diced
- 1 large honey crisp apple, washed and quartered
- ground cinnamon

Juice squash and apple. Stir in cinnamon. Serve immediately.

Citrus Apples§

The Big Book of Juices, page 95, by Natalie Savona

- apples, washed and quartered
- tangerines or oranges, peeled
- 2 lime, peeled

Juice the apples, tangerines or oranges and lime in an electric juicer. Serve immediately.

Citrus Cherry§

The Big Book of Juices, page 200, by Natalie Savona

- 2 cups cherries, pitted, thawed or frozen
- 2 oranges, peeled or halved
- 1 lime, peeled or halved
- 2 apples, washed and quartered, optional

If using thawed cherries, the apples are not necessary; if using frozen cherries, the apples are need to make additional juice to liquefy the frozen cherries. Makes at least one large serving.

If cherries are frozen, add cherries to a blender.

Juice oranges and lime in a citrus juicer, if halved or in an electric juicer if peeled. Juice apples, if using, and cherries if thawed in an electric juicer.

If using frozen cherries, add juice to blender and blend until cherries are well chopped. Serve immediately.

Citrus Cuke§

The Big Book of Juices, page 310, by Natalie Savona

- 1 cucumber, peeled
- 1 orange, peeled
- 1 grapefruit, peeled
- several ice cubes, optional

Juice cucumber, orange and grapefruit in an electric juicer.

Optionally serve over ice.

Citrus Mint Juice

Tyler, Daniel. 30 Day Juice Cleanse: Over 100 Juicing Recipes to aid Weight Loss, Detox, and Fasting (p. 27). Encore Publishing. Kindle Edition.

- 1 handful fresh mint, washed with stems removed
- several ice cubes, optional
- 4 oranges, halved

Place mint and, if used, ice cubes in a blender.

Juice the oranges in a citrus juicer. Add juice to blender and blend until mint is well masticated to serve.

This very refreshing juice combines oranges and mint that can help us in digestion and cleansing toxins from the body. This can also help us to avoid constipation.

Citrus Refresher§

Juice It to Lose It, by Joe Cross

- 2-3 frozen bananas, slice, optional
- 4 cups pineapple, diced
- 1 sweet potato, peeled
- 4 stalks celery, washed
- 1 lemon, peeled
- 1 lime, peeled
- sparkling water, optional

A rather unique fruit juice. There's really no way to describe the pleasantly sweet taste. Stir before drinking and drink quickly as the sweet potato starch will quickly settle. Can be made as either 2 large smoothies or cocktail-type fruit juices.

Add banana to a blender, if using.

Juice pineapple, sweet potato, celery, lemon and lime in an electric juicer.

If making as a smoothie, add juice to blender and blend until smooth.

Serve in a large glass and optionally, stir in sparkling water. (Skip if making as a smoothie.)

Stir before serving serve.

Citrus Sharp§

The Big Book of Juices, page 148, by Natalie Savona

- 3 oranges, halved
- 1 lemon, halved
- 1 lime, halved

Juice oranges, lemon, and lime in a citrus juicer. Serve immediately.

Noting to get too excited about but this does make an

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excellent base for a citrus smoothie, with three sliced frozen bananas, protein powder and spirulina.

Classic Combo

The Big Book of Juices, page 365, by Natalie Savona

- 1/2 cup fresh mint, packed
- 6 tomatoes, washed and halved
- 3 carrots, peeled
- 1 lime, peeled

Add mint to a blender.

Juice tomatoes, carrots and lime in an electric juicer.

Combine juice in blender with ice. Blend until ice is well crushed. Serve immediately.

Classic and Green

The Big Book of Juices, page 376, by Natalie Savona

- 1 cup spinach, packed
- 6 tomatoes, halved
- 3 carrots, peeled

Add spinach to a blender.

juice tomatoes and carrots.

Add juice to blender along with ice. Blend until spinach is well chopped. Serve immediately.

Cleansing Juice with Kale and Parsley

Tyler, Daniel. 30 Day Juice Cleanse: Over 100 Juicing Recipes to aid Weight Loss, Detox, and Fasting (p. 19). Encore Publishing. Kindle Edition.

- 1 bunch kale, washed
- 1 bunch parsley, washed
- 1 cucumber, peeled
- 1-1 1/2 cups pineapple, peeled and cut into juicer sized pieces
- 2-3 apples, washed and quartered
- 1 lemon, peeled
- 2 inch piece of ginger root peeled
- 1 tablespoon aloe juice, optional
- 1/8 teaspoon sea salt, optional
- 2 ounces apple cider vinegar

In this case, having a wheatgrass juicer or cold press juicer is very helpful. If available, process the mint, kale and parsley first. If not, add to a blender.

Juice the cucumber, pineapple, apples, lemon and ginger root in an electric juicer.

If using a blender, add the juice to the and blender until kale and parsley are well chopped. Strain through a sieve. Otherwise, combine the juices.

Stir in the optional aloe juice, salt and apple cider vinegar.

This is a potent cleansing juice and can help in regulating blood sugar, fight cancer of the mouth, reduce gas, relieve nausea and eliminate motion sickness. It is anti-inflammatory, and aid in weight loss, and can sooth intestinal track.

Clear Cleanser§

The Big Book of Juices, page 253, by Natalie Savona

- 1 cup spinach, washed and packed
- a few ice cubes
- 1/2 pineapple, peeled and cut into juicer sized pieces
- 1/2 fennel bulb, washed and cut into juicer sized pieces

This is a most pleasing juice. More spinach than suggested can be used.

Add spinach and ice to a blender.

Juice pineapple and fennel in an electric juicer. Serve immediately.

Combine juice with spinach. Blend until spinach is well chopped. Serve immediately.

Clear Green

The Big Book of Juices, page 318, by Natalie Savona

- 1 cucumber, peeled
- 1 apple, washed and quartered
- 1 stalk of celery, washed
- 1 lime, peeled

Juice cucumber, apple, celery and lime in an electric juicer. Serve immediately.

Cloudy Day§

The Big Book of Juices, page 111, by Natalie Savona

- 1/2 cup fresh mint, packed
- several ice cubes
- 2 grapefruits, peeled
- 1 cucumber, peeled
- 2 stalks celery, washed

Add mint and ice to a blender.

Juice grapefruits, cucumber and celery in an electric juicer.

Combine juice with mint. Blend until mint is well chopped. Optionally, strain through a sieve to remove any residual solids. Serve immediately.

Cold Blocker Juice

Tyler, Daniel. 30 Day Juice Cleanse: Over 100 Juicing Recipes to aid Weight Loss, Detox, and Fasting (p. 43). Encore Publishing. Kindle Edition.

- 1 handful parsley, washed
- 1 lemon, peeled

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- 1 apple, washed and quartered
- 1 small grapefruit, peeled
- 1 inch piece of ginger root, peeled
- 1 orange, peeled
- several ice cubes, optional

If available, juice parsley in a wheatgrass or cold press juicer. Otherwise add parsley to a blender.

Juice lemon, apple, grapefruit, ginger and orange in an electric juicer.

Combine fruit juice with parsley juice or blend in a blender if a blender is used.

For a blender, optionally strain the juice through a sieve to remove residual solids.

Serve immediately, optionally over ice.

This juice can block a cold coming on and are loaded with vitamin C. Ginger can help us to clean and open our sinuses and it is rich in antioxidant.

Cold War

The Big Book of Juices, page 276, by Natalie Savona

- 4 carrots, peeled
- 1 orange, peeled
- 1/2 inch piece of ginger root, peeled
- 2 cloves garlic, peeled

Juice carrots, orange, ginger root and garlic in an electric juicer. Serve immediately.

This will be a very hot and potent beverage. Drink cautiously.

Constipation Reliever

Tyler, Daniel. 30 Day Juice Cleanse: Over 100 Juicing Recipes to aid Weight Loss, Detox, and Fasting (p. 21). Encore Publishing. Kindle Edition.

- 1/2 papaya, peeled
- 3 large kale leaves, washed
- 1/8 head cabbage, washed and cut into juicer sized pieces
- 1 inch piece of ginger root peeled
- 1 slice lemon
- several ice cubes, optional

Juice the papaya, kale, cabbage, ginger root and lemon in an electric juicer. Serve, optionally over ice.

This juice can help in any digestive issues with the help of papaya. Ginger can relieve intestinal tract and can reduce gas. Cabbage aids in relieving constipation and digestive process.

Cool 'n' Creamy

The Big Book of Juices, page 301, by Natalie Savona

- 1 cucumber, peeled

- 4 carrots, peeled

Juice cucumber and carrots in an electric juicer. Serve immediately.

Cool 'n' Pale 2

The Big Book of Juices, page 386, by Natalie Savona

- 4 stalks celery, washed
- 2 apples, washed and quartered

Juice celery and apples in an electric juicer. Serve immediately.

Cooling Carrot Cucumber Juice

<http://www.rebootwithjoe.com/cooling-carrot-cucumber-juice/>

- 1 head Romaine lettuce, washed
- 1/4 head green cabbage, washed and cut into juicer sized pieces
- 2 pears, washed and quartered
- 1 inch piece of ginger root, peeled

Juice lettuce, cabbage, pears and ginger root in an electric juicer. Serve immediately.

Cooling Melon, Mint and Cucumber with Chia Seeds

Tyler, Daniel. 30 Day Juice Cleanse: Over 100 Juicing Recipes to aid Weight Loss, Detox, and Fasting (pp. 1-2). Encore Publishing. Kindle Edition.

- 1/4-1/2 teaspoon wheatgrass powder, optional
- 1 handful of, fresh mint
- 1/2 honeydew melon, peeled and cut into juicer sized pieces
- 1 cucumber, peeled
- several ice cubes, optional
- sweetener, to taste, optional

Place the wheatgrass powder, if used, mint and chia seeds in a blender.

Juice the melon and cucumber in an electric juicer.

Combine the juice in the blender, with ice if used, and blend until mint is well emulsified. Add sweetener to taste, if used.

Optionally, let sit for a few minutes to thicken. Reblend and serve.

This juice recipe is packed with vitamins and minerals and can help in rebuilding and replenishing red blood cells.

Cotton Candy Juice

Carrillo-Bucaram, Kristina. The Fully Raw Diet: 21 Days to Better Health, with Meal and Exercise Plans, Tips, and 75 Recipes (Kindle Location 2463-2483). Houghton Mifflin Harcourt. Kindle Edition.

- 1 inch piece of ginger root, peeled
- 1 small red beet, washed
- 2-3 apples, washed and washed and quartered

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- 1/2 pineapple, peeled and cut into juicer sized pieces
- 2-3 frozen bananas, sliced
- several ice cubes, peeled, optional

Juice the ginger root, beet, apples and pineapple in an electric juicer.

Optionally, add the bananas to a blender followed by the juice. Blend on high make a smoothie out of this fruit juice. Otherwise, serve immediately, optionally over ice.

Cran-Apple Cocktail

Calbom, Cherie: The Juice Lady's Turbo Diet: Lose Ten Pounds in Ten Days-the Healthy Way! (page 164) Charisma House Kindle Edition

- 2 green apples, washed and quartered
- 1/4-1/2 cup cranberries, thawed if frozen
- 1/2 lemon, peeled
- 1 inch piece of ginger root, peeled
- 1/4 cup filtered water

Juice apples, cranberries and crabberries in an electric juicer. Serve immediately.

Stir in water and serve.

Cranapples

The Big Book of Juices, page 82, by Natalie Savona

- 1 cup cranberries, thawed
- 1 cup grapes, stemmed
- 3 apples, washed and quartered

Juice cranberries, grapes and apples in an electric juicer. Serve immediately.

Cranberry Apple Ginger Juice

<http://www.rebootwithjoe.com/cranberry-apple-ginger-juice-recipe/>

- 2 cups cranberries, thawed
- 2 apples, washed and quartered
- 2 inch pieces of ginger root, peeled
- 2 large kale leaves, washed

Juice cranberries, apples, ginger root and kale leaves in an electric juicer. Serve immediately.

Cranberry-Pear-Apple Cocktail

Calbom, Cherie. The Juice Lady's Healthy Holidays Cookbook. Page 34

- 1 red delicious or other sweet apple, washed and quartered
- 1/2 cup cranberries, thawed if frozen
- 1 pear, washed and quartered
- 1/4-1/2 beet, washed and halved
- several ice cubes

Juice apples, cranberries, pear and beet in an electric juicer.

Serve over ice.

Crazy for Cranberries Juice

<http://www.rebootwithjoe.com/crazy-for-cranberries-juice/>

- 1 cup cranberries, thawed
- 1-2 large oranges, peeled
- 5 carrots, peeled

Juice cranberries, oranges and carrots in an electric juicer. Serve immediately.

Creamsicle Juice

Juice It to Lose It, by Joe Cross

- 4 apples, washed and peeled
- 2 oranges, peeled
- 3 sweet potatoes, peeled and cut into chunks
- 6 carrots, peeled
- dash ground cinnamon

Juice apples, oranges, sweet potatoes and carrots in an electric juicer.

Stir in cinnamon and serve.

Ceamy Crunch

The Big Book of Juices, page 385, by Natalie Savona

- 4 stalks celery, washed
- 3 carrots, peeled

Juice celery and carrots in an electric juicer. Serve immediately.

Creamy Grapefruit

The Big Book of Juices, page 120, by Natalie Savona

- 2 grapefruits, peeled and broken into sections
- 1 beet, washed and halved
- 2 carrots, peeled
- 1/2 inch piece of ginger root, peeled

Juice grapefruits, beet, carrots and ginger root in an electric juicer. Serve immediately.

Creamy Papaya-Mint Cooler

<http://www.rebootwithjoe.com/creamy-papaya-mint-cooler/>

- 1 cup fresh mint
- 4-6 ice cubes
- 1/4 papaya, peeled, including seeds, cut into juicer sized pieces
- 2 apples, washed and quartered
- 1 large cucumber, peeled

Place mint and ice in blender.

Juice papaya, apples and cucumber in an electric juicer.

Combine juice with mint and ice in blender. Blend until mint is emulsified and ice is crushed to serve.

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Creamy Pear

The Big Book of Juices, page 219, by Natalie Savona

- 1/2 cup fresh mint, packed
- 3 pears, washed and quartered
- 1 thick slice of melon, peeled and cut into juicer sized pieces

Add mint to a blender.

Juice pears and melon in an electric juicer. Serve immediately.

Combine juice with mint. Blend until mint is well chopped. Serve immediately.

Creamy Raspberry

The Big Book of Juices, page 170, by Natalie Savona

- 2 cups raspberries, thawed if frozen
- 1/2 melon, peeled and cut into juicer sized pieces
- 1 stalk celery, washed

Add raspberries to a blender.

Juice melon and celery in an electric juicer.

Combine juice with raspberries. Blend until raspberries are well chopped. Serve immediately.

Crimson Delight

Originally "Just Printable Juice Recipes", page 2, by Hannah

- 2 cups tomatoes, washed and diced
- 1 cup strawberries, hulled, washed and sliced
- 1/2 cup fresh basil, packed
- 4-6 ice cubes

Juice the tomatoes in an electric juicer.

Combine the tomato juice with the strawberries, basil and ice in a blender.

Blend until berries and mint are well pulverized. Serve immediately.

Crispy Cucumber Juice

<http://www.rebootwithjoe.com/crispy-cucumber-juice-recipe/>

- 1 cucumber, peeled
- 2 stalks celery, washed
- 3 leaves Swiss chard, washed
- 1 lime, peeled
- 1 orange, peeled

Juice cucumber, celery, Swiss chard, lime and orange in an electric juicer. Serve immediately.

Cruciferous Carrot Juice

<http://www.rebootwithjoe.com/cruciferous-carrot-juice-recipe/>

- 1 leaves kale, washed

- 1 carrots, peeled
- 1 pear, washed and quartered
- 1 4 inch stem of broccoli, washed
- 1 4 inch stem of cauliflower, washed
- 1/2 lemon or lime, peeled

Juice kale, carrots, pear, broccoli, cauliflower and lemon or lime in an electric juicer. Serve immediately.

Cucumber Grape Juice

Carrillo-Bucaram, Kristina. The Fully Raw Diet: 21 Days to Better Health, with Meal and Exercise Plans, Tips, and 75 Recipes (Kindle Location 2487-2500). Houghton Mifflin Harcourt. Kindle Edition.

- 2 pounds grapes, removed from stems and washed
- 3 cucumbers, peeled

Juice grapes and cucumbers in an in an electric juicer. Serve immediately.

Cucumber Refresher

The Big Book of Juices, page 305, by Natalie Savona

- 1 cucumber, peeled
- 2 pears, washed and quartered

Juice cucumber and pears in an electric juicer. Serve immediately.

Cucumber-Melon Juice

- 1/4 cup honeydew melon, peeled and cut into juicer sized pieces
- 1/2 cucumber, peeled
- 1 stalk celery, washed
- 1 tablespoon lime juice
- pinch of sea salt

Juice melon, cucumber and salt in an electric juicer.

Stir in salt and serve.

Dad's Day Orange Juice

Originally "In the Reboot Kitchen: Dad's Day OJ". <http://www.rebootwithjoe.com/fathers-day-orange-juice/>

- 2 oranges, peeled
- 2 cups pineapple, trimmed and cut into juicer-sized pieces
- 1 inch piece of ginger root, peeled
- 3 leaves Romaine lettuce, washed
- 1/2 lime, peeled
- dash ground turmeric

Juice oranges, pineapple, ginger root, lettuce and lime in an electric juicer.

Stir in ground turmeric and serve.

The original recipe calls for a 1-inch slice of fresh turmeric. I changed it to ground turmeric.

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Dark and Stormy Juice

<http://www.rebootwithjoe.com/dark-stormy-juice-recipe/>

- 8 leaves kale, washed
- 1 large bunch parsley, washed
- 1 large beet, with greens if fresh, halved
- 2 stalks celery, washed
- 1 lemon, peeled

Juice kale, parsley, beet, celery and lemon in an electric juicer. Serve immediately.

Dark, Sweet and Tangy

Tyler, Daniel. 30 Day Juice Cleanse: Over 100 Juicing Recipes to aid Weight Loss, Detox, and Fasting (p. 35). Encore Publishing. Kindle Edition.

- 1 1/2 inch piece of ginger root, peeled
- 1 large apple, washed and quartered
- 1 beet with greens if fresh, washed and halved
- 2 medium carrots, peeled
- several ice cubes, optional
- slice of lemon, as a garnish
- sprig of fresh mint as a garnish

Juice ginger root, apple, beets and carrots in an electric juicer.

Serve, optionally over ice, garnished with lemon and mint.

Beetroot combined with apple, carrots and ginger, gives you a juice that can increase your stamina and boost brain power. This juice can help in lowering blood pressure and good antioxidants too.

Deep Purple Juice

Juice It to Lose It, by Joe Cross

- 2 apples, washed and quartered
- 1/2 head purple cabbage
- 2 cups red or black grapes, washed and stemmed
- 8 leaves Romaine lettuce, washed

Juice apples, cabbage, grapes and lettuce in an electric juicer. Serve immediately.

Delicate Pale

The Big Book of Juices, page 389, by Natalie Savona

- 4 stalks celery, washed
- 2 pears, washed and quartered

Juice celery and pears in an electric juicer. Serve immediately.

Delicious Darkness

The Big Book of Juices, page 123, by Natalie Savona

- 1 cup spinach, packed
- 2 grapefruits, peeled and broken into sections
- 1 carrot, peeled

- 1 large beet, peeled
- 1 stalk celery, washed

Add spinach to a blender.

Juice grapefruits, carrot, beet and celery in an electric juicer.

Combine juice with spinach in blender. Blend until spinach is well chopped. Serve immediately.

Delicious, Deep Red Elixir

Originally "Delicious, Deep - Red Elixir". Tyler, Daniel. 30 Day Juice Cleanse: Over 100 Juicing Recipes to aid Weight Loss, Detox, and Fasting (p. 10). Encore Publishing. Kindle Edition.

- 1 cup blackberries, fresh or frozen
- 1 teaspoon sesame seeds, optional
- several ice cubes
- 2 beets with greens if fresh, washed and halved
- 3 apples, washed and quartered
- 1/2 inch piece of ginger root, peeled

Place the blackberries and optional sesame seeds and ice in a blender.

Juice the beets, apples and ginger root in an electric juicer.

Combine juice in blender. Blend until smooth and creamy. Optionally, strain through a sieve to remove solids.

Drink slowly. The beets make this juice very potent and it can cause nausea if consumed too quickly.

This juice is so red because of the beet and blackberries. It is highly nutritious and cleanser of the blood. Beet is full of potassium, iron, manganese, folate and Vitamin C.

Digestaid

The Big Book of Juices, page 245, by Natalie Savona

- 1/2 cup fresh mint, packed
- 1/2 pineapple, peeled and cut into juicer sized pieces
- 1 thick slice of cabbage, cut into juicer sized pieces
- 1 inch piece of ginger root, peeled

Add mint to a blender.

Juice pineapple, cabbage and ginger root in an electric juicer. Serve immediately.

Combine juice with mint. Blend until mint is well chopped. Serve immediately.

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Digestion Helper Juice

Originally "The 'Digestion-Helper' Juice". <http://www.rebootwithjoe.com/a-juice-recipe-that-supports-good-digestion/>

- 1/4 pineapple, trimmed and cut into juicer-sized pieces
- 1 yellow grapefruit, peeled and quartered
- 1 pink grapefruit, peeled and quartered
- 1 lemon, peeled
- 1 carrot, peeled

Juice pineapple, grapefruit, lemon and carrot in an electric juicer. Serve immediately.

Double Apple

The Big Book of Juices, page 67, by Natalie Savona

- 1/2 cup fresh mint, packed
- 2 apples, washed and quartered
- 1/2 pineapple, peeled and cut into juicer sized pieces

Add mint to a blender.

Juice apples and pineapple in an electric juicer.

Combine juice with mint. Blend until mint is well chopped. Serve immediately.

Double Citrus Carrot Juice

<http://www.rebootwithjoe.com/citrus-celery-carrot-juice-recipe/>

- 4 carrots, peeled
- 4 stalks celery, washed
- 2 oranges, peeled
- 2 lemons, peeled

Juice carrots, celery, oranges and lemons in an electric juicer. Serve immediately.

Dracula's Dream Juice

<http://www.rebootwithjoe.com/draculas-dream-juice/>

- 2 cups kale, washed
- 2 beets, with greens if fresh, halved
- 2 carrots, peeled
- 1 cup strawberries, hulled and washed

Juice kale, beets with greens and carrots in an electric juicer.

Combine with strawberries in a blender. Blend until strawberries are well ground. Serve immediately.

Dreaming of Summer Juice

Originally "Dreaming of Summer Juice Recipe". <http://www.rebootwithjoe.com/summer-juice-recipe/>

- 1/4 pineapple, peeled and cut into juicer sized pieces
- 1/4 watermelon with rind, cut into juicer sized pieces

- 2 carrots, peeled
- 2 stalks celery, washed
- 2 inch piece of ginger root, peeled

Juice ingredients in an electric juicer. Serve immediately.

Ease Your Joints Juice

<http://www.rebootwithjoe.com/ease-your-joints-juice/>

- 1/3 pineapple, trimmed and cut into juicer-sized pieces
- 1 large handful cherries, thawed
- 1 handful red grapes, stemmed
- 1 carrot, peeled
- 2 inch pieces of ginger root, peeled
- 1 large fennel bulb with leaves, washed and cut into juicer sized pieces

Juice pineapple, cherries, grapes, carrot, ginger root and fennel in an electric juicer. Serve immediately.

Easy Being Green

Juice It to Lose It, by Joe Cross

- 4 cups spinach, washed
- 8 leaves kale, washed
- 2 apples, washed and quartered
- 1 cucumber, peeled
- 2 pears, washed and quartered
- 2 inch piece of ginger root, peeled

Add spinach to a blender.

Juice kale, apples, cucumber, pears and ginger root in an electric juicer.

Blend juices with spinach. Blend until spinach is well chopped. Serve immediately.

Easy Morning

The Big Book of Juices, page 257, by Natalie Savona

- 3 carrots, peeled
- 1 apple, washed and quartered
- 1 orange, peeled
- 1 stalk celery, washed
- 1/2 inch piece of ginger root, peeled

Juice carrots, apple, orange, celery and ginger root in an electric juicer. Serve immediately.

Energy Boosting Juice Cocktail

<https://mail.google.com/mail/u/0/?tab=wm#inbox/15862f645ce209a4>

- 1 cup spinach
- 1 cucumber, peeled
- 2 stalks celery, washed
- 1 apple, washed and quartered
- 1/2 lemon, peeled

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- 2 leaves kale or chard, washed
- a few ice cubes, optional

Place spinach in a blender.

Juice cucumber, celery, apple, lemon and kale or chard in an electric juicer.

Combine juice with spinach. Optionally add ice. Blend until spinach is emulsified and ice is crushed to serve.

Eve's Peach

- 2 cups peaches, thawed if frozen
- 2 apples, washed and quartered

Juice peaches and apples in an electric juicer. Serve immediately.

Eye Opener

The Big Book of Juices, page 343, by Natalie Savona

- 1 cup spinach, washed and packed
- 2 large leaves of kale, washed
- 1 carrot, peeled
- 1 grapefruit, washed

Add spinach to a blender.

Juice kale, carrot and grapefruit in an electric juicer.

Combine juice with spinach. Blend until spinach is well chopped. Serve immediately.

Fall Harvest Juice

<http://www.rebootwithjoe.com/fall-harvest-juice-recipe/>

- 1 beet, washed and halved
- 1 pear, washed and quartered
- 5 carrots, peeled
- 4 leaves collard greens, washed
- 3 stalks celery, washed
- 1 inch piece of ginger root, peeled

Juice ingredients in an electric juicer. Serve immediately.

Fat Burning Juice

Tyler, Daniel. 30 Day Juice Cleanse: Over 100 Juicing Recipes to aid Weight Loss, Detox, and Fasting (pp. 97-98). Encore Publishing. Kindle Edition.

- 1 bunch fresh mint, washed, no more than 1/4 of a cup of leaves
- several ice cubes, optional
- 1 head Romaine lettuce, washed
- 1 pink grapefruit, peeled
- 2 oranges, peeled

Be careful when using mint, not to over do it. Excessive peppermint oil can cause an allergic reaction and cause your lower lip to swell.

Place the mint and the ice cubes, if used, in a blender.

Juice the lettuce, grapefruit and oranges in an electric juicer.

Combine juice in blender. Blend until mint is pulverized.

This juice recipe is loaded up with fat burning fruits and vegetables that will help your metabolism reviving.

Fat Furnace

Originally "Just Printable Juice Recipes", page 4, by Hannah

- 1 cup fresh mint, packed
- 1 head Romaine lettuce, torn or cut into bite sized pieces
- 4-6 ice cubes
- 1 grapefruit, halved
- 2 oranges, halved

Consider this one a salad in a glass.

Add the lettuce, mint and ice cubes to a blender.

Juice the citrus in a citrus juicer. Add juice to blender.

Blend until ice is well crushed.

You may need to push the components down with a wooden spoon to get everything to mix.

Fenne-Tastic Juice

Originally "In the Reboot Kitchen: Fenne-tastic Juice". <http://www.rebootwithjoe.com/fennel-celery-apple-lime-juice/>

- 2 fennel bulbs with leaves, cut into juicer sized pieces
- 2 stalks celery, washed
- 1-2 apples, washed and quartered
- 1 lime, peeled

Juice fennel, celery, apples and lime in an electric juicer. Serve immediately.

Fennel and Spice Juice

- 1/2 bunch kale, washed
- 1/2 fennel bulb with leaves, cut into juicer sized pieces
- 1 inch piece of ginger root, peeled
- 4 carrots, peeled
- 2 red bell peppers, washed and quartered

Juice kale, fennel, carrots, red bell peppers and ginger root in an electric juicer. Serve immediately.

Fennel, Cauliflower and Cabbage Juices

Tyler, Daniel. 30 Day Juice Cleanse: Over 100 Juicing Recipes to aid Weight Loss, Detox, and Fasting (p. 24). Encore Publishing. Kindle Edition.

- 1/2 fennel bulb with greens if fresh, washed
- 1/2 head cauliflower, washed

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- 1/2 head green cabbage, washed and cut into juicer sized pieces
- 1 lemon, peeled
- 2 oranges, peeled
- 2 pears or apples, washed and quartered
- 6 carrots, peeled
- several ice cubes, optional

Makes a couple of glasses of juice. It really does help digestion and it taste pretty good, too.

Juice fennel bulb, cauliflower, cabbage, lemon, oranges, pears (or apples) and carrots in an electric juicer. Serve, optionally over ice.

This juice use lemons, oranges, cauliflower and cabbage which is high in Vitamin C and an excellent all-around cancer fighting nutrients. Fennel is a great antioxidant and help in digestion.

Festive Juice for Christmas

Originally "A Festive Juice for Christmas". <http://www.rebootwithjoe.com/festive-juice-recipe/>

- 2-3 plums, washed and pitted
- 1 beet, washed and halved
- 2 apples, washed and quartered
- 6 leaves kale, washed

Juice ingredients in an electric juicer. Serve immediately.

Festively Fresh Green Juice

- 1 apple, washed and quartered
- 1 cucumber, peeled
- 3-4 radishes, washed and trimmed
- 1 inch piece of ginger root, peeled

Juice apple, cucumber, radishes and ginger root in an electric juicer. Serve immediately.

Fiery Pineapple

The Big Book of Juices, page 663, by Natalie Savona

- 1/2 pineapple, peeled and cut into juicer sized pieces
- 1 inch of ginger root, peeled
- 3-5 leaves of fresh mint
- 4-6 ice cubes
- sparkling mineral water, chilled

Juice the pineapple and ginger root in an electric juicer.

Place the mint and ice cubes in a blender.

Add the pineapple juice.

Blend until ice is well crushed.

Fill two glasses, leaving room at the top, and top with sparkling mineral water. Stir to combine and serve.

Fire and Ice

<https://mail.google.com/mail/u/0/?tab=wm#inbox/158cf5focba66e4f>

- 2 green apples, washed and quartered
- 6 leaves kale, washed
- 1 cucumber, peeled
- 1/4 jalapeño pepper, washed and seeded

Juice all the ingredients in an electric juicer and serve.

Florida Blue

The Big Book of Juices, page 120, by Natalie Savona

- 2 oranges, peeled
- 1 pink grapefruit, peeled
- 1 cup blueberries, thawed if frozen

Juice oranges, grapefruit and blueberries in an electric juicer. Serve immediately.

Florida Carrots

The Big Book of Juices, page 291, by Natalie Savona

- 1/2 cup fresh mint, packed
- 3 carrots, peeled
- 1/2 grapefruit, peeled
- 1 orange, peeled

Add mint to a blender.

Juice carrots, grapefruit and orange in an electric juicer.

Combine juice with mint. Blend until mint leaves are well chopped. Serve immediately.

Fresh Crunch

- 5 springs fresh mint
- 4 stalks celery, washed
- 1 apple, washed and quartered
- 1 lime, peeled

Add mint to a blender.

Juice celery, apple and lime in an electric juicer.

Combine juice with mint. Blend until mint is well chopped. Serve immediately.

Fresh Pear

- 1/2 cup fresh mint, packed
- 3 pears, washed and quartered
- 1 cucumber, peeled

Add mint to a blender.

Juice pears and cucumber in an electric juicer.

Combine juice with mint. Blend until mint is well chopped. Serve immediately.

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Fresh Spring Juice

Tyler, Daniel. 30 Day Juice Cleanse: Over 100 Juicing Recipes to aid Weight Loss, Detox, and Fasting (p. 57). Encore Publishing. Kindle Edition.

- 12 strawberries, hulled and washed
- several ice cubes, optional
- 1 head of broccoli, washed
- 10 medium carrots, peeled
- 2 limes, peeled
- 2 medium tomatoes, washed and quartered

Place the strawberries and ice, if used, in a blender.

Juice the broccoli, carrots, limes and tomatoes in an electric juicer.

Add juice to blender until strawberries are well chopped. Serve immediately.

This juice is packed with immune-boosting properties and help in promoting healthy metabolism and boost digestive health.

Fruits and Greens

Tyler, Daniel. 30 Day Juice Cleanse: Over 100 Juicing Recipes to aid Weight Loss, Detox, and Fasting (p. 58). Encore Publishing. Kindle Edition.

- 2 leaves kale, washed
- 2 leaves beet greens, or other greens, washed
- 1 handful parsley, washed
- 1 handful fresh cilantro, washed
- 1/2 fennel bulb, washed
- 1 apple, washed and quartered
- 1 pear, washed and quartered
- 1 lemon, peeled
- 1/2 inch piece of ginger root, peeled
- 1/3 cucumber, peeled
- 3 stalks celery, washed
- several ice cubes, optional

Juice the kale, greens, parsley and cilantro in a wheat-grass or cold press juicer, if available. Otherwise place these greens in a blender.

Juice the fennel, apple, pear, lemon, ginger root, cucumber and celery in an electric juicer.

Combine juice with greens juice or blend together in a blender. If using a blender, strain the excess solids out with a sieve.

Serve, optionally over ice.

This juice has parsley that helps in cleansing your entire blood supply and can give you fresh breathe. It also has chlorophyll that cleanses your whole system. This juice also has coriander that binds with heavy metal and it can eliminate mercury from our body.

Fruity Turmeric Tonic Juice

<http://www.rebootwithjoe.com/turmeric-citrus-juice-recipe/>

- 1/4 cantaloupe, peeled and cut into juicer sized pieces
- 1 grapefruit, peeled
- 1 lemon, peeled
- 1/2 inch piece of ginger root, peeled
- 1/2 teaspoon ground turmeric

Juice cantaloupe, grapefruit, lemon and ginger root in an electric juicer.

Stir in turmeric to serve.

Fully Raw Jungle Juice

Carrillo-Bucaram, Kristina. The Fully Raw Diet: 21 Days to Better Health, with Meal and Exercise Plans, Tips, and 75 Recipes (Kindle Location 2543-2563). Houghton Mifflin Harcourt. Kindle Edition.

- 4-5 tangelos, juiced
- 1 lime, juiced
- 1 pound seedless grapes, stemmed and washed
- 1/2 bunch cilantro, washed
- 5 apples, washed and quartered
- 3-4 large kale leaves
- 1/2 pineapple, peeled and cut into juicer sized pieces

Juice grapes, cilantro, kale and pineapple in an in an electric juicer.

Combine with citrus juice and serve.

Makes a fairly large drink. Refrigerate extra for serving later.

Fully Raw Vegilicious Juice

Carrillo-Bucaram, Kristina. The Fully Raw Diet: 21 Days to Better Health, with Meal and Exercise Plans, Tips, and 75 Recipes (Kindle Location 2441-2461). Houghton Mifflin Harcourt. Kindle Edition.

- 1 large handful baby spinach leaves, washed
- 1 medium beet with greens, washed
- 8 sprigs flat (Italian) parsley, washed
- 3 large leaves Romaine lettuce, washed
- 8 sprigs watercress, if you can find it, optional
- 2 large ripe tomatoes, washed and quartered
- 2 stalks celery, washed
- 2 large carrots, peeled
- several ice cubes, optional

Place spinach in a blender.

Wrap parsley around lettuce leaves.

Juice beets, lettuce with parsley, water cress, if used, tomatoes, celery and carrots in an in an electric juicer.

Place juice in a blender optionally with ice. Blend until spinach is very well chopped.

Serve immediately.

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Gallbladder Cleansing Cocktail

Calbom, Cherie: *The Juice Lady's Turbo Diet: Lose Ten Pounds in Ten Days-the Healthy Way!* (page 166) Charisma House Kindle Edition

- 1 cucumber, peeled
- 1 lemon, peeled
- 5 carrots, peeled
- 1 beets, with greens if fresh, halved
- 1-2 green apples, washed and quartered

Juice cucumber, lemon, carrots, beets and apples in an electric juicer. Serve immediately.

Garden Garnish Juice

<http://www.rebootwithjoe.com/parsley-apple-cucumber-green-juice-recipe/>

- 1 handful parsley, chopped
- 2 cucumbers, peeled
- 2 stalks celery, washed
- 1 lemon, peeled

Juice green apples, cucumbers, celery and lemon in an electric juicer.

Add juice to blender and blender until parsley is chopped. Strain juice through a sieve to remove residual pieces of parsley and serve.

Garlic Wonder

Calbom, Cherie: *The Juice Lady's Turbo Diet: Lose Ten Pounds in Ten Days-the Healthy Way!* (page 166) Charisma House Kindle Edition

- 1 handful parsley, chopped
- 1 leaf romaine lettuce, washed
- 1/2 cucumber, peeled
- 1 clove garlic, peeled
- 3 carrots, peeled
- 2 stalks celery, washed

Add parsley to a blender.

Juice lettuce, cucumber, garlic, carrots and celery in an electric juicer.

Add juice to blender and blender until parsley is chopped. Strain juice through a sieve to remove residual pieces of parsley and serve.

Garlic and Bell Pepper Juice

Tyler, Daniel. *30 Day Juice Cleanse: Over 100 Juicing Recipes to aid Weight Loss, Detox, and Fasting* (p. 65). Encore Publishing. Kindle Edition.

- 1 garlic clove, peeled
- 2 green apples, washed and quartered
- 1 bell pepper, any color, washed and halved
- several ice cubes, optional

Juice the garlic, apples and pepper in an electric juicer. Serve immediately, optionally over ice.

This recipe is very simple yet it is full of nutrients comes from the garlic. It is rich in potassium, calcium,

iron, amino acids and great source of vitamins. It also has a natural antibiotic, anti-microbial and immune booster. It can reduce cholesterol, blood pressure and infection.

Gazpacho Juice

<http://www.rebootwithjoe.com/gazpacho-juice/>

- 2 cups parsley, chopped
- 4 plum tomatoes, 2 regular tomatoes, washed and halved
- 1 cucumber, peeled
- 2 red bell pepper, washed and quartered
- 1/4 small red onion, peeled
- 1 lime, peeled
- 4-6 ice cubes

Add parsley and ice to a blender.

Juice tomatoes, cucumber, pepper, onion and lime in an electric juicer.

Add juice to blender and blender until parsley is chopped. Strain juice through a sieve to remove residual pieces of parsley and serve.

Gently Raspberry

The Big Book of Juices, page 171, by Natalie Savona

- 2 cups raspberries, thawed if frozen
- 2 pears, washed and quartered
- 1/4 cucumber, peeled

Add raspberries to a blender.

Juice pears and cucumber in an electric juicer.

Combine juice with raspberries. Blend until raspberries are well chopped. Serve immediately.

Get You Going Morning Juice

<http://www.rebootwithjoe.com/get-you-going-morning-juice-recipe/>

- 1 cup spinach, washed
- 1/2 sweet potato, peeled
- 1 small apple, washed and quartered
- 3 carrots, peeled
- 1 inch piece of ginger root, peeled
- a few ice cubes

Place spinach in a blender.

Juice sweet potato, apple, carrots and ginger root in an electric juicer.

Combine juice with ice in blender. Blend until spinach is well chopped and serve.

Ginger Grapefruit Morning Juice

<http://www.rebootwithjoe.com/ginger-grapefruit-morning-juice/>

- 1 pink grapefruit, peeled

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- 1 orange, peeled
- 2 carrots, peeled
- 1/2 inch piece of ginger root, peeled

Juice ingredients in an electric juicer. Serve immediately.

Ginger Hopper

Originally "The Ginger Hopper". Calbom, Cherie: The Juice Lady's Turbo Diet: Lose Ten Pounds in Ten Days-the Healthy Way! (page 177) Charisma House Kindle Edition

- 5 carrots, peeled
- 1 green apple, washed and quartered
- 1 inch piece of ginger root, peeled

Juice carrots, apple and ginger root in an electric juicer. Serve immediately.

Ginger Pear Endive Juice

<http://www.rebootwithjoe.com/ginger-pear-endive-juice/>

- 1 pear, washed and quartered
- 1 head endive, washed
- 1 inch piece of ginger root, peeled
- 1/2 lemon, peeled
- 1 cucumber, peeled
- 1 zucchini, peeled

Juice ingredients in an electric juicer. Serve immediately.

Ginger Zinger

The Big Book of Juices, page 238, by Natalie Savona

- 1/2 pineapple, peeled and cut into juicer sized pieces
- 2 oranges, peeled
- 1 inch piece of ginger root, peeled

Juice pineapple, oranges and ginger root in an electric juicer. Serve immediately.

Ginger, Apple and Cucumber Juice

Tyler, Daniel. 30 Day Juice Cleanse: Over 100 Juicing Recipes to aid Weight Loss, Detox, and Fasting (pp. 7-8). Encore Publishing. Kindle Edition.

- 1 cucumber, peeled
- 1 inch piece of ginger root, peeled
- 3 apples, washed and quartered
- several ice cubes, optional

Juice the cucumber, ginger root and apples in an electric juicer. Serve immediately, optionally over ice.

Ginger has antioxidants called "gingerol" that helps to combat oxidative damage to joint cells. Adding ginger into your regular juice can reduce arthritis based joint pain.

Glowing Green Pepper Carrot Juice

Originally "In the Reboot Kitchen: Glowing Green Pepper Carrot Juice". <http://www.rebootwithjoe.com/in-the-reboot-kitchen-green-pepper-carrot-juice/>

- 2 green bell peppers, washed and quartered
- 2 cucumbers, peeled
- 5 carrots, peeled
- 2 lemons, peeled

Juice peppers, cucumbers, carrots and lemons in an electric juicer. Serve immediately.

Glowing Orange and Red Electrolyte Juice

Originally "Glowing Orange & Red Electrolyte Juice". <http://www.rebootwithjoe.com/glowing-orange-red-electrolyte-juice/>

- 1 large handful Romaine, or other lettuce, washed
- 5 carrots, peeled
- 2 stalks celery, peeled
- 1/2 tomato, washed and halved
- 1 orange, peeled
- 1 inch piece of ginger root, peeled

Juice lettuce, carrots, celery, tomato, orange and ginger root in an electric juicer. Serve immediately.

Golden Beets

Originally "This Juice is Pure Gold(en Beets)". <http://www.rebootwithjoe.com/this-juice-is-pure-golden-beets/>

- 2 golden beets, if available, or regular beets, washed and halved
- leaves from beets, if fresh, washed
- 1/4 pineapple, peeled and cut into juicer sized pieces
- 1 lemon, peeled
- 1/2 inch piece of ginger root, peeled

Juice ingredients in an electric juicer. Serve immediately.

Gout Fighter

Originally "The Gout Fighter". Calbom, Cherie: The Juice Lady's Turbo Diet: Lose Ten Pounds in Ten Days-the Healthy Way! (page 168) Charisma House Kindle Edition

- 1 green apple, washed and quartered
- 1/2 pound cherries, thawed
- 2 stalks celery, washed
- 1 lemon, peeled

Juice apple, cherries, celery and lemon in an electric juicer. Serve immediately.

Grape Ape

The Big Book of Juices, page 77, by Natalie Savona

- 3 apples, washed and quartered
- 1 bunch red grapes, washed and stemmed
- 1 nectarine, pitted and chopped
- ice cubes, optional
- 2 frozen bananas, optional

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Juice apples and grapes.

Place nectarine pieces in a blender. Add apple and grape juice and, optionally, ice and banana to blender.

Blend until smooth to serve.

Grape Crunch

The Big Book of Juices, page 400, by Natalie Savona

- 4 stalks celery, washed
- 3 cups grapes, stemmed and washed

Juice celery and grapes in an electric juicer. Serve immediately.

Grape Pineapple Lime Juice

- 1 bunch grapes, washed and stemmed
- 1/2 pineapple, trimmed and cut into juicer-sized pieces
- 1/2-1 lime, peeled

Juice grapes, pineapple and lime in an electric juicer. Serve immediately.

Grape and Beet Juice

- 1/2 cucumber, peeled
- 1 tomato, washed and halved
- 1 zucchini squash, peeled
- 1 beet, with greens if fresh, washed and halved
- 1 1/2 cups grapes, washed
- 1/2 lime, peeled

Juice cucumber, tomato, squash, beet, grapes and lime in an electric juicer. Serve immediately.

Grape and Green

The Big Book of Juices, page 336, by Natalie Savona

- 2 cups spinach, washed and packed
- 4 large leaves of kale, washed
- 2 stalks of celery, washed
- 1 grapefruit, peeled

Add spinach to a blender.

Juice kale, celery and grapefruit in an electric juicer.

Combine juice with spinach. Blend until spinach is well chopped. Serve immediately.

Grape, Lemon, Orange, Apple and Carrot Juice

Originally "Healthy Juice for Pregnancy". Tyler, Daniel. 30 Day Juice Cleanse: Over 100 Juicing Recipes to aid Weight Loss, Detox, and Fasting (p. 55). Encore Publishing. Kindle Edition.

- 1 cup grapes, stemmed and washed
- 1 lemon, peeled
- 2 oranges, peeled
- 3 green apples, washed and quartered
- 8 carrots, peeled

- several ice cubes, optional

Grape-Apple Juice

- 1 handful spinach, washed and packed
- 1/2 cup green or red grapes, stemmed
- 1 apple, washed and quartered
- 1 stalk celery, washed

Add spinach to a blender.

Juice grapes, apple and celery in an electric juicer.

Combine juice with spinach. Blend until spinach is well chopped. Serve immediately.

Grapefruit Basic

The Big Book of Juices, page 90, by Natalie Savona

- 1 grapefruit, peeled
- 1 apple, washed and quartered
- 2 carrots, peeled
- 1 stalk celery, washed

Juice grapefruit, apple, carrots and celery in an electric juicer. Serve immediately.

This juice is a mixture of many health benefits that can get in each ingredient. Carrots contain vitamin A and E for skin and nails and hair and it help in developing good eye sight. Grapes contain calcium, phosphorus and niacin which are good help for the growing baby. Lemon and oranges is rich in vitamin C. And apples are full of antioxidants properties.

Grapefruit Basic with a Bite

The Big Book of Juices, page 93, by Natalie Savona

- 1 grapefruit, peeled
- 1 apple, washed and quartered
- 2 carrots, peeled
- 1 stalk celery, washed
- 1 inch piece of ginger root, peeled

Juice grapefruit, apple, carrots, celery and ginger root in an electric juicer. Serve immediately.

Grapefruit Blues

The Big Book of Juices, page 96, by Natalie Savona

- 2 grapefruits, peeled
- 1 1/2 cups blueberries, thawed if frozen

Juice grapefruits and blueberries in an electric juicer. Serve immediately.

Grapefruit C

The Big Book of Juices, page 100, by Natalie Savona

- 1 cup mango, thawed if frozen
- 1 kiwi fruit, peeled
- 2 grapefruits, halved

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Add mango and kiwifruit to a blender.

Juice grapefruits on a citrus juicer.

Combine juice with mango and kiwifruit. Blend until mango and kiwifruit are well chopped. Serve immediately.

Grapefruit Punch

Juice It to Lose It, by Joe Cross

- 1 apple, washed and quartered
- 1 small grapefruit, peeled
- 1 lime, peeled
- 8 leaves kale, washed
- 2 cucumbers, peeled

Juice apple, grapefruit, lime, kale and cucumbers in an electric juicer. Serve immediately.

Grapefruit Sharp

The Big Book of Juices, page 88, by Natalie Savona

- 2 grapefruit, halved
- 1 lemon, halved
- 1 lime, halved
- 1 stevia, to taste, optional

Juice citrus in a citrus juicer and stir.

Optionally add stevia to taste to sweeten to serve.

Grapefruit Sweet

The Big Book of Juices, page 89, by Natalie Savona

- 2 grapefruits, halved
- 2 tangerines or oranges, halved

Juice grapefruits and oranges in a citrus juicer. Serve immediately.

Grapefruit and Orange Refreshing Drink

Tyler, Daniel. 30 Day Juice Cleanse: Over 100 Juicing Recipes to aid Weight Loss, Detox, and Fasting (pp. 73-74). Encore Publishing. Kindle Edition.

- 1/4 cup orange juice
- 1 cup frozen mangos
- 1 orange, peeled
- 1 grapefruit, peeled
- 8 ice cubes
- 2-4 additional oranges, peeled, as needed, optional

Place orange juice and mangos in a blender.

Juice the first orange and grapefruit in an electric juicer. Add juice to blender and blend until smooth. Mixture will be thick.

Grapefruit and orange contains high amount of vitamin C. 1 glass of this juice has a 7% of the recommended daily energy intake of an average person.

Grassy Lemonade

Tyler, Daniel. 30 Day Juice Cleanse: Over 100 Juicing Recipes to aid Weight Loss, Detox, and Fasting (p. 33). Encore Publishing. Kindle Edition.

- 1 sprig fresh mint
- several ice cubes
- 1 large apple, washed and quartered
- 1 lemon, peeled
- 1 inch piece of ginger root, peeled
- 5 large kale leaves, washed

Place mint and ice in a blender.

Juice the apple, lemon, ginger root and kale in an electric juicer.

Combine juice in blender. Blend until ice is well crushed to serve.

This juice recipe uses kale which is high in calcium and antioxidants. Added with apple, lemon, ginger and mint, comes out a healthy yet refreshing drink.

Green Beans in a Juice

Originally "Green Beans in a Juice? Yes Please!". <http://www.rebootwithjoe.com/greens-and-beans-juice/>

- 1 bunch spinach, peeled
- 2 large handfuls green beans, washed
- 2 cucumbers, peeled
- 1 lemon, peeled

Add spinach to a blender.

Juice green beans, cucumbers and lemon in an electric juicer.

Combine juice with spinach. Blend until spinach is well chopped. Serve immediately.

Green Carrot Ginger Juice

Originally "Seasonal: Green Carrot Ginger Juice". <http://www.rebootwithjoe.com/seasonal-green-carrot-ginger-juice/>

- 3 leaves kale, washed
- 2 inch piece of ginger root, peeled
- 1 cucumber, peeled
- 4 carrots, peeled
- 1/2 pear, washed and quartered

Juice kale, ginger root, cucumber, carrots and pear in an electric juicer. Serve immediately.

Green Citrus

The Big Book of Juices, page 326, by Natalie Savona

- 2 cups spinach, washed and packed
- 2 stalks of celery, washed
- 2 oranges, peeled

Add spinach to a blender.

Juice celery and oranges in an electric juicer.

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Combine juice with spinach. Blend until spinach is well chopped. Serve immediately.

Green Citrus Juice

- 3 handfuls leafy greens, washed
- 1 green apple, washed and quartered
- 1 orange, peeled
- 1 orange, peeled
- 1 filtered water

Juice leafy greens, apple and orange in an electric juicer.

Add water to dilute as needed and stir to serve.

Green Elixir

Originally "Green Elixir – Recipe of the Week". <http://www.rebootwithjoe.com/green-elixir-recipe-of-the-week/>

- 4-6 leaves kale, washed
- 1 cucumber, peeled
- 1/2 fennel bulb with leaves, cut into juicer sized pieces
- 1-2 pears, washed and quartered
- 2 stalks celery, washed

Juice kale, cucumber, fennel, pears and celery in an electric juicer. Serve immediately.

Green Fuel

Originally "Just Printable Juice Recipes", page 3, by Hannah

- 3 cups spinach leaves, washed and packed
- 1/2 cup parsley, chopped
- 4-6 ice cubes, optional
- 6 stalks celery, washed
- 2 pears, washed and quartered
- 2 pears, washed and quartered
- 1 lemon, peeled

Place spinach leaves, parsley and ice in a blender.

Juice remaining ingredients in an electric juicer.

Blend on high until spinach is well pulverized.

Strain the mixture through a large sieve into a quart container to remove solids. Serve immediately.

Green Ginger Ale

Originally "In the Reboot Kitchen: Green Ginger Ale". <http://www.rebootwithjoe.com/green-ginger-ale-juice/>

- 3 green apples, washed and quartered
- 2 stalks celery, washed
- 1 cucumber, peeled
- 1 lime, peeled
- 1 inch piece of ginger root, peeled

Juice apples, celery, cucumber, lime and ginger root in an electric juicer. Serve immediately.

Green Goodies Sneaks

Tyler, Daniel. 30 Day Juice Cleanse: Over 100 Juicing Recipes to aid Weight Loss, Detox, and Fasting (p. 72). Encore Publishing. Kindle Edition.

- 3 large kale leaves, washed
- 1 cup green grapes, washed
- 2 cucumbers, peeled
- 1 green apple, washed and quartered
- 1/2 cup filtered water
- several ice cubes, optional

Add kale leaves to a blender.

Juice grapes, cucumbers and apple in an electric juicer.

Combine juice and water, and ice if used, to blender. Blend until kale is pulverized. Serve immediately.

This juice is full of iron and a key to have a healthy blood cell and muscle function. It also has vitamin K that is good for the blood and bone.

Green Goodness

Tyler, Daniel. 30 Day Juice Cleanse: Over 100 Juicing Recipes to aid Weight Loss, Detox, and Fasting (p. 51). Encore Publishing. Kindle Edition.

- 1 lemon, peeled
- 1 cucumber, peeled
- 6 leaves kale, washed
- 1 inch piece of ginger root, peeled
- 2 green apples, washed and quartered
- 4 stalks celery, washed
- several ice cubes, optional

Juice lemon, cucumber, kale, ginger, apples and celery in an electric juicer. Serve immediate, optionally over ice.

This green juice can help reduce blood pressure and keep our digestive system functioning well.

Green Grape and Pear Juice

Originally "Green Grape & Pear Juice – Recipe Of The Week". <http://www.rebootwithjoe.com/green-grape-pear-juice/>

- 1 cup green grapes, washed and stemmed
- 1 pear, washed and quartered
- 1 lime, peeled
- 2 cucumbers, peeled

Juice grapes, pear, lime and cucumbers in an electric juicer. Serve immediately.

Green Grapefruit Crush Juice

<http://www.rebootwithjoe.com/a-grapefruit-crush-juice-recipe/>

- 1 grapefruit, peeled
- 1 cucumber, peeled
- 1 apple, peeled
- 2 stalks celery, washed
- 2 limes, peeled

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Juice grapefruit, cucumber, apple, celery and limes in an electric juicer. Serve immediately.

Green Juice with Lemon Ginger Juice

Originally "Green Juice with Lemon Ginger – Juice". <http://www.rebootwithjoe.com/green-juice-with-lemon-ginger/>

- 2 apples, peeled
- 1 inch slice of purple cabbage, washed and cut into juicer sized pieces
- 2 carrots, peeled
- 2 inch piece of ginger root, peeled
- 6 leaves Swiss chard, washed
- 1/4 lemon, peeled

Juice apples, cabbage, carrots, ginger root and Swiss chard in an electric juicer. Serve immediately.

Green Leafy Vegetable Juice

Tyler, Daniel. 30 Day Juice Cleanse: Over 100 Juicing Recipes to aid Weight Loss, Detox, and Fasting (p. 28). Encore Publishing. Kindle Edition.

- 1 handful parsley, washed
- 4 leaves Swiss chard or collard greens, washed
- 2 stalks celery
- 1/2 beet with greens if fresh, washed
- 1 lemon, peeled
- 4 carrots, peeled
- 2 apples, washed and quartered, optional
- several ice cubes, optional

If available juice the parsley and chard in a wheatgrass of cold press juicer. Otherwise add to a blender.

Juice the celery, beet, lemon and carrots in an electric juicer. Optionally, juice the apples for a sweeter less strong green juice. Either add juice to blender or combine with concentrated parsley and chard juice.

Combine with ice, optionally, in blender or directly to serve.

This juice recipe is rich source of magnesium that helps in keeping muscle and nerve functioning. It can boost immune system and maintain bone health.

Green Lemonade Juice

Originally "Green Lemonade – Juice". <http://www.rebootwithjoe.com/green-lemonade/>

- 2 cups spinach, washed
- 2 cups kale, washed
- 1 green apple, washed and quartered
- 1/2 cucumber, peeled
- 4 stalks celery, washed
- 1/2 lemon, peeled

Add spinach to a blender.

Juice kale, apple, cucumber, celery and lemon in an electric juicer.

Combine juice with spinach. Blend until spinach is well chopped. Serve immediately.

Green Lullaby

The Big Book of Juices, page 333, by Natalie Savona

- 1 cup spinach, washed and packed
- 1/2 head lettuce, washed and
- 2 apples, washed and quartered
- 1/2 lime, peeled

Add spinach to a blender.

Juice lettuce, apples and lime in an electric juicer.

Combine juice with spinach. Blend until spinach is well chopped. Serve immediately.

Green Machine

<http://www.justonjuice.com/7-day-juice-fast-plan/>

- 2 cups spinach, washed
- 4 leaves kale, washed
- 2 apples, washed and quartered
- 1/2 cucumber, peeled
- 2 stalks celery, washed
- 1 medium carrot, peeled
- 1 inch piece of ginger root, peeled

Place spinach in a food processor.

Juice remaining ingredients in an electric juicer.

Combine juice in a blender. Blend until spinach is pulverized. Serve immediately.

Green Pine-Lime Juice

<http://www.rebootwithjoe.com/green-pineappl-lime-juice-recipe/>

- 1 cup spinach, washed
- 1/4 pineapple, peeled and cut into juicer sized pieces
- 3-4 leaves bok choy, washed
- 2 stalks celery, washed
- 1 lime, peeled
- 1 inch piece of ginger root, peeled
- 1 cup spinach, washed

Add spinach to a blender.

Juice pineapple, bok choy, celery, lime and ginger root in an electric juicer.

Combine juice with spinach. Blend until spinach is well chopped. Serve immediately.

Green Refresher

Calbom, Cherie: The Juice Lady's Turbo Diet: Lose Ten Pounds in Ten Days-the Healthy Way! (page 161) Charisma House Kindle Edition

- 1 cucumber, peeled
- 1 large kale leaf, washed

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- 1-2 stalks celery, washed
- 1 lemon or lime, peeled

Juice cucumber, kale, celery and lemon or lime in an electric juicer. Serve immediately.

Green Strawberry

Originally "In the Reboot Kitchen: Green Strawberry". <http://www.rebootwithjoe.com/green-strawberry-juice/>

- 6-8 leaves kale, washed
- 1 apple, washed and quartered
- 2 stalks celery, washed
- 6 strawberries, hulled and washed

Juice kale, apple and celery to kale juice. In an electric juicer.

Add juice to a blender with strawberries. Blend until smooth to serve.

Green Tomatoes

The Big Book of Juices, page 367, by Natalie Savona

- 1 cup spinach, washed and packed
- 4 tomatoes, washed and halved
- 1 cucumber, peeled
- 4 broccoli spears, washed

Add spinach to a blender.

Juice tomatoes, cucumber and broccoli in an electric juicer.

Combine juice with spinach. Blend until spinach is well chopped. Serve immediately.

Green Zucchini Juice

<http://www.rebootwithjoe.com/green-zucchini-juice-recipe/>

- 1 apple, washed and quartered
- 2 zucchini squash, peeled
- 4 leaves kale, washed
- 1 inch piece of ginger root, peeled
- 1/2 lemon, peeled

Juice apple, squash, kale, ginger root and lemon in an electric juicer.

Serve immediately.

Green 'n' Pear It

The Big Book of Juices, page 324, by Natalie Savona

- 8 spears of broccoli, washed
- 3 stalks of celery, washed
- 2 pears, washed and quartered

Juice broccoli, celery and pears in an electric juicer. Serve immediately.

Greens and Apple Juice

Tyler, Daniel. 30 Day Juice Cleanse: Over 100 Juicing Recipes to aid Weight Loss, Detox, and Fasting (p. 93). Encore Publishing. Kindle Edition.

- 1 handful spinach, washed
- 1 cup ice
- 1/2 cucumber, peeled
- 1 handful lettuce, washed
- 1 stalk celery, washed
- 3 apples, washed and quartered

Place spinach and ice in a blender.

Juice the cucumber, lettuce, celery and apples in an electric juicer.

Add juice to blender and blend until spinach is chopped and ice is crushed. Serve immediately.

This juice is a toxin killer. It is packed of healthy greens that gave us a dose of essential nutrients. It is also burst with antioxidants that free radicals and cleanse your system from toxins.

Greens and Carrot Juice

Juice It to Lose It, by Joe Cross

- 3-4 sprigs fresh cilantro, washed
- 3-4 sprigs fresh parsley, chopped
- 1 apple, washed and quartered
- 1/2 lime, peeled
- 2 leaves Romane lettuce, washed
- 4 carrots, peeled
- 1 inch piece of ginger root, peeled

Juice apple, lime, lettuce and carrots, with surrounding cilantro and parsley in an electric juicer. Serve immediately.

Gut Soother

The Big Book of Juices, page 227, by Natalie Savona

- 2 pears, washed and quartered
- 2 carrots, peeled
- 1/2 pineapple, peeled and cut into juicer sized pieces
- 1/2 inch piece of ginger root, peeled

Juice pears, carrots, pineapple and ginger root in an electric juicer. Serve immediately.

Hangover Helper

Originally "Hangover? This Juice Will Help". <http://www.rebootwithjoe.com/hungover-this-juice-will-help/>

- 2 oranges, peeled
- 2 carrots, peeled
- 2 stalks celery, washed
- 1 beet, washed and halved
- 1 lemon, peeled
- 1 inch piece of ginger root, peeled

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Originally called “Hungover? This Will Help”, the implication is that this juice will rather wake you up. I definitely don’t recommend the hangover part.

Juice ingredients in an electric juicer. Serve immediately.

Happy Colon Tonic

Calbom, Cherie: The Juice Lady’s Turbo Diet: Lose Ten Pounds in Ten Days-the Healthy Way! (page 164) Charisma House Kindle Edition

- 1 cup spinach, washed and packed
- 1 handful parsley, chopped
- 1 green apple, washed and quartered
- 1 cucumber, peeled
- 1 lemon, peeled

Add spinach to a blender.

Wrap cilantro and parsley around other fruits and vegetables.

Juice apple, cucumber and lemon plus wrapped parsley in an electric juicer. Serve immediately.

Happy Juice

Originally “A Juice that Makes You Happy”. <http://www.rebootwithjoe.com/a-juice-recipe-for-depression/>

- 1 cup spinach, washed
- 1/2 -1 teaspoon ground turmeric
- several ice cubes
- 4 leaves Swiss chard, washed
- 1 beet, washed and halved
- 2 oranges, peeled
- 1 lemon, peeled

Add spinach and turmeric to a blender.

Juice the remaining Swiss chard, beet, oranges and lemon in an electric juicer.

Combine juice with spinach, tumeric and ice. Blend until spinach is well chopped and iced is crushed. Serve immediately.

Happy Mood Morning

Calbom, Cherie: The Juice Lady’s Turbo Diet: Lose Ten Pounds in Ten Days-the Healthy Way! (page 168) Charisma House Kindle Edition

- 1 cup spinach, washed and packed
- 1/2 green apple, washed and quartered
- 4-5 carrots, peeled
- 3 stalks fennel bulb with leaves, cut into juicer sized pieces
- 1/2 cucumber, peeled
- 1 inch piece of ginger root, peeled

Add spinach to a blender.

Juice apple, carrots, fennel, cucumber and ginger root in an electric juicer.

Combine juice with spinach. Blend until spinach is well chopped. Serve immediately.

Harvest Cinnamon Spice Juice

- 1 bunch parsley, washed
- 2 leaves Swiss chard, washed
- 1 1/2 beets, with greens if fresh, washed and halved
- 2 stalks celery, washed
- 1 large stem broccoli, washed
- 1 lemon, peeled
- 2 green apples, washed and quartered

Wrap parsley pieces around fruits and vegetables.

Juice Swiss chard, beets, celery, broccoli, lemon apples in an electric juicer. Serve immediately.

Have a Great Day Cocktail

Calbom, Cherie: The Juice Lady’s Turbo Diet: Lose Ten Pounds in Ten Days-the Healthy Way! (page 162) Charisma House Kindle Edition

- 1 bunch parsley, washed
- 1 green apple, washed and quartered
- 1-2 large kale leaves, washed
- 1 stalk celery, washed
- 1/2 cucumber, peeled
- 1 inch piece of ginger root, peeled

Wrap parsley pieces around vegetables.

Juice celery, cucumber and ginger root in an electric juicer. Serve immediately.

Hawaiian Tropic Green Juice

Juice It to Lose It, by Joe Cross

- 1 1/2 cups pineapple, peeled and cut into juicer sized pieces
- 1 lime, peeled
- 1 apple, washed and quartered
- 3 cucumbers, peeled
- 8 leaves Romaine lettuce, washed

Juice pineapple, lime, apple, cucumbers and lettuce in an electric juicer. Serve immediately.

Healthy Sinus Solution

Calbom, Cherie: The Juice Lady’s Turbo Diet: Lose Ten Pounds in Ten Days-the Healthy Way! (page 169) Charisma House Kindle Edition

- 1 tomato, washed and halved
- 6 radishes, washed and trimmed
- 1 lime, peeled
- 1/2 cucumber, peeled

Juice tomato, radishes, lime and cucumber in an electric juicer. Serve immediately.

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Heartbreak Hill Juice

Originally "Energize Your Workout with this Heartbreak Hill Juice". <http://www.reboot-withjoe.com/energize-your-workout-with-this-heartbreak-hill-juice/>

- 2 beets, with greens if fresh, washed and halved
- 2 oranges, peeled
- 1 inch piece of ginger root, peeled
- 2 leaves Romaine lettuce, washed

Juice beets, oranges, ginger root and lettuce in an electric juicer. Serve immediately.

Heavenly Honeydew Juice

<http://www.rebootwithjoe.com/heavenly-honeydew-juice/>

- 1 cup spinach, washed and packed
- 1/4 honeydew melon, peeled and cut into juicer sized pieces
- 1 cucumber, peeled
- 1 lemon, peeled

Add spinach to a blender.

Juice melon, cucumber and lemon in an electric juicer. Serve immediately.

Herb-Y Green Juice

Juice It to Lose It, by Joe Cross

- 2 cups spinach, washed and packed
- 2 cups parsley, washed and chopped
- 1 apple, washed and quartered
- 1 lemon, peeled, optional
- 6 stalks celery, washed
- 2 cucumbers, peeled

Add spinach to a blender.

Wrap parsley pieces around fruits and vegetables.

Juice apple, lemon, celery and cucumbers including wrapped parsley in an electric juicer.

Combine juice with spinach. Blend until spinach is well chopped. Serve immediately.

Hint of Mint Juice

<http://www.rebootwithjoe.com/hint-of-mint-green-juice-recipe/>

- 1 cup spinach, washed and packed
- 1 cup fresh mint, packed
- 1 zucchini squash, peeled
- 1 stalk celery, washed
- 1 apple, washed and quartered
- 1 lime, peeled

Add spinach and mint to a blender.

Juice squash, celery, apple and lime in an electric juicer.

Combine juice with spinach. Blend until spinach is well

chopped. Serve immediately.

Holly Jolly Juice

<http://www.rebootwithjoe.com/holly-jolly-juice/>

- 1/4 head purple cabbage, washed and cut into juicer sized pieces
- 2 beets, with greens if fresh, washed and halved
- 3 oranges, peeled
- 1/2 pomegranate, with seeds, peeled
- 2 large leaves Romaine lettuce, washed
- 2 apples, washed and quartered

Juice cabbage, beets, oranges, pomegranate, lettuce and apples in an electric juicer. Serve immediately.

Immune Boosting Juice

Originally "Immune Boosting Juice Recipe". <http://www.rebootwithjoe.com/immune-boosting-juice-recipe/>

- 2 apples, washed and quartered
- 2 carrots, peeled
- 1 inch piece of ginger root, peeled
- 1/4 lemon, peeled

Juice apples, carrots, ginger root and lemon in an electric juicer. Serve immediately.

Immune Builder

Calbom, Cherie: The Juice Lady's Turbo Diet: Lose Ten Pounds in Ten Days-the Healthy Way! (page 170) Charisma House Kindle Edition

- 1 cup spinach, washed and packed
- 1 turnip, washed and halved
- 3 carrots, peeled
- 1-2 cloves garlic, peeled
- 1 lemon, peeled

Add spinach to a blender.

Juice turnip, carrots, garlic, lemon in an electric juicer. Serve immediately.

Combine juice with spinach. Blend until spinach is well chopped. Serve immediately.

I'm Seeing Red

Juice It to Lose It, by Joe Cross

- 1/2 head red cabbage, washed and cut into juicer sized pieces
- 6 carrots, peeled
- 2 oranges, peeled
- 2 sweet potatoes, peeled

Juice cabbage, carrots, oranges and sweet potatoes in an electric juicer. Serve immediately.

Jicama Surprise

Calbom, Cherie: The Juice Lady's Turbo Diet: Lose Ten Pounds in Ten Days-the Healthy Way! (page 174) Charisma House Kindle Edition

- 1 2 inch by 4-5 inch chunk jicama, peeled

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- 2-3 carrots, peeled
- 1/2 cucumber, peeled
- 1/4 daikon radish, or equivalent regular radishes
- 1 inch piece of ginger root, peeled
- 1/2 lemon, peeled

Juice jicama, carrots, cucumber, radish, ginger root and lemon in an electric juicer. Serve immediately.

Jolt Juice

<http://www.justonjuice.com/7-day-juice-fast-plan/>

- 2 apples, washed and quartered
- 1 orange, peeled
- 1 cucumber, peeled
- 1/4 lemon, peeled
- 4 leaves kale, washed

Juice all ingredients in an electric juicer. Serve immediately.

Juice That Helps a Headache

Originally "A Juice That Helps a Headache". <http://www.rebootwithjoe.com/a-juice-that-helps-a-headache/>

- 1 cup spinach, washed
- 1/4 pineapple, peeled and cut into juicer sized pieces
- 2 large Swiss chard leaves, washed
- 2 stalks celery, washed
- 1 cucumber, peeled
- 1 lemon, peeled
- 1 inch piece of ginger root, peeled

Juice ingredients in an electric juicer. Serve immediately.

Juice by the Twos

Originally "Community Recipe: Juice by the 2's". <http://www.rebootwithjoe.com/healthy-citrus-juice/>

- 2 handfuls spinach, washed and packed
- 2 pink grapefruits, peeled and quartered
- 2 oranges, peeled
- 2 apples, washed and quartered
- 2 stalks celery, washed

Add spinach to a blender.

Juice grapefruits, oranges, apples and celery in an electric juicer.

Combine juice with spinach. Blend until spinach is well chopped. Serve immediately.

Juicing Solution for IBS

Tyler, Daniel. 30 Day Juice Cleanse: Over 100 Juicing Recipes to aid Weight Loss, Detox, and Fasting (p. 26). Encore Publishing. Kindle Edition.

- 1/2 cup fresh mint, washed with stems removed
- several ice cubes, optional
- 1 cup cabbage, washed and chopped

- 1 cup fennel, washed and chopped
- 1 cup pineapple, peeled and cut into juicer sized pieces
- 1 inch piece of ginger root

Place the mint and ice, if used, in a blender.

Juice the cabbage, fennel, pineapple and ginger root in an electric juicer. Combine the juice with the mint. Blend until mint is well broken down to serve.

This juice contains ingredients that are very helpful to our digestive system. Fennel is for calming our digestive system. Peppermint helps in soothing the muscles of the digestive tract. Adding pineapple to this recipe is a big help in aiding digestion. Cabbage is diuretic and ginger can stimulate blood flow to the digestive system.

Juicy Margarita

Originally "A Juicy Margarita". <http://www.rebootwithjoe.com/a-juicy-margarita-recipe/>

- 2 cups spinach, washed
- 4-6 ice cubes, optional
- 1 medium pear, washed and quartered
- 1/2 green apple, washed and quartered
- 1 lime, peeled
- 1 stalk broccoli, washed
- 1 inch piece of ginger root, peeled

Place spinach in a blender, optionally with ice.

Juice pear, apple, lime, broccoli and ginger root in an electric juicer.

Combine juice with spinach in blender. Blend until spinach is well emulsified.

Serve immediately.

Kick It Up a Notch Juice Recipe

<http://www.rebootwithjoe.com/sweet-broccoli-orange-celery-juice-recipe/>

- 2 oranges, peeled
- 1 head broccoli, washed
- 1 carrot, peeled
- 1 lemon, peeled
- 2 stalks celery, washed

Juice oranges, broccoli, carrot, lemon and celery in an electric juicer. Serve immediately.

Kickin' Cucumber Melon Juice

Originally "Kickin' Cucumber Melon Juice – Recipe Of The Week". <http://www.rebootwithjoe.com/kickin-cucumber-melon/>

- 1 1/2 cucumbers, peeled
- 1 lime, peeled
- 3/4 cup honeydew melon, peeled and cut into juicer sized pieces
- 1 inch piece of ginger root, peeled

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- 1 jalapeño pepper, washed and seeded

Juice cucumbers, lime, melon, ginger root and jalapeño in an electric juicer. Serve immediately.

Kid-Approved Green Power Juice

<http://www.rebootwithjoe.com/kid-friendly-green-juice-recipe/>

- 1 cup fresh mint, washed
- 4-6 ice cubes
- 1 lime, peeled
- 1 green apple, washed and quartered
- 1 cucumber, peeled
- 1/4 head green cabbage, washed and cut into juicer sized pieces.

Place mint and ice into a blender.

Juice lime, apple and cucumber in an electric juicer.

Add juice to blender. Blend until mint is well emulsified and ice is crushed to serve.

Kid-Friendly Juice

Originally "3-Ingredient Kid-Friendly Juice". <http://www.rebootwithjoe.com/3-ingredient-kid-friendly-juice-recipe/>

- 4 carrots, peeled
- 1 cucumber, peeled
- 1 lemon, peeled

Juice carrots, cucumber and lemon in an electric juicer. Serve immediately.

Kiwi Melon

- 2 kiwi fruit, sliced
- 4-6 ice cubes
- 1/2 honey dew melon, peeled and cut into juicer sized pieces
- 1 lime, peeled
- sparkling mineral water, chilled

Add kiwifruit and ice to a blender.

Juice melon and lime in an electric juicer.

Combine juice with kiwifruit. Blend until kiwifruit is well chopped.

Pour in a glass and stir in mineral water to serve.

Kool Kiwi

Originally "In the Reboot Kitchen: Kool Kiwi". <http://www.rebootwithjoe.com/kool-kiwi/>

- 2 kiwi fruit, peeled
- 1 cucumber, peeled
- 1 apple, washed and quartered
- 1/2 lemon, peeled

Add kiwifruit to a blender.

Juice cucumber, apple and lemon in an electric juicer.

Serve immediately.

Combine juice with kiwifruit. Blend until kiwifruit is well chopped. Serve immediately.

Lean Green Pineapple Juice

<http://www.rebootwithjoe.com/lean-green-pineapple-juice/>

- 1 cup spinach, washed and packed
- 1/4 pineapple, peeled and cut into juicer sized pieces
- 1 lemon, peeled

Add spinach to a blender.

Juice pineapple and lemon in an electric juicer.

Combine juice with spinach. Blend until spinach is well chopped. Serve immediately.

Lemon Ginger Blast

Carrillo-Bucaram, Kristina. *The Fully Raw Diet: 21 Days to Better Health, with Meal and Exercise Plans, Tips, and 75 Recipes* (Kindle Location 2396-2410). Houghton Mifflin Harcourt. Kindle Edition.

- 1 inch piece of ginger root, peeled
- 1 bunch cilantro, washed
- 4 large kale leaves
- 6 sprigs flat (Italian) parsley, washed
- 1/2 head Romaine lettuce, washed
- 1 cucumber, peeled

Wrap cilantro and parsley around lettuce or kale leaves.

Juice all ingredients in an electric juicer. Serve immediately.

Lemon Lime Juice

Originally "Lemon Lime - Juice". <http://www.rebootwithjoe.com/lemon-lime/>

- 1 lemon, peeled
- 1 lime, peeled
- 2 pears, washed and quartered
- 2 green apples, washed and quartered
- 2 carrots, peeled
- 1 inch piece of ginger root, peeled
- 2 cups purple cabbage, washed and cut into juicer sized pieces

Juice lemon, lime, pears, apples, carrot, ginger root and cabbage in an electric juicer. Serve immediately.

Lemon and Apple Juice

Tyler, Daniel. *30 Day Juice Cleanse: Over 100 Juicing Recipes to aid Weight Loss, Detox, and Fasting* (p. 54). Encore Publishing. Kindle Edition.

- 1 tablespoon lemon juice
- 4 apples, washed and quartered
- 1 cup ice cubes

Juice apples in an electric juicer.

Combine juice, lemon juice and ice in a blender. Blend

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until ice is well crushed to serve.

Lift Off

The Big Book of Juices, page 604, by Natalie Savona

- 2 grapefruits, peeled and quartered
- 1/2 pineapple, peeled and cut into juicer sized pieces
- 1/2 inch piece of ginger root, peeled
- 6 ice cubes

Juice grapefruits, pineapple and ginger root in an electric juicer.

Add juice to blender with ice. Blend until ice is well crushed. Serve immediately.

Liver Cleanser Juice

Tyler, Daniel. 30 Day Juice Cleanse: Over 100 Juicing Recipes to aid Weight Loss, Detox, and Fasting (p. 13). Encore Publishing. Kindle Edition.

- 1 lemon, peeled
- 1 inch piece of ginger root, peeled
- 3 apples, washed and quartered
- several ice cubes, optional

Juice lemon, ginger and apples in an electric juicer. Serve immediately, optionally over ice.

This juice is high in Vitamins A, B and C and it helps in cleansing the liver. Apples and lemons have anti-cancer properties and high in antioxidants. Lemons also help lower cholesterol. Ginger helps soothe upset stomach, overcome nausea, vertigo and motion sickness. It also helps to fight colds and improves blood circulation.

Liver-Gallbladder Rejuvenator

Calbom, Cherie: The Juice Lady's Turbo Diet: Lose Ten Pounds in Ten Days-the Healthy Way! (page 166) Charisma House Kindle Edition

- 3-4 carrots, peeled
- 1/4 purple cabbage, washed and cut into juicer sized pieces
- 1 lemon, peeled
- 1/2 beet, with greens if fresh, washed and halved
- 1 inch piece of ginger root, peeled
- 1/2 green apple, washed and quartered

Juice carrots, cabbage, lemon, beet, ginger root and apple in an electric juicer. Serve immediately.

Love Those Leafy Greens

Juice It to Lose It, by Joe Cross

- 1 lemon, peeled
- 1 apple, washed and quartered
- 16 leaves Romaine lettuce, washed
- 6 leaves Swiss chard, including stems
- 1 large cucumber, peeled

Juice lemon, apple, lettuce, Swiss chard and cucumber in an electric juicer. Serve immediately.

Low Sugar Seasonal Citrus Juice

<http://www.rebootwithjoe.com/low-sugar-seasonal-citrus-juice/>

- 5-6 leaves fresh mint
- 1 teaspoon rosemary
- 1 cup cranberries, thawed if frozen
- 1 lime, peeled
- 1 orange, peeled
- 2 cups cauliflower, cut into florets
- 1/4 cabbage, cut into juicer sized pieces

Place rosemary and mint in the blender.

Juice cranberries, lime, orange, cauliflower and cabbage in an electric juicer.

Combine juice with herbs in blender. Blend until herbs are chopped.

Strain juice through a sieve into a large measuring cup to screen out any solids to serve.

Low-Sugar Minty Clean Green Juice

Originally "A Low-Sugar Minty Clean Green Juice". <http://www.rebootwithjoe.com/minty-clean-green-juice-recipe/>

- 3-4 sprigs fresh mint
- 1 cup mixed greens, washed
- several ice cubes
- 1 apple, washed and quartered
- 1/2 cucumber, peeled
- 3-4 leaves kale, washed
- 1/2 lemon, peeled

Add mint leaves and greens to a blender.

Juice apple, cucumber, kale and lemon in an electric juicer.

Add juice to blender. Blend until greens are well emulsified and ice is crushed to serve.

Lucky Leprechaun Juice

<http://www.rebootwithjoe.com/spring-garden-greens-juice-recipe/>

- 1 handful parsley, washed
- 6 carrots, peeled
- 1 medium tomato, washed and halved
- 1/2 head broccoli, washed
- 1 lime, peeled
- 1 inch piece of ginger root, peeled

Wrap parsley pieces around vegetables.

Juice carrots, tomato, broccoli, lime and ginger root in an electric juicer. Serve immediately.

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Lung Rejuvenator

Calbom, Cherie: The Juice Lady's Turbo Diet: Lose Ten Pounds in Ten Days-the Healthy Way! (page 169) Charisma House Kindle Edition

- 1 cup spinach, washed and packed
- 1 turnip, washed and halved
- 2 inch slices of jicama, peeled
- 1 clove garlic, peeled
- 1/2 lemon, peeled
- 2-3 carrots, peeled

Add spinach to a blender.

Juice turnip, jicama, garlic, lemon and carrots in an electric juicer.

Combine juice with spinach. Blend until spinach is well chopped. Serve immediately.

Magnesium-Rich Cocktail

Calbom, Cherie: The Juice Lady's Turbo Diet: Lose Ten Pounds in Ten Days-the Healthy Way! (page 171) Charisma House Kindle Edition

- 3-4 carrots, peeled
- 2-3 broccoli florets, washed
- 2 stalks celery, washed
- 1/2 small beet, washed and halved
- 1/2 lemon, peeled

Juice carrots, broccoli, celery, beet and lemon in an electric juicer. Serve immediately.

Mango Salsa Juice

Originally "Mango Salsa Juice - Recipe Of The Week". <http://www.rebootwithjoe.com/weekly-recipes-mango-salsa-juice/>

- 1 cup mango, frozen
- 1/4 cup cilantro, washed
- 1/2 cucumber, peeled
- 1/4 yellow pepper, peeled
- 1/2 jalapeño pepper, seeded
- 2 green onions, washed
- 1/2 lime, peeled

Wrap cilantro and parsley around vegetables.

Add mango to a blender.

Juice cucumber, pepper, jalapeño, onions and lime in an electric juicer.

add juice to blender and blend until smooth to serve.

Mean Green

<http://www.justonjuice.com/7-day-juice-fast-plan/>

- 1 Granny Smith apple, washed and quartered
- 1 cucumber, peeled
- 4 stalks celery, washed
- 4-6 leaves kale, washed
- 1/4 lemon peeled
- 1 inch piece of ginger root, peeled

Juice all ingredients in an electric juicer. Serve immediately.

Mean Green Hulk

Originally "Community Recipe: Mean Green Hulk". <http://www.rebootwithjoe.com/mean-green-hulk/>

- 6 leaves spinach, washed
- 6 leaves kale, washed
- 2 cucumbers, peeled
- 4 stalks celery, washed
- 2 zucchini squash, peeled
- 1 lemon, peeled
- 1 inch piece of ginger root, peeled

Add spinach to a blender.

Juice kale, cucumbers, celery, squash, lemon and ginger root in an electric juicer.

Combine juice with spinach. Blend until spinach is well chopped. Serve immediately.

Mean Green Juice 1

Originally "Mean Green Juice". <http://www.rebootwithjoe.com/mean-green-juice/>

- 6-8 leaves kale, washed
- 1 cucumber, peeled
- 4 stalks celery, washed
- 2 apples, peeled
- 1/2 lemon, peeled
- 1 inch piece of ginger root, peeled

Juice kale, cucumber, celery, apples, lemon and ginger root in an electric juicer. Serve immediately.

Mean Green Juice 2

Joe Cross

- 4 leaves Swiss chard, washed
- 1 cucumber, peeled
- 1 lemon, peeled
- 1 apple, peeled
- 1 inch piece of ginger root, peeled

Juice Swiss chard, cucumber, lemon, apple and ginger root in an electric juicer. Serve immediately.

Mellow Melon

The Big Book of Juices, page 307, by Natalie Savona

- 3/4 cucumber, peeled
- 1/2 melon, peeled and cut into juicer sized pieces
- 1 pear, washed and quartered

Juice cucumber, melon, pear in an electric juicer. Serve immediately.

Melon Chard Juice

<http://www.rebootwithjoe.com/melon-chard-juice/>

- 6-8 leaves Swiss chard, washed

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- 6-8 leaves kale, washed
- 2 apples, washed and quartered
- 1/2 cantaloupe, peeled and cut into juicer sized pieces
- 1/2 cup honeydew melon, peeled and cut into juicer sized pieces

Juice Swiss chard, kale, apples, cantaloupe and honeydew melon in an electric juicer. Serve immediately.

Melon Zinger

From "The Big Book of Juices", page 512, by Natalie Savona.

- 1/2 melon, peeled and cut into juicer sized pieces
- 1/2 pineapple, peeled and cut into juicer sized pieces
- 1/2 inch piece of ginger root, peeled

Juice ingredients in an electric blender. Serve immediately.

Optionally add melon to a blender followed by the pineapple and ginger juice. Push down melon to blend until smooth to make a smoothie. Serve immediately.

Melons and Ginger Juice

Tyler, Daniel. 30 Day Juice Cleanse: Over 100 Juicing Recipes to aid Weight Loss, Detox, and Fasting (p. 96). Encore Publishing. Kindle Edition.

- 2 inch piece of ginger root, peeled
- 1 melon, peeled and cut into juicer sized pieces
- several ice cubes, optional

Juice the ginger and melon in an electric juicer. Serve immediately, optionally over ice.

This simple juice recipe can give us potassium and it is high in Vitamin A and C.

Memory Tonic

Calbom, Cherie: The Juice Lady's Turbo Diet: Lose Ten Pounds in Ten Days-the Healthy Way! (page 171) Charisma House Kindle Edition

- 2 medium tomatoes, washed and halved
- 1 lemon, peeled
- 1 leaf Romaine lettuce, washed
- 4 cauliflower florets, washed
- 1 clove garlic, peeled

Juice tomatoes, lemon, lettuce, cauliflower and garlic in an electric juicer. Serve immediately.

Micronutrient Madness Juice

<http://www.rebootwithjoe.com/micronutrient-madness-juice/>

- 1 orange, peeled
- 2 carrots, peeled
- 1 orange bell pepper, washed and quartered
- 2 stalks celery, washed
- 1/2 cucumber, peeled

Juice orange, carrots, pepper, celery and cucumber in

an electric juicer. Serve immediately.

Mint Julep Low-Sugar Lime Juice

<http://www.rebootwithjoe.com/mint-julep-low-sugar-lime-juice/>

- 1/2 cup fresh mint, packed
- 4 leaves kale, washed
- 1/4 honeydew melon, peeled and cut into juicer sized pieces
- 2 stalks celery, washed
- 1 inch piece of ginger root, peeled
- 1 lime, peeled

Add mint to a blender.

Juice kale, melon, celery, ginger root and lime in an electric juicer.

Combine juice with mint. Blend until spinach is well chopped. Serve immediately.

Mint Refresher

Calbom, Cherie: The Juice Lady's Turbo Diet: Lose Ten Pounds in Ten Days-the Healthy Way! (page 172) Charisma House Kindle Edition

- 1 cup fresh mint, packed
- 2 stalks fennel bulb with leaves, washed and cut into juicer sized pieces
- 1 cucumber, peeled
- 1 green apple, washed and quartered
- 1 inch piece of ginger root, peeled

Add mint to a blender.

Juice fennel, cucumber, apple and ginger root in an electric juicer.

Combine juice with mint. Blend until spinach is well chopped. Serve immediately.

Mint To Be Green

Originally "In the Reboot Kitchen: "Mint" to Be Green". <http://www.rebootwithjoe.com/cucumber-melon-mint-juice/>

- 1 cup fresh mint, packed
- 1/4 honeydew melon, peeled and cut into juicer sized pieces
- 2 stalks celery, washed
- 1/2 cucumber, peeled
- 1/2 lime, peeled

Add mint to a blender.

Juice melon, celery, cucumber and lime in an electric juicer.

Combine juice with mint. Blend until spinach is well chopped. Serve immediately.

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Fruit and Vegetable Juices

Minty Beet, Carrots and Apple Juice

Tyler, Daniel. 30 Day Juice Cleanse: Over 100 Juicing Recipes to aid Weight Loss, Detox, and Fasting (p. 3). Encore Publishing. Kindle Edition.

- 1/2 cup fresh mint, washed with stems removed
- 1 apple, washed and quartered
- 1 small beet with greens if fresh, washed
- 5 carrots, peeled
- several ice cubes, optional

Place mint into a blender.

Juice apple, beet and carrots in an electric juicer.

Combine juice with mint and ice, if used, in the blender. Blend until mint is pulverized.

Serve immediately.

This juice has beet that contains betalains that fight inflammation and neutralize toxins. The fibre from beet can increase the production of detoxifying enzymes in the liver.

Minty Carrot

The Big Book of Juices, page 279, by Natalie Savona

- 1/2 cup fresh mint, packed
- 4 carrots, peeled
- 1 apple, peeled
- 1 stalk celery, washed

Add mint to a blender.

Juice carrots, apple and celery in an electric juicer. Serve immediately.

Combine juice with mint. Blend until spinach is well chopped. Serve immediately.

Minty Citrus Juice

Originally "Minty Citrus Juice – Recipe Of The Week". <http://www.rebootwithjoe.com/recipe-of-the-week-minty-citrus-juice/>

- 1/3 cup fresh mint, packed
- 2 oranges, peeled
- 1/2 pink grapefruit, peeled and quartered
- 1 carrot, peeled
- 2 stalks celery, washed

Add mint to a blender.

Juice oranges, grapefruit, carrot and celery in an electric juicer.

Combine juice with mint. Blend until mint is well chopped. Serve immediately.

Minty Cucumber and Lime

Tyler, Daniel. 30 Day Juice Cleanse: Over 100 Juicing Recipes to aid Weight Loss, Detox, and Fasting (p. 52). Encore Publishing. Kindle Edition.

- 1 small handful fresh mint, washed with stems removed

- several ice cubes, optional
- 2 limes, peeled
- 2 cucumber, peeled
- 2 stalks celery, washed

Place mint and ice, if used, in a blender.

Juice the limes, cucumber and celery in an electric juicer.

Add juice to blender and blender until mint is well chopped. Serve immediately.

This juice is hydrating and cooling. Thanks to the cucumber and celery. Cucumber also is good diuretic which helps in flushing wastes through the kidney's and dissolving uric acid.

Minty Matcha Juice

Originally "Mother's Day Minta Matcha Juice". <http://www.rebootwithjoe.com/minty-matcha-juice-recipe/>

- 6 sprigs of fresh mint, washed
- 1 cup spinach, washed
- 1/4 pineapple, peeled and cut into juicer sized pieces
- 1 green apple, washed and quartered
- 4 stalks celery, washed
- 1 inch piece of ginger root, peeled
- 1 teaspoon matcha powder, optional
- several ice cubes

Matcha is finely ground powder of specially grown and processed green tea. I would think any, or no, green powder such as spirulina would be fine for this recipe. Matcha powder itself, which is not especially difficult to find (even Wal-Mart carries it), is a green tea with many reputed health benefits. (See <http://matchasource.com/health-benefits-of-matcha-tea/>.)

Place the mint and spinach in a blender.

Juice the pineapple, apple, celery and ginger root in an electric juicer.

Combine juice with mint and spinach. Add green powder, if using, and, optionally, several ice cubes. Blend until mint and spinach are well chopped to serve.

Minty Peach

The Big Book of Juices, page 191, by Natalie Savona

- 1 cup fresh mint, packed
- 2 cups peaches, thawed if frozen
- 1 apple, washed and quartered
- 1 lime, peeled

Add mint and peaches to a blender.

Juice apple and lime in an electric juicer. Serve immediately.

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Combine juice with mint and peaches. Blend until mint and peaches are well chopped. Serve immediately.

Minty Pineapple Juice

Originally "A Minty Pineapple Juice That Will Take You To The Tropics". <http://www.rebootwithjoe.com/minty-pineapple-juice/>

- 1 cup fresh mint, washed and quartered
- 1/2 pineapple, peeled and cut into juicer sized pieces
- 1 cucumber, peeled
- 1 inch piece of ginger root, peeled

Add mint to a blender.

Juice pineapple, cucumber and ginger root in an electric juicer.

Combine juice with mint. Blend until mint is well chopped. Serve immediately.

Mood Mender

Calbom, Cherie: The Juice Lady's Turbo Diet: Lose Ten Pounds in Ten Days-the Healthy Way! (page 172) Charisma House Kindle Edition

- 3 stalks fennel bulb with leaves, washed and cut into juicer sized pieces
- 3 carrots, peeled
- 2 stalks celery, washed
- 1/2 pear, washed and quartered
- 1 inch piece of ginger root, peeled

Juice fennel, carrots, celery, pear and ginger root in an electric juicer. Serve immediately.

Morning Energizer

Originally "The Morning Energizer". Calbom, Cherie: The Juice Lady's Turbo Diet: Lose Ten Pounds in Ten Days-the Healthy Way! (page 172) Charisma House Kindle Edition

- 3-4 carrots, peeled
- 1 cucumber, peeled
- 1 small beet, washed and halved
- 1 lemon, peeled
- 1 inch piece of ginger root, peeled
- 1/2 green apple, washed and quartered

Juice carrots, cucumber, beet, lemon and ginger root in an electric juicer. Serve immediately.

Morning Glory

<http://www.justonjuice.com/7-day-juice-fast-plan/>

- 2 apples, washed and quartered
- 1 cucumber, peeled
- 1 cup blueberries, thawed if frozen
- 2 cups grapes, washed
- 2 leaves kale, washed
- 1 inch piece of ginger root, peeled

Juice all ingredients in an electric juicer. Serve immediately.

Morning Green Glory Juice

Originally "In the Reboot Kitchen: Morning Green Glory Juice". <http://www.rebootwithjoe.com/in-the-reboot-kitchen-morning-green-glory-juice/>

- 1 cup spinach, washed and packed
- 4-5 leaves kale, washed
- 3 leaves Romaine lettuce, washed
- 1 cucumber, peeled
- 3 stalks celery, washed
- 1 green apple, peeled
- 1 lemon, peeled

Add spinach to a blender.

Juice kale, lettuce, cucumber, celery, apple and lemon in an electric juicer.

Combine juice with spinach. Blend until spinach is well chopped. Serve immediately.

Morning Tang Juice

<http://www.rebootwithjoe.com/vegetable-orange-juice/>

- 1 orange bell pepper, washed and quartered
- 2 yellow bell pepper, washed and quartered
- 1 large carrot, peeled
- 1/2 green apple, peeled
- 1/2 lemon, peeled

Juice peppers, carrot, apple and lemon in an electric juicer. Serve immediately.

My Secret Soulshine Juice

Carrillo-Bucaram, Kristina. The Fully Raw Diet: 21 Days to Better Health, with Meal and Exercise Plans, Tips, and 75 Recipes (Kindle Location 2376-2389). Houghton Mifflin Harcourt. Kindle Edition.

- 1/2 head Romaine lettuce, washed
- 1 bunch kale with stems, washed
- 6 tart apples, washed and halved
- 6 stalks celery, washed
- 1 cucumber, peeled
- 2 lemons, juiced, or 4 limes, juiced
- several ice cubes, optional

Juice lettuce, kale, apples, celery and cucumber in an electric juicer.

Optionally, strain juice through a sieve to remove any residual solids.

Stir citrus juice and optionally serve over ice.

My Watermelon Juice Secret

Carrillo-Bucaram, Kristina. The Fully Raw Diet: 21 Days to Better Health, with Meal and Exercise Plans, Tips, and 75 Recipes (Kindle Location 2247-2236). Houghton Mifflin Harcourt. Kindle Edition.

- 1/2 medium watermelon, peeled
- 1 large handful fresh mint leaves, washed

Makes a full quart of juice. Adjust recipe for a smaller portion.

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Combine watermelon and herbs, in layers, in a blender. Blend until well liquefied.

If necessary, use a spatula to press down the watermelon.

Process the juice through a coarse sieve to remove any solids in to large container, ideally a chilled container. Optionally, strain the contents a second time, for a smoother drink.

The original recipe suggested steeping the herbs in the watermelon juice for at least 30 minutes before drinking. I prefer a more direct infusion process.

Nashi Pear Juice

Originally "Nashi Pear Juice – Recipe Of The Week". <http://www.rebootwithjoe.com/nashi-pear-juice-recipe-of-the-week/>

- 2 Asian pears, washed and quartered
- 2 green apples, washed and quartered
- 2-3 stalks celery, washed
- 1 lemon or lime, peeled

Juice pears, apples, celery and lemon in an electric juicer. Serve immediately.

Natural Diuretic Tonic

Calbom, Cherie: *The Juice Lady's Turbo Diet: Lose Ten Pounds in Ten Days-the Healthy Way!* (page 163) Charisma House Kindle Edition

- 1 tomato, washed and halved
- 1 cucumber, peeled
- 8 asparagus stems, washed
- 1 lemon or lime, peeled
- 1 dash hot pepper sauce, optional

Juice tomato, cucumber, asparagus and lemon or lime in an electric juicer.

Optionally, stir in a dash of hot pepper sauce. Serve immediately.

New Beginnings Juice

Originally "Energize Your 2014 with this Red 'New Beginnings' Juice". <http://www.rebootwithjoe.com/new-year-new-beginnings-juice/>

- 4 large carrots, peeled
- 2 beets, with greens if fresh, washed and halved
- 2 red bell peppers, washed and quartered
- 1 inch piece of ginger root, peeled

Juice carrots, beets, peppers and ginger root in an electric juicer. Serve immediately.

Ninja Bachelor Party Juice

Originally "In the Reboot Kitchen: Ninja Bachelor Party Juice". <http://www.rebootwithjoe.com/ninja-bachelor-party-juice/>

- 1 bunch parsley, washed
- 1 cup spinach, washed and packed
- 6 leaves kale, washed

- 1/2 pineapple, peeled and cut into juicer sized pieces
- 3 stalks celery, washed
- 1/4 jalapeño pepper, washed and seeded

Wrap parsley pieces around fruits and vegetables.

Add spinach to a blender.

Juice kale, pineapple, celery and pepper including wrapped parsley in an electric juicer.

Combine juice with spinach. Blend until spinach is well chopped. Serve immediately.

No Fruit, No Problem Juice

<http://www.rebootwithjoe.com/all-vegetables-juice-recipe/>

- 1 bunch parsley, washed
- 4 leaves Swiss chard, washed
- 8 leaves Romaine lettuce, washed
- 4 tomatoes, washed and halved
- 2 stalks celery, washed
- dash of Tabasco sauce
- dash of sea salt
- dash of pepper

Wrap parsley pieces around vegetables.

Juice Swiss chard, lettuce, tomatoes and celery in an electric juicer.

Stir in Tabasco sauce, salt and pepper. Serve immediately.

Not-Too-Sweet Cucumber Melon Juice

Originally "A Surprisingly Not-Too-Sweet Cucumber Melon Juice". <http://www.rebootwithjoe.com/a-surprisingly-not-too-sweet-cucumber-melon-juice/>

- 1/4 honeydew melon, peeled and cut into juicer sized pieces
- 3 stalks celery, washed

Juice melon and celery in an electric juicer. Serve immediately.

Old Favourites

The Big Book of Juices, page 379, by Natalie Savona

- 4 tomatoes, washed and halved
- 1 orange, peeled
- 2 carrots, peeled

Juice tomatoes, orange and carrots in an electric juicer. Serve immediately.

Orange Aniseed Twist

The Big Book of Juices, page 154, by Natalie Savona

- 3 oranges, peeled
- 2 stalks celery, washed

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- 1/4 fennel bulb, washed and cut into juicer sized pieces

Juice oranges, celery and fennel in an electric juicer. Serve immediately.

Orange Basic

The Big Book of Juices, page 127, by Natalie Savona

- 2 oranges, peeled
- 1 apple, washed and quartered
- 3 carrots, peeled
- 1 stalk celery, washed
- 1 inch piece of ginger root, peeled

Juice oranges, apple, carrots, celery and ginger root in an electric juicer. Serve immediately.

Orange Blush

The Big Book of Juices, page 158, by Natalie Savona

- 3 oranges, peeled
- 1 apple, washed and quartered
- 1 cup raspberries, thawed if frozen
- several ice cubes

Juice oranges and apple in an electric juicer.

Add juice to a blender with raspberries and ice. Blend until ice is well crushed. Serve immediately.

Orange Carrot

The Big Book of Juices, page 281, by Natalie Savona

- 4 carrots, peeled
- 1 orange, peeled

Juice carrots and orange in an electric juicer. Serve immediately.

Orange Crudités

The Big Book of Juices, page 135, by Natalie Savona

- 2 oranges, peeled
- 1 cucumber, peeled
- 2 carrots, peeled
- 1 stalk celery, washed
- 3 oranges, peeled
- 1 cup mango, thawed if frozen
- 1 cup strawberries, thawed if frozen

Juice oranges, cucumbers, carrots, celery and oranges in an electric juicer.

Add mango and strawberries to a blender. Pour in juice. Blend until smooth. Serve immediately.

Orange Dream

The Big Book of Juices, page 603, by Natalie Savona

- 2 oranges, peeled
- 4 nectarines, peeled, pitted and diced

- 6 ice cubes

Juice oranges and nectarines in an electric juicer

Add juice to blender with ice. Blend until ice is well crushed. Serve immediately.

2 cups of frozen peaches, thawed, can be used instead of the nectarines.

Orange Fennel Juice

Originally "In the Reboot Kitchen: Orange Fennel Juice". <http://www.rebootwithjoe.com/orange-fennel-juice/>

- 4 leaves kale, washed
- 1/4 head purple cabbage, washed and cut into juicer sized pieces
- 1 cucumber, peeled
- 1/2 fennel bulb with leaves, washed and cut into juicer sized pieces
- 2 oranges, peeled
- 1 apple, washed and quartered

Juice kale, cabbage, cucumber, fennel, oranges and apple in an electric juicer. Serve immediately.

Orange Garden Juice

Originally "In the Reboot Kitchen: Orange Garden Juice". <http://www.rebootwithjoe.com/orange-garden-juice/>

- 7 carrots, peeled
- 1 orange bell pepper, washed and quartered
- 1 pear, washed and quartered
- 2 ginger root, peeled
- 1 fennel bulb with leaves, washed and cut into juicer sized pieces

Juice carrots, pepper, pear, ginger root and fennel in an electric juicer. Serve immediately.

Orange Morning

The Big Book of Juices, page 108, by Natalie Savona

- 2 grapefruits, peeled and quartered
- 3 carrots, peeled
- 1/2-1 inch piece of ginger root, peeled

Juice grapefruits, carrots and ginger root in an electric juicer. Serve immediately.

Orange Pineapple Juice§

- 1 pineapple, trimmed and cut into juicer-sized pieces
- 5 oranges, peeled
- 1 lemon, peeled, optional

Juice pineapple and oranges in an electric juicer.

Add the lemon if the end result is too sweet and stir to serve.

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Orange Strawberry Fiz

The Big Book of Juices, page 660, by Natalie Savona

- 4 oranges, halved
- 2 cups strawberries, sliced
- 5-7 leaves fresh mint, washed
- 4-6 ice cubes
- sparkling mineral water, chilled

Juice the oranges in a citrus juicer.

Place the strawberries, mint and ice cubes in a blender.

Add the orange juice.

Blend until ice is well crushed.

Fill two glasses, leaving room at the top, and top with sparkling mineral water. Stir to combine and serve.

Orange Sun Blast Juice

Originally "Orange Sun Blast Juice – Recipe Of The Week". <http://www.rebootwithjoe.com/recipe-of-the-week-orange-sun-blast-juice/>

- 1 beet, with greens if fresh, washed and halved
- 1 carrot, peeled
- 2 oranges, peeled
- 1/2 cup pumpkin, peeled and cut into juicer sized pieces
- 1-2 jalapeño peppers, to taste, washed and seeded

Juice beet, carrot, oranges, pumpkin and jalapeño in an electric juicer. Serve immediately.

Orange Sunrise

Originally "Community Recipe: Orange Sunrise". <http://www.rebootwithjoe.com/orange-sunrise-juice/>

- 2 orange bell peppers, washed and quartered
- 1 orange, peeled
- 4 carrots, peeled
- 2 cups pineapple, peeled and diced
- 1 lemon or lime, peeled

Juice peppers, orange, carrots and pineapple in an electric juicer. Serve immediately.

Orange Winter Crumble

The Big Book of Juices, page 144, by Natalie Savona

- 2 oranges, peeled
- 2 apples, washed and quartered
- 1 cup blackberries, fresh or frozen

This one was a little disappointing. It didn't seem to be very flavorful, which was not at all expected in a fruit juice.

Juice oranges and apples in an electric juicer.

Add blackberries and orange/apple juice to a blender. Blend until berries are well chopped. Serve immediately.

Orange, Spinach and Red Cabbage Juice

Tyler, Daniel. 30 Day Juice Cleanse: Over 100 Juicing Recipes to aid Weight Loss, Detox, and Fasting (p. 97). Encore Publishing. Kindle Edition.

- 1 handful spinach, washed
- several ice cubes, optional
- 1 cucumber, peeled
- 1 cup red cabbage, washed and cut into juicer sized pieces
- 2 oranges, peeled
- 1 inch piece of ginger root, peeled

Add spinach and, optionally, ice to a blender.

Juice cucumber, cabbage and oranges in an electric juicer.

Combine juice in blender. Blend until spinach is well chopped to serve.

Adding red cabbage in this juice can give us a lot of health benefits. It can prevent of premature aging, reduces the chances of cancer. Red cabbage can help in improving health of the skin and eyes. It can also aid in weight loss and can boost immune system. It can help prevent diabetes and help to build stronger bones, improving heart health, slowing down the onset of Alzheimer's and treat ulcers.

Orange-Carrot with Cabbage Juice

Tyler, Daniel. 30 Day Juice Cleanse: Over 100 Juicing Recipes to aid Weight Loss, Detox, and Fasting (p. 99). Encore Publishing. Kindle Edition.

- 1 lemon, peeled
- 1/2 young cabbage, or 1/4 of a regular cabbage, washed and cut into juicer sized pieces
- 1 carrot, peeled
- 3 oranges, peeled
- 1 inch piece of ginger root, peeled
- several ice cubes, optional

Juice lemon, cabbage, carrot, oranges and ginger in an electric juicer. Serve immediately, optionally over ice.

This juice is packed of healthy greens that give your body a nice dose of essential nutrients. This is not just for weight loss but also good as detox. It helps clean your body and feel a lot better.

Orange-Kiwi Juice

- 1 kiwi fruit, peeled
- 1 orange, peeled
- 1 carrot, peeled
- 1 stalk broccoli, well washed, optional

Add kiwifruit to a blender.

Juice orange, carrot and broccoli in an electric juicer.

Combine juice with kiwifruit. Blend until kiwifruit is

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well chopped. Serve immediately.

Orangey, Tomato and Apple Juice

Tyler, Daniel. 30 Day Juice Cleanse: Over 100 Juicing Recipes to aid Weight Loss, Detox, and Fasting (p. 33). Encore Publishing. Kindle Edition.

- 1 orange, peeled
- 1 stalk celery, washed
- 1 cucumber, peeled
- 2 green apples, washed and quartered
- 2 tomatoes, washed and halved

Juice orange, celery, cucumber, apples and tomatoes in an electric juicer. Serve, optionally over ice.

This recipe helps our body to rehydrate and replenish lost electrolytes. This juice is high in antioxidants that neutralize free radicals bought by stress. It also has natural sodium that repairs muscles and prevents cramps.

Orchard Blend

The Big Book of Juices, page 45, by Natalie Savona

- 3-4 apples, washed and quartered
- 1 pear, washed and quartered

Juice apples and pear in an electric juicer. Serve immediately.

Palate-Pleasing Pear Lemon Ginger Juice

<http://www.rebootwithjoe.com/a-palate-pleasing-pear-lemon-ginger-juice-recipe/>

- 6 leaves Swiss chard, washed
- 2 pears, washed and quartered
- 1 lemon, peeled

Juice Swiss chard, pears and lemon in an electric juicer. Serve immediately.

Pale Faced

The Big Book of Juices, page 104, by Natalie Savona

- 1/2 cup fresh mint, packed
- 2 grapefruits, peeled
- 1 apple, washed and quartered
- 1/2 fennel bulb, cut into juicer sized pieces

Add mint to a blender.

Juice grapefruits, apple and fennel in an electric juicer.

Combine juice with mint. Blend until mint is well chopped. Serve immediately.

Pancreas Helper

Calbom, Cherie: The Juice Lady's Turbo Diet: Lose Ten Pounds in Ten Days-the Healthy Way! (page 170) Charisma House Kindle Edition

- 1 large tomato, washed and halved
- 2 leaves Romaine lettuce, washed
- 8 string beans, washed
- 2 Brussels sprouts, washed

- 1 lemon, peeled

Juice tomato, lettuce, beans, Brussels sprouts and lemon in an electric juicer. Serve immediately.

Pancreas Revitalizer

Originally "The Pancreas Revitalizer". Calbom, Cherie: The Juice Lady's Turbo Diet: Lose Ten Pounds in Ten Days-the Healthy Way! (page 178) Charisma House Kindle Edition

- 2 tomatoes, washed and halved
- 1 cucumber, peeled
- 6-8 string beans, washed
- 1 lemon or lime, peeled

Juice tomatoes, cucumber, beans and lemon or lime in an electric juicer. Serve immediately.

Parsley Patch

Calbom, Cherie: The Juice Lady's Turbo Diet: Lose Ten Pounds in Ten Days-the Healthy Way! (page 161) Charisma House Kindle Edition

- 1 handful parsley, washed
- 1 lemon, peeled
- 2 carrots, peeled
- 1 medium cucumber, peeled

Wrap parsley pieces around vegetables.

Juice lemon, carrots and cucumber including wrapped parsley in an electric juicer. Serve immediately.

Parsnapple

The Big Book of Juices, page 79, by Natalie Savona

- 3 apples, washed and quartered
- 2 parsnips, peeled
- sprinkling of ground nutmeg

Juice apples and parsnips in an electric juicer.

Stir in ground nutmeg and serve.

Peach Cooler

The Big Book of Juices, page 665, by Natalie Savona

- 4 oranges, halved
- 1 1/2 cups peaches, thawed if frozen
- 4-6 ice cubes
- sparkling mineral water, chilled
- 3-5 leaves fresh mint, washed

Juice the oranges in a citrus juicer.

Place the peaches and ice cubes in a blender.

Add the orange juice.

Blend until ice is well crushed.

Fill two glasses, leaving room at the top, and top with sparkling mineral water. Stir to combine and serve topped with mint leaves.

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Peaches and Cream 2

The Big Book of Juices, page 188, by Natalie Savona

- 2 cups peaches, thawed if frozen
- 1/2 melon, peeled and cut into juicer sized pieces

Add peaches to a blender.

Juice melon in an electric juicer.

Combine juice with peaches. Blend until peaches are well chopped. Serve immediately.

Peaches and Pine

- 2 cups peaches, thawed if frozen
- 1/2 pineapple, peeled and cut into juicer sized pieces

Juice peaches and pineapple in an electric juicer. Serve immediately.

Peaches 'n Mint

Originally "A Juice for Beginners: Peaches 'N Mint". <http://www.rebootwithjoe.com/peaches-mint-red-leaf-lettuce-juice-recipe/>

- several leaves fresh mint
- 1 cup peaches, frozen
- 2 cups red leaf lettuce, washed
- 8 carrots, peeled
- 1 lime, peeled

Place mint and peaches in a blender.

Juice lettuce, carrots and lime in an electric juicer.

Combine juice with mint and peaches in blender. Blend until mint and peaches are well emulsified to serve.

Pear Basic

The Big Book of Juices, page 207, by Natalie Savona

- 2 pears, washed and quartered
- 1 apples, washed and quartered
- 2 carrots, peeled
- 1/2 inch piece of ginger root, peeled

Juice pears, apples, carrots and ginger root in an electric juicer. Serve immediately.

Pear Power Basil Juice§

Juice It to Lose It, by Joe Cross

- 1 cup fresh basil leaves, packed
- a few ice cubes, optional
- 1 lemon, peeled
- 2 pears, washed and quartered
- 4 stalks celery, washed
- 1 cucumber, peeled

This is a great juice to make when fresh basil is available from your garden. It's surprisingly both delicious and VERY refreshing after working out in the garden.

Makes one large glass of juice.

Place basil leaves and ice cubes, if used, in a blender.

Juice lemon, pears celery and cucumber in an electric juicer.

Add juice to blender. Blend until basil and ice, if used, is crushed.

Serve immediately.

Pear Power Juice with Basil

<http://www.rebootwithjoe.com/pear-power-juice-basil/>

- 1 cup fresh basil, washed
- 4-6 ice cubes
- 4 pears, washed and quartered
- 8 stalks celery, washed
- 2 cucumbers, peeled

Place basil and ice in a blender.

Juice the pears, celery and cucumbers in an electric juicer.

Add juice to blender and blend until basil is emulsified and ice is crushed.

Strain juice through a sieve into a large measuring cup to strain out any residual solids to serve.

Pear Tart

The Big Book of Juices, page 205, by Natalie Savona

- 4 pears, washed and quartered
- 1/2 inch piece of ginger root, peeled
- 1/4 teaspoon ground cinnamon

Juice pears and ginger root in an electric juicer.

Stir in cinnamon to serve.

Pear and Celery Juice

- 1 1/2 pears, washed and quartered
- 3 stalks celery, washed

Juice pears and celery in an electric juicer. Serve immediately.

Pear-Fect Green

Originally "In the Reboot Kitchen: The Pear-fect Green". <http://www.rebootwithjoe.com/the-perfect-pear-juice/>

- 1 handful parsley, washed
- 4 large kale leaves, washed
- 3 pears, washed and quartered
- 3 stalks celery, washed

Wrap parsley pieces around fruits and vegetables.

Juice kale, pears and celery including wrapped parsley in an electric juicer. Serve immediately.

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Pears and Carrot Juice

- 2 cups spinach, washed and packed
- 5 carrots, peeled
- 1 pear, washed and quartered
- 1 fennel bulb with leaves, washed and cut into juicer sized pieces
- 1/2 lemon, peeled
- 1 inch piece of ginger root, peeled

Add spinach to a blender.

Juice carrots, pear, fennel, lemon and ginger root in an electric juicer.

Combine juice with spinach. Blend until spinach is well chopped. Serve immediately.

Peppery Grapefruit

The Big Book of Juices, page 106, by Natalie Savona

- 2 grapefruits, peeled
- 1/4 purple cabbage, washed and cut into juicer sized pieces

Juice grapefruits and cabbage in an electric juicer. Serve immediately.

Perfect Love Green Juice

- 1 cup spinach, washed and packed
- 1/2 cup cilantro, washed
- 1 leaf kale, washed
- 1/2 lemon, peeled
- 1 carrot, peeled
- 1/2 beet, with greens if fresh, washed and halved
- 3 stalks celery, washed
- 1/2 cucumber, peeled

Add spinach to a blender.

Wrap cilantro around vegetables.

Juice kale, lemon, carrot, beet and celery in an electric juicer.

Combine juice with spinach. Blend until spinach is well chopped. Serve immediately.

Pimm's Cup Juice

<http://www.rebootwithjoe.com/pimms-cup-juice-recipe/>

- 1 cup fresh mint, packed
- 8 leaves Romaine lettuce, washed
- 2 cucumbers, peeled
- 3 pears, washed and quartered
- 1 lemon, peeled

Add mint to a blender.

Juice lettuce, cucumbers, pears and lemon in an electric juicer.

Combine juice with mint. Blend until spinach is well chopped. Serve immediately.

Pine-Lime-Lemon Juice

<http://www.rebootwithjoe.com/pine-lime-lemon-juice/>

- 1/4 pineapple, trimmed and cut into juicer-sized pieces
- 1 1/2 cups celery, chopped
- 1 lemon, peeled
- 1 lime, peeled
- 1 inch piece of ginger root, peeled

Juice pineapple, celery, lemon, lime and ginger root in an electric juicer. Serve immediately.

Pineapple Basic

The Big Book of Juices, page 242, by Natalie Savona

- 1/2 pineapple, peeled and cut into juicer sized pieces
- 1 apple, washed and quartered
- 3 carrots, peeled
- 1 stalk celery, washed

Juice pineapple, apple, carrots and celery in an electric juicer. Serve immediately.

Pineapple Cranberry Juice

- 1 quart pineapple juice
- 1 1/2 cups cranberry juice
- 6 leaves fresh mint, washed
- ice cubes, optional

Combine pineapple juice, cranberry juice, mint and ice cubes in a blender. Blend until ice is crushed. Serve immediately.

Pineapple Cucumber Juice

- 2 sprigs parsley, washed
- 1 cucumber, peeled
- 1 inch slice of pineapple, trimmed and cut into juicer-sized pieces
- 1 apple, washed and quartered
- ice cubes

Wrap parsley pieces around vegetables.

Juice cucumber, pineapple, apple including wrapped parsley in an electric juicer.

Stir in ice cubes and serve.

Pineapple Fizz

The Big Book of Juices, page 654, by Natalie Savona

- 1/2 pineapple, peeled and cut into juicer sized pieces
- 4-6 leaves fresh mint, washed
- 4-6 ice cubes

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- sparkling mineral water, chilled

Juice the pineapple in an electric juicer.

Add the mint leaves and ice to a blender.

Blend until ice is well crushed.

Fill two glasses, leaving room at the top, and top with sparkling mineral water. Stir to combine and serve.

Pineapple Gazpacho

Originally "A Chef's Juice: Pineapple Gazpacho". <http://www.rebootwithjoe.com/a-chefs-juice-pineapple-gazpacho/>

- 2 medium tomatoes, washed and halved
- 1/2 cucumber, peeled
- 1 green onion, optional
- 1/4 red bell pepper, washed and quartered
- 1/4 pineapple, trimmed and cut into juicer-sized pieces
- 1/4 lime, peeled

Juice tomatoes, cucumber, green onion, pepper, pineapple and lime in an electric juicer. Serve immediately.

Pineapple Green Juice

Originally "In the Reboot Kitchen: Pineapple Green Juice". <http://www.rebootwithjoe.com/pineapple-green-juice/>

- 1 head Romaine lettuce, washed
- 1 1/2 pears, washed and quartered
- 1 cup pineapple, peeled and cut into juicer sized pieces

Juice lettuce, pears and pineapple in an electric juicer. Serve immediately.

Pineapple Orange Lemon Juice

- 1/2 pineapple, peeled and cut into juicer sized pieces
- 5 oranges, peeled
- 2 lemons, peeled

Juice pineapple, oranges and lemon in an electric juicer. Serve immediately.

Pineapple Power

Originally "In the Reboot Kitchen: Pineapple Power". <http://www.rebootwithjoe.com/pineapple-watercress-kale-juice/>

- 1 cup spinach, washed and packed
- 4-6 leaves kale, washed
- 1/4 pineapple, trimmed and cut into juicer-sized pieces
- 2 stalks celery, washed

Add spinach to a blender.

Juice kale, pineapple, celery in an electric juicer. Serve immediately.

Combine juice with spinach. Blend until spinach is well

chopped. Serve immediately.

Pineapple Strawberry Juice

- 1-2 inch slices of pineapple, trimmed and cut into juicer-sized pieces
- 8 strawberries, hulled and washed
- ice cubes, optional

Juice pineapple in an electric juicer. Place contents in blender and add strawberries. Blend on high until smooth. Serve over ice.

Pineapple Tang

From "The Big Book of Juices", page 231, by Natalie Savona.

- 1 pineapple, peeled and cut into juicer sized pieces
- 1 lime, peeled

Juice pineapple and lime in an electric juicer. Serve immediately.

Pineapple Tangerine Juice

- 1/2 pineapple, peeled and cut into juicer sized pieces
- 3-4 tangerines, peeled

Juice pineapple and tangerines in an electric juicer. Serve immediately.

Pineapple and Carrot Juice

Originally 'Cramps Reliever'. Tyler, Daniel. 30 Day Juice Cleanse: Over 100 Juicing Recipes to aid Weight Loss, Detox, and Fasting (p. 41). Encore Publishing. Kindle Edition.

- 2 cups pineapple, peeled and cut into juicer sized pieces
- 2 large carrots, peeled

Juice pineapple and carrots in an electric juicer. Serve immediately, optionally over ice.

This can also be readily made into a smoothie with 2 sliced frozen sliced bananas.

Pineapple and Lemon Juice

Originally "Homemade Cough Syrup with Pineapple". <http://www.rebootwithjoe.com/homemade-cough-syrup-with-pineapple/>

- 1/2 pineapple, peeled and cut into juicer sized pieces
- 2 lemons, peeled
- 1 inch piece of ginger root, peeled
- 1 teaspoon honey, optional
- pinch of sea salt, optional
- pinch of pepper, peeled
- pinch of dried chili pepper, optional

Pineapple, Carrot and Apple with Aloe Juice

Originally "Pineapple, Carrot with Aloe Juice". Tyler, Daniel. 30 Day Juice Cleanse: Over 100 Juicing Recipes to aid Weight Loss, Detox, and Fasting (p. 12). Encore Publishing. Kindle Edition.

- 2 tablespoons aloe concentrate, optional

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- 1 cup fresh pineapple juice
- several ice cubes
- 1 carrot, peeled
- 1 lemon, peeled
- 1 green apple, washed and quartered
- 1 inch piece of ginger root, peeled

Place aloe concentrate, if included, pineapple juice and ice cubes in a blender.

Juice the carrot, lemon and apple in an electric juicer.

Combine the carrot-apple juice in the blender. Blend until smooth and until ice is well emulsified. Serve immediately.

This juice is high in Vitamins A, B and C and it helps in cleansing the liver. Apples and lemons have anti-cancer properties and high in antioxidants. Lemons also help lower cholesterol. Ginger helps soothe upset stomach, overcome nausea, vertigo and motion sickness. It also helps to fight colds and improves blood circulation. And, of course, aloe is reputed for its stomach soothing qualities.

Pineapple, Cucumber and Apple Juice

Tyler, Daniel. 30 Day Juice Cleanse: Over 100 Juicing Recipes to aid Weight Loss, Detox, and Fasting (p. 83). Encore Publishing. Kindle Edition.

- 2 apples, washed and quartered
- 1 cucumbers, peeled
- 1/2 pineapple, peeled and cut into juicer sized pieces
- several ice cubes, optional

Juice apples, cucumbers and pineapple in an electric juicer. Serve immediately, optionally over ice.

The enzymes from the pineapple can promote good digestion and good skin. While the cucumber and apple is great skin purifier.

Pineroot

The Big Book of Juices, page 355, by Natalie Savona

- 1 sweet potato, peeled
- 1 carrot, peeled
- 1/2 pineapple, peeled and cut into juicer sized pieces

Juice sweet potato, carrot and pineapple in an electric juicer. Serve immediately.

Pink Grapefruit

The Big Book of Juices, page 99, by Natalie Savona

- 1 cup raspberries, frozen
- 1 cup strawberries, frozen
- 2 grapefruits, peeled and quartered

Add raspberries and strawberries to a blender.

Juice grapefruit in an electric juicer.

Combine juice with raspberries and strawberries. Blend until raspberries and strawberries well chopped. Serve immediately.

Pink Lemonade

<http://www.rebootwithjoe.com/pink-lemonade/>

- 6 leaves fresh mint, washed
- 12 strawberries, hulled and washed
- 2 pears, washed and quartered
- 1/2 lemon, peeled
- 1/2 head green cabbage, washed and cut into juicer sized pieces
- 1 large handful leaf lettuce, washed

Add mint and strawberries to a blender.

Juice pears, lemon, cabbage and lettuce in an electric juicer.

Combine juice with mint and strawberries. Blend until mint and strawberries are well chopped. Serve immediately.

Pink Orchard Berry Buster

The Big Book of Juices, page 64, by Natalie Savona

- 2 cups raspberries or strawberries, frozen
- 3 apples, washed and quartered

Add raspberries to a blender.

Juice apples in an electric juicer.

Combine juice with raspberries. Blend until raspberries are well chopped. Serve immediately.

Pink Peach 1

The Big Book of Juices, page 187, by Natalie Savona

- 2 cups peaches, thawed if frozen
- 2 cups strawberries or raspberries, thawed if frozen
- apple or orange juice, as needed

Combine peaches and strawberries in a blender. Blend to combine adding apple or orange juice as needed to reach desired consistency. Serve immediately.

Pink Pear 1

The Big Book of Juices, page 210, by Natalie Savona

- 1 cup raspberries, thawed if frozen
- 2 pears, washed and quartered
- 1 cup strawberries, thawed if frozen

Combine raspberries and strawberries in a blender.

Juice pears in an electric juicer.

Add pear juice to blender. Blend until smooth. Serve immediately.

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Pink Pear 2

The Big Book of Juices, page 211, by Natalie Savona

- 3 pears, washed and quartered
- 1 cup cranberries, thawed if frozen

Juice pears and cranberries in an electric juicer. Serve immediately.

Pink Pineapple

The Big Book of Juices, page 228, by Natalie Savona

- 1 cup raspberries, thawed if frozen
- 1 cup strawberries, thawed if frozen
- 1/2 pineapple, peeled and cut into juicer sized pieces

Combine raspberries and strawberries in a blender.

Juice pineapple in an electric juicer.

Add pineapple juice to blender. Blend until smooth. Serve immediately.

Pink Punch

The Big Book of Juices, page 392, by Natalie Savona

- 3 sprigs of fresh mint
- 1 cup raspberries, thawed if frozen
- 3 stalks celery, washed
- 1/2 inch piece of ginger root, peeled
- filtered water, as necessary, optional

Add mint and raspberries to a blender.

Juice celery and ginger root in an electric juicer.

Combine juice with mint and raspberries. Blend until mint and raspberries are well chopped.

As necessary, add filtered water to achieve desired consistency. Serve immediately.

Pixie Pine

The Big Book of Juices, page 252, by Natalie Savona

- 1/2 pineapple, peeled and cut into juicer sized pieces
- 2 beets, washed and halved
- 1 inch piece of ginger root, peeled

Juice pineapple, beets and ginger root in an electric juicer. Serve immediately.

Pomegranate Watermelon Juice

Originally "Pomegranate Watermelon Juice - Recipe of the Week". <http://www.rebootwithjoe.com/pomegranate-watermelon-juice-recipe-of-the-week/>

- 2 pomegranates, peeled and halved
- 2 cups watermelon, peeled and cut into juicer sized pieces
- 2-3 stalks celery, washed
- 1/2-1 pink grapefruit, peeled and quartered

Juice pomegranates, watermelon and celery in an electric juicer. Serve immediately.

Power Metabolizer

Originally "Just Printable Juice Recipes", page 4, by Hannah

- 1 cup carrots, sliced
- 1 cup pineapple, peeled and cut into juicer sized pieces
- 1 lime, peeled
- 1/2 small chili pepper, washed and seeded

Juice carrots, pineapple, lime and pepper in an electric juicer. Serve immediately.

Powerful Red Cleanser

Tyler, Daniel. 30 Day Juice Cleanse: Over 100 Juicing Recipes to aid Weight Loss, Detox, and Fasting (p. 11). Encore Publishing. Kindle Edition.

- 2 green apples, washed and quartered
- 2 cucumbers, peeled (or 1 English cucumber, peeled)
- 1 beet with greens if fresh, washed
- 1 inch piece of ginger root peeled
- several ice cubes, optional

Juice apples, cucumbers, beet and ginger in an electric juicer. Serve immediately, optionally over ice.

This is an anti-inflammatory, powerful juice cleanser. Beet has a powerful antioxidant which flushes the liver and ginger helps stimulate digestion. Cucumber cools the body and helps clearing toxins. Apple also contributes to healthy digestion and helps breaking down toxins. Apple is full of phytochemicals and vitamins such as A and C.

Prime Cooler

The Big Book of Juices, page 83, by Natalie Savona

- 1 cup fresh mint, packed
- 1 cucumber, peeled
- 3 apples, washed and quartered
- 1 inch piece of ginger root, peeled
- ice cubes, optional

Add mint to a blender.

Juice cucumber, apples and ginger root in an electric juicer.

Combine juice and, optionally, ice with mint. Blend until mint is well chopped. Serve immediately.

Purple Paradise Juice

<http://www.rebootwithjoe.com/purple-paradise-juice-recipe/>

- 4-6 leaves Swiss chard, washed
- 1 carrot, peeled
- 1 beet, with greens if fresh, washed and quartered and halved

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- 2 red apples, washed and quartered
- 1 inch piece of ginger root, peeled

Juice Swiss chard, carrot, beet, apples and ginger root in an electric juicer. Serve immediately.

Purple Plus Juice

Originally "Purple Plus Juice – Recipe Of The Week". <http://www.rebootwithjoe.com/purple-plus-juice-recipe/>

- 3 plums, pitted
- 1/4 head purple cabbage, washed
- 1 beet, with greens if fresh, washed and halved
- 2 stalks celery, washed
- 1 orange, peeled

Juice plums, cabbage, beet, celery and orange in an electric juicer. Serve immediately.

Purple Power Juice

<http://www.rebootwithjoe.com/purple-power-juice/>

- 6 cups concord grapes, washed and stemmed
- 1 apple, washed and quartered
- 2 inch pieces of ginger root, peeled
- 1/2 cup blackberries, thawed

Juice grapes, apple, ginger root and blackberries in an electric juicer. Serve immediately.

Quick Quencher Pineapple Juice

<http://www.rebootwithjoe.com/cucumber-celery-lemon-pineapple-juice-recipe/>

- 1/4 pineapple, trimmed and cut into juicer-sized pieces
- 2 cucumber, peeled
- 2 stalks celery, washed
- 1 lemon, peeled

Juice pineapple, cucumber, celery and lemon in an electric juicer. Serve immediately.

Radiant Antioxidant Orange Juice

Originally "Radiant Antioxi-Orange Juice". <http://www.rebootwithjoe.com/radiant-orange-juice-recipe/>

- 2 oranges, peeled
- 3 carrots, peeled
- 1-2 cucumbers, peeled
- 1 yellow bell pepper, washed and quartered
- 1 inch piece of ginger root, peeled

Juice oranges, carrots, cucumbers, pepper and ginger root in an electric juicer. Serve immediately.

Radish Delight

Calbom, Cherie: *The Juice Lady's Turbo Diet: Lose Ten Pounds in Ten Days-the Healthy Way!* (page 175) Charisma House Kindle Edition

- 5 carrots, peeled
- 1 cucumber, peeled
- 5-6 radishes, washed and trimmed

- 1 lemon, peeled

Juice carrots, cucumber, radishes and lemon in an electric juicer. Serve immediately.

Radish and Pear Juice

- 1 cup arugula, washed
- 3 radishes, washed and trimmed
- 3 carrots, peeled
- 3 stalks celery, washed
- 1/3 cucumber, peeled
- 1 pear, washed and quartered

Juice arugula, radishes, carrots, celery, cucumber and pear. In an electric juicer. Serve immediately.

Unlike spinach and fresh mint, arugula does not blend well in a blender. Unless you have a Vitamix blender, juicing arugula works better in an electric juicer.

Rainbow Bright Green Juice

Originally "Community Recipe: Rainbow Bright Green Juice". <http://www.rebootwithjoe.com/community-recipe-rainbow-bright-green-juice/>

- 3 leaves kale, washed
- 3 stalks celery, washed and quartered
- 4 carrots, peeled
- 2 Fuji apples, washed and quartered

Juice kale, celery, carrots and apples in an electric juicer. Serve immediately.

Rainbow Summer Juice

Originally "A Chef's Juice: Rainbow Summer Juice". <http://www.rebootwithjoe.com/a-chefs-juice-rainbow-summer-juice/>

- 5 stalks celery, washed
- 1/2 cucumber, peeled
- 1 large carrot, peeled
- 1 medium tomato, washed and halved
- 1/2 orange, peeled
- 1/2 peach, peeled and pitted

Juice celery, cucumber, carrot, tomato, orange and peach in an electric juicer. Serve immediately.

Rainbow of Nutrients Juice

Originally "A Rainbow of Nutrients Juice". <http://www.rebootwithjoe.com/a-rainbow-of-nutrients-juice-recipe/>

- 4 leaves Swiss chard, washed
- 2 beets, with greens if fresh, washed and halved
- 4 stalks celery, washed
- 2 lemons, peeled

Juice Swiss chard, beets, celery and lemons in an electric juicer. Serve immediately.

Raspapple

From "The Big Book of Juices", page 165, by Natalie Savona.

- 2 cups raspberries, thawed if frozen

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- 2 apples, washed and quartered

Add raspberries to a blender.

Juice apples in an electric juicer.

Combine juice with raspberries. Blend until raspberries are well chopped. Serve immediately.

Raspapple Tang

The Big Book of Juices, page 166, by Natalie Savona

- 2 cups raspberries, thawed if frozen
- 2 large apples, washed and quartered
- 1 lime, peeled

Add raspberries to a blender.

Juice apples in an electric juicer.

Combine juice with raspberries. Blend until raspberries are well chopped. Serve immediately.

Raspberry Sensation

The Big Book of Juices, page 172, by Natalie Savona

- 2 cups raspberries, thawed if frozen
- 1/2 pineapple, peeled and cut into juicer sized pieces

Add raspberries to a blender.

Juice pineapple in an electric juicer.

Combine juice with raspberries. Blend until raspberries are well chopped. Serve immediately.

Ravishing Radish Juice

<http://www.rebootwithjoe.com/ravishing-radish-juice/>

- 1 handful cilantro, washed
- 1 large radish, washed and trimmed
- 1 apple, washed and quartered
- 1/2 jicama, peeled
- 1 lime, peeled
- sea salt, optional

Wrap cilantro around vegetables.

Juice radish, apple, jicama and lime including wrapped cilantro in an electric juicer.

Stir in a little sea salt and serve immediately.

Reboot Eight

Joe Cross

- 1 handful cilantro, washed
- 1 cup mung bean sprouts, washed
- 2 red bell peppers, washed and quartered
- 2 apples, washed and quartered
- 2 tomatoes, washed and halved
- 2 green onions, washed

- 1 lemon, peeled
- 1 lime, peeled

Wrap cilantro around vegetables.

Juice sprouts, peppers, apples, tomatoes, onions, lemon and lime including wrapped cilantro in an electric juicer. Serve immediately.

Red Citrus Juice

Originally "In the Reboot Kitchen: Red Citrus Juice". <http://www.rebootwithjoe.com/in-the-reboot-kitchen-red-citrus-juice/>

- 6-8 leaves kale, washed
- 2 beets, with greens if fresh, washed and halved
- 1 pink grapefruit, peeled and quartered
- 2 oranges, peeled

Juice kale, beets, grapefruit and oranges in an electric juicer. Serve immediately.

Red Cucumber

The Big Book of Juices, page 319, by Natalie Savona

- 1 cucumber, peeled
- 1 beet, washed and halved
- 1/2 pineapple, peeled and cut into juicer sized pieces

Juice cucumber, beet and pineapple in an electric juicer. Serve immediately.

Red Hot Juice

Originally "In the Reboot Kitchen: Red Hot Juice". <http://www.rebootwithjoe.com/in-the-reboot-kitchen-red-hot-juice/>

- 4 tomatoes, washed and halved
- 1 large red bell pepper, washed and quartered
- 1 carrot, peeled
- 2 stalk celery, washed
- 1-2 jalapeño peppers, washed and seeded

Juice tomatoes, bell pepper, carrot, celery and jalapeño in an electric juicer. Serve immediately.

Red Orange Juice

- 1 beet, with greens if fresh, washed and halved
- 2 carrots, peeled

Juice beet and carrots in an electric juicer. Serve immediately.

Red Rush Juice

Originally "Red Rush Juice – Recipe of the Week". <http://www.rebootwithjoe.com/red-rush-juice-recipe-of-the-week/>

- 1/2 cup fresh basil, packed
- 1/2 cup strawberries, hulled and washed
- 1/2 cup cherries, thawed
- 1 cup watermelon, peeled and cut into juicer sized pieces
- 1 tomato, washed and halved

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- 1 small beet, with greens if fresh, washed and halved

Add basil and strawberries to a blender.

cherries, watermelon, tomato and beet

Combine juice with basil and strawberries. Blend until basil and strawberries are well chopped. Serve immediately.

Red Tomato

The Big Book of Juices, page 372, by Natalie Savona

- 6 tomatoes, peeled
- 1 beet, halved
- 1 lemon, peeled

Juice tomatoes, beet and lemon in an electric juicer. Serve immediately.

Red, White, Blue and Green Juice

Originally "Red, White, Blue (and Green!) Juice". <http://www.rebootwithjoe.com/red-white-blue-and-green-juice/>

- 2 1/2 cups watermelon, peeled and cut into juicer sized pieces
- 1 cup blueberries, thawed
- 6-8 leaves Swiss chard, washed

Juice watermelon, blueberries and Swiss chard in an electric juicer. Serve immediately.

Refresh Your Workout

Originally "Refresh Your Workout (A Juice Recipe!)". <http://www.rebootwithjoe.com/mint-ginger-carrots-broccoli-pepper-juice-recipe/>

- 3 sprigs fresh mint
- 5 carrots, peeled
- 1 1/2 limes, peeled
- 1 orange bell pepper, washed and quartered
- 1 head broccoli, washed
- ice cubes, optional

Add mint to a blender.

Juice carrots, limes pepper and broccoli in an electric juicer. Serve immediately.

Combine juice with mint and, optionally, ice. Blend until mint is well chopped. Serve immediately.

Refreshing Fennel-Pear Juice

Originally "Refreshing Fennel-Pear - Juice". <http://www.rebootwithjoe.com/refreshing-fennel-pear/>

- 2 pears, washed and quartered
- 1 large fennel bulb with leaves, washed and cut into juicer sized pieces

Juice pears and fennel in an electric juicer. Serve immediately.

Refreshment Juice

Carrillo-Bucaram, Kristina. The Fully Raw Diet: 21 Days to Better Health, with Meal and Exercise Plans, Tips, and 75 Recipes (Kindle Location 2504-2518). Houghton Mifflin Harcourt. Kindle Edition.

- 1 large bunch fresh mint, washed
- 4 large leaves Romaine lettuce, washed
- 4 green apples, washed and halved
- 1/2-1 honey dew melon, peeled and cut into juicer sized pieces
- 1 cucumber, peeled
- several ice cubes, optional

Juice the lettuce, apples, melon and cucumber.

If using 1/2 melon add 2 tablespoons of lemon juice to blender; for a full melon, which makes a LOT of juice, add 1/4 cup of lemon juice.

Add juice to blender. Blend until mint is well chopped.

Run juice through a sieve and optionally serve over ice in one or more large glasses.

Juice can be stored refrigerated for a short time in a sealed glass mason jar. Shake vigorously before serving.

Rejuvenating Refresher

Tyler, Daniel. 30 Day Juice Cleanse: Over 100 Juicing Recipes to aid Weight Loss, Detox, and Fasting (p. 60). Encore Publishing. Kindle Edition.

- 4 cups kale, washed
- 1/2 cup fresh mint, washed with stems removed
- 1 lemon, peeled
- 2 large cucumbers, peeled
- 1/2 cup pineapple, peeled and cut into juicer sized pieces
- 1 jar artichoke hearts, or 2 fresh artichoke hearts
- 1 cup filtered water
- 1/2 cup ice

Juice kale and mint in a wheatgrass or cold press juicer if available. Otherwise place kale and mint in a blender.

Juice the lemon, cucumbers and pineapple in an electric juicer.

If using fresh artichokes, juice the artichokes in an electric juicer.

Combine green juice, processed juice, artichoke hearts (if not already juiced), water and ice in a blender.

Blend on high until all ingredients are well chopped. Strain through a sieve to remove residual solids and serve.

This juice can help in digestion because of the digestive enzymes comes from the pineapple. Artichoke can help improve bile flow and kale has compounds that support the enzymes in the liver.

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Rockmelon N' Roll§

Originally "In the Reboot Kitchen: Rockmelon N' Roll". <http://www.rebootwithjoe.com/in-the-reboot-kitchen-rockmelon-n-roll/>

- 1 cup fresh mint, packed
- 4-6 ice cubes, optional
- 1/2 cantaloupe, peeled and cut into juicer sized pieces
- 1 apple, washed and quartered

Add mint and ice to a blender.

The original recipe called for 4-6 leaves of Swiss chard. Maybe, but not when I tried this.

Juice cantaloupe and apple in an electric juicer.

Combine juice with mint. Blend until mint is well chopped. Serve immediately.

Romaine, Chard and Turmeric Juice

Tyler, Daniel. 30 Day Juice Cleanse: Over 100 Juicing Recipes to aid Weight Loss, Detox, and Fasting (pp. 5-6). Encore Publishing. Kindle Edition.

- 1/2 teaspoon barley juice extract powder, optional
- 1 small head Romaine lettuce, washed
- 1 teaspoon turmeric powder
- 1 large, cucumber
- 1 large stalk of, Swiss chard
- 1 lime, peeled
- 2 oranges, peeled
- 4 stalks celery, washed
- several ice cubes, optional

This juice has anti-inflammatory properties and can be a bit spicy.

Place the barley powder, if used, HALF the lettuce and turmeric in a blender.

Juice the remaining lettuce, cucumber, chard, lime, oranges and celery in an electric juicer.

Combine juice, optionally with ice cubes, in blender. Blend until lettuce is thoroughly chopped. Serve immediately.

Mint and turmeric root has an anti-inflammatory effect into our body. Turmeric also protects us from colds and flu. It also helps us with digestion and can lower blood sugar levels. Using turmeric can reduce the risk of heart diseases, stroke and helps in preventing any kind of cancer.

Root Tomato

The Big Book of Juices, page 368, by Natalie Savona

- 4 tomatoes, halved
- 4 carrots, peeled
- 1/2 cup radishes, washed and sliced
- sea salt, to taste

- pepper, to taste
- lemon juice, to taste

Juice tomatoes, carrots and radishes in an electric juicer.

Stir in salt, pepper and lemon juice. Serve immediately.

Root Veggie Cocktail

Calbom, Cherie: The Juice Lady's Turbo Diet: Lose Ten Pounds in Ten Days-the Healthy Way! (page 175) Charisma House Kindle Edition

- 3-4 carrots, peeled
- 1 cucumber, peeled
- 1/2 beet, with greens if fresh, washed and halved
- 1/2 turnip, washed and halved
- 1 lemon, peeled
- 1/2 green apple, washed and quartered
- 1 inch piece of ginger root, peeled

Juice carrots, cucumber, beet, turnip, lemon, apple and ginger root in an electric juicer. Serve immediately.

Root-tastic Juice

Originally "Root-tastic Juice – Recipe Of The Week". <http://www.rebootwithjoe.com/recipe-of-the-week-root-tastic-juice/>

- 1 large turnip, peeled
- 2 beets, with greens if fresh, washed and halved
- 2 carrots, peeled
- 2 apples, washed and quartered
- 1 inch piece of ginger root, peeled
- 1/2 cup filtered water

Juice turnip, beets, carrots, apples and ginger root in an electric juicer.

Stir in water. Serve immediately.

Roots and Fruits Juice

Originally "In the Reboot Kitchen: Roots & Fruits Juice". <http://www.rebootwithjoe.com/in-the-reboot-kitchen-roots-fruits-juice/>

- 1 large turnip, washed and halved
- 2 large carrots, peeled
- 2 large parsnips, peeled
- 1 cup pineapple, peeled and cut into juicer sized pieces
- 1 orange, peeled
- 1 inch piece of ginger root, peeled

Juice turnip, carrots, parsnips, pineapple, orange and ginger root in an electric juicer. Serve immediately.

Rooty Pear

- 3 parsnips, peeled
- 3 pears, washed and quartered
- 1 lime, peeled

From "The Big Book of Juices", page 351, by Natalie Savona.

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Juice parsnips, pears and lime in an electric juicer. Serve immediately.

Ruby Mandarin Juice

Originally "In the Reboot Kitchen: Ruby Mandarin Juice". <http://www.rebootwithjoe.com/in-the-reboot-kitchen-ruby-mandarin-juice/>

- 4 Mandarin or Clementine oranges, peeled
- 1/2-1 pink grapefruit, peeled and quartered
- 2 stalks celery, washed
- 1 carrot, peeled
- 1 inch piece of ginger root, peeled

Juice oranges, grapefruit, celery, carrot and ginger root in an electric juicer. Serve immediately.

Ruby Red Champagne

Originally "In the Reboot Kitchen: Ruby Red Champagne". <http://www.rebootwithjoe.com/in-the-reboot-kitchen-ruby-red-champagne/>

- 1 handful parsley, washed
- 2 cucumbers, peeled
- 3 carrots, peeled
- 2 stalks beet, with greens if fresh, washed and halved
- 4 stalks celery, washed
- 1 inch piece of ginger root, peeled
- 1 lemon, peeled

Wrap parsley pieces around vegetables.

Juice cucumbers, carrots, beet, celery, ginger root and lemon including wrapped parsley in an electric juicer. Serve immediately.

Salty Sharp Melon

The Big Book of Juices, page 396, by Natalie Savona

- 3 stalks celery, washed
- 1/2 melon, peeled and cut into juicer sized pieces
- 1 lime, peeled

Juice celery, melon and lime in an electric juicer. Serve immediately.

Savoury Fruit

The Big Book of Juices, page 387, by Natalie Savona

- 3 stalks celery, washed
- 1 apple, washed and quartered
- 1 orange, peeled

Juice celery, apple and orange in an electric juicer. Serve immediately.

Scream in Green

Tyler, Daniel. 30 Day Juice Cleanse: Over 100 Juicing Recipes to aid Weight Loss, Detox, and Fasting (p. 31). Encore Publishing. Kindle Edition.

- 1 handful spinach, washed
- 2 handfuls blueberries, fresh or frozen
- 5 strawberries

- 5 leaves Romaine lettuce, washed and cut up
- several ice cubes, optional
- 1/2 lemon, peeled
- 1 green apple, washed and quartered
- 1 cucumber, peeled
- 1 orange, peeled
- 1/2-1 pomegranate, washed and quartered
- 3 stalks celery, washed

Place the spinach, blueberries, strawberries, lettuce and ice, if included, in a blender

Juice the lemon, apple, cucumber, orange, pomegranate and celery in an electric juicer.

Add the juice to the blender and blend until spinach, berries and lettuce are well emulsified.

This juice can help in energizing your body. It is rich in vitamins, nutrients and minerals. It's very potent with many nutrients.

Seasonal Detox Juice

Originally "Seasonal Detox Juice Recipe". <http://www.rebootwithjoe.com/seasonal-detox-juice-recipe/>

- 3 springs parsley
- 1 apple, washed and quartered
- 1/2 head cabbage, washed and cut into juicer sized pieces
- 1 green pepper, washed and cut into juicer sized pieces
- 4-5 broccoli florets, washed
- 1 inch piece of ginger root, peeled

Wrap parsley around other vegetables.

Juice ingredients in an electric juicer. Serve immediately.

Sharp Carrot

The Big Book of Juices, page 277, by Natalie Savona

- 1/2 cup fresh mint, packed
- 4 carrots, peeled
- 2 stalks celery, washed
- 1 lime, peeled

Add mint to a blender.

Juice carrots, celery and lime in an electric juicer.

Combine juice with mint. Blend until mint is well chopped. Serve immediately.

Sharp Citrusberry

The Big Book of Juices, page 177, by Natalie Savona

- 2 cups raspberries, thawed if frozen
- 1 grapefruit, peeled and quartered
- 1 lemon, peeled

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Add raspberries to a blender.

Juice grapefruit and lemon in an electric juicer.

Combine juice with raspberries. Blend until raspberries are well chopped. Serve immediately.

Simple Juice, Endless Health Benefits

<http://www.rebootwithjoe.com/beet-kale-lemon-apple-juice-recipe/>

- 6-8 leaves kale, washed
- 1 green apple, washed and quartered
- 2 lemons, peeled
- 1 beet, with greens if fresh, washed and halved

Juice kale, apple, lemons and beet in an electric juicer. Serve immediately.

Simple Slim Veggie Juice

Just Printable Juice Recipes, page 4, by Hannah

- 1 cup cauliflower, washed
- 1 cup broccoli, washed
- 2 apples, washed and quartered

Juice cauliflower, broccoli and apples in an electric juicer. Serve immediately.

Six Fruits Fat Killer Juice

Originally "6 Fruits Fat Killer Juice". Tyler, Daniel. 30 Day Juice Cleanse: Over 100 Juicing Recipes to aid Weight Loss, Detox, and Fasting (p. 95). Encore Publishing. Kindle Edition.

- 1 lemon, peeled
- 1 cucumber, peeled
- 1 inch piece of ginger root, peeled
- 2 apples, washed and quartered
- 4 stalks celery, washed
- 6 leaves kale, washed
- several ice cubes, optional

Juice the lemon, cucumber, ginger, apples, celery and kale in an electric juicer. Serve immediately, optionally over ice.

This juice can help in weight loss, control high blood pressure and any heart problems. It can stimulate circulation of the blood and can lower the risk of cataracts. It can also prevent any kind of cancer diseases and cure respiratory problems. This juice can also help in preventing Alzheimer's disease and can increase bone density. This can improved digestion and improved complexion and immune system.

Six Vegetable Juice

- 5 pounds ripe tomatoes, washed and halved
- 1/4 cup green bell pepper, washed and quartered
- 1/4 cup carrot, peeled
- 1/3 cup celery, washed
- 2 tablespoons onion, diced
- 1-1 1/2 Serrano pepper, seeded

- 1/2 cup filtered water
- 1/4 cup lemon juice
- 1 tablespoon sea salt

This is a substitute for V-8 Juice.

Juice tomatoes, bell pepper, carrot, celery and Serrano pepper in an electric juicer.

Stir in water, lemon juice and salt. Serve immediately.

All the goodness of commercial V-8 with none of the processing, and the enzymes haven't been cooked away either.

Skin Booster

Tyler, Daniel. 30 Day Juice Cleanse: Over 100 Juicing Recipes to aid Weight Loss, Detox, and Fasting (p. 86). Encore Publishing. Kindle Edition.

- 2 cucumbers, peeled
- 1 apple, washed and quartered
- several ice cubes, optional

Juice cucumbers and apple in an electric juicer. Serve immediately, optionally over ice.

This juice contains cucumbers that help to keep our body cool and hydrating. It is also rich in potassium, magnesium and silica which contain youthful radiance to the skin.

Sleepytime Cocktail

Calbom, Cherie: The Juice Lady's Turbo Diet: Lose Ten Pounds in Ten Days-the Healthy Way! (page 176) Charisma House Kindle Edition

- 5 carrots, peeled
- 2 stalks celery, washed
- 2 leaves Romaine lettuce, washed
- 1 large kale leaf, washed
- 1 lemon, peeled
- 1/2 green apple, washed and quartered

Juice carrots, celery, kale, lemon and apple in an electric juicer. Serve immediately.

Some Like It Green Juice

Originally "Some Like It Green Juice - Recipe Of The Week". <http://www.rebootwithjoe.com/some-like-it-green-recipe-of-the-week/>

- 3-4 handfuls leafy greens, washed
- 1 cucumber, peeled
- 4-6 stalks celery, peeled

Juice greens, cucumber and celery in an electric juicer. Serve immediately.

South of the Border Cocktail

Calbom, Cherie: The Juice Lady's Turbo Diet: Lose Ten Pounds in Ten Days-the Healthy Way! (page 175) Charisma House Kindle Edition

- 1 medium tomato, washed and halved
- 1 cucumber, peeled
- 1 handful cilantro, washed

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- 1 lime, peeled
- 1 dash hot pepper sauce, optional

Wrap cilantro around vegetables.

Juice tomato, cucumber and lime including wrapped cilantro in an electric juicer.

Optionally, stir in a dash of hot pepper sauce. Serve immediately.

Spiced Apple and Carrot Juice

<http://www.rebootwithjoe.com/spiced-apple-and-carrot-juice/>

- 3 large carrots, peeled
- 2 apples, washed and quartered
- 2 stalks celery, washed
- 1/2 inch piece of ginger root, peeled
- pinch ground cinnamon
- pinch nutmeg
- 1/2 teaspoon turmeric

Juice carrots, apples, celery and ginger root in an electric juicer.

Stir in cinnamon, nutmeg and turmeric to serve.

Spiced Peach-Pear Juice

Originally "In the Reboot Kitchen: Spiced Peach-Pear Juice". <http://www.rebootwithjoe.com/in-the-reboot-kitchen-spiced-peach-pear-juice/>

- 2 peaches, peeled and pitted
- 1 pear, washed and quartered
- 2 carrots, peeled and chopped
- 1 cup green grapes, stemmed
- 1 inch piece of ginger root, peeled
- pinch of ground cinnamon

Juice peaches, pear, carrots, grapes and ginger root in an electric juicer.

Stir in cinnamon to serve.

Spicy Carrot Juice

<http://www.rebootwithjoe.com/spicy-carrot-juice/>

- 4 carrots, peeled
- 1/4 head cauliflower, washed
- 1 beet, with greens if fresh, washed and halved
- 1 apple, washed and quartered
- 1 inch piece of ginger root, peeled

Juice carrots, cauliflower, beet, apple and ginger root in an electric juicer. Serve immediately.

Spicy Melon§

Originally "Just Printable Juice Recipes", page 3, by Hannah

- 1 inch slice of ginger root, peeled
- 2 cups watermelon, peeled and cut into juicer sized pieces

- 2 cups honeydew melon, peeled and cut into juicer sized pieces
- 2 cups cantaloupe, peeled and cut into juicer sized pieces

Removing seeds from melons is not necessary. This makes a very large drink. It really is excellent. The bit of ginger root adds just enough spice to make this drink interesting.

Juice ginger root in an electric juicer followed by melon pieces. Serve immediately.

Spicy Pink Morning

Calbom, Cherie: *The Juice Lady's Turbo Diet: Lose Ten Pounds in Ten Days-the Healthy Way!* (page 177) Charisma House Kindle Edition

- 1 pink grapefruit, peeled and quartered
- 1 inch piece of ginger root, peeled

Juice grapefruit and ginger root in an electric juicer. Serve immediately.

Spicy Root Veggie Juice

Tyler, Daniel. *30 Day Juice Cleanse: Over 100 Juicing Recipes to aid Weight Loss, Detox, and Fasting* (p. 103). Encore Publishing. Kindle Edition.

- 1 large handful greens, washed
- 1 rutabaga, peeled and cut into juicer sized pieces
- 3 green apples, washed and quartered
- several ice cubes, optional

Juice greens in a wheatgrass or cold press juicer, if available. Otherwise add to blender.

Juice rutabaga and apples in an electric juicer.

Combine juices, optionally with ice, in blender and blend. Serve immediately.

This juice is great for weight loss and it is high in vitamin C.

Spicy Tart Juice

Originally "Spicy Tart Juice - Recipe Of The Week". <http://www.rebootwithjoe.com/recipe-of-the-week-a-spicy-tart-juice-2/>

- 2 green apples, washed and quartered
- 1 lemon, peeled
- 1 lime, peeled
- 1/2 grapefruit, peeled and quartered
- 1-2 jalapeño peppers, seeded

Juice apples, lemon, lime, grapefruit and jalapeño in an electric juicer. Serve immediately.

Spicy Tomato

Calbom, Cherie: *The Juice Lady's Turbo Diet: Lose Ten Pounds in Ten Days-the Healthy Way!* (page 170) Charisma House Kindle Edition

- 1 small handful parsley, washed
- 2 medium tomatoes, washed and halved
- 1 leaves Romaine lettuce, washed

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- 2 radishes, washed and trimmed
- 1 lemon or lime, peeled

Wrap parsley pieces around vegetables.

Juice tomatoes, lettuce, radishes and lemon including wrapped parsley in an electric juicer. Serve immediately.

Spicy Tomato Juice

<http://www.rebootwithjoe.com/spicy-tomato-juice-recipe/>

- 3 large tomatoes, washed and quartered
- 3 stalks celery
- 2 carrots, peeled
- 1 shallot, peeled

The original recipe calls for 2 chives. I thought a shallot would make a suitable substitute without being overpowering.

Juice ingredients in an electric juicer. Serve immediately.

Spicy Toxin Flush

Originally "Just Printable Juice Recipes", page 5, by Hannah

- 1 cup cilantro, washed and packed
- 1/4 pineapple, peeled and cut into juicer sized pieces
- 1 orange, peeled
- 1/2 jalapeño pepper, washed and seeded

Wrap cilantro and parsley around other fruits and vegetables.

Juice pineapple, orange and jalapeño including wrapped cilantro in an electric juicer. Serve immediately.

Spicy Vegetable Juice

Tyler, Daniel. 30 Day Juice Cleanse: Over 100 Juicing Recipes to aid Weight Loss, Detox, and Fasting (p. 67). Encore Publishing. Kindle Edition.

- 1 cup fresh cilantro, optional
- 1/2 cucumber, peeled
- 1/2 sweet onion, peeled
- 1/2 zucchini squash, peeled
- 1 red, orange or yellow pepper, washed and halved
- 4 slices jalapeño pepper, with seeds
- 3 cups ripe tomatoes, quartered
- several ice cubes
- sea salt, to taste, optional

Juice cilantro in a wheatgrass or cold press juicer, if available. Otherwise add cilantro to a blender.

Juice cucumber, onion, squash, peppers and tomatoes in an electric juicer.

Add juices to a blender, with ice and salt.

Blend until ice is well crushed to serve.

This juice is gluten free and loaded with lycopene that helps in preventing heart diseases and certain cancers. It is rich in vitamin C, A and K.

Spiky Mango Fizz

The Big Book of Juices, page 666, by Natalie Savona

- 2 grapefruits, peeled and halved
- 1/2 inch of ginger root, peeled
- 1 cup mango pieces, thawed if frozen
- 4-6 ice cubes
- sparkling mineral water, chilled

Juice the grapefruits and ginger root in an electric juicer.

Place the mangos and ice cubes in a blender.

Add the grapefruit juice.

Blend until ice is well crushed.

Fill two glasses, leaving room at the top, and top with sparkling mineral water. Stir to combine and serve.

Spin on a Winter Root Juice

- 1 handful parsley, washed
- 2 leaves Swiss chard, washed
- 2 stalks celery, washed
- 1 apple, washed and quartered
- 1 inch piece of ginger root, peeled

Wrap parsley pieces around vegetables.

Juice Swiss chard, celery, apple and ginger root including wrapped parsley in an electric juicer. Serve immediately.

Spinach Fennel Cucumber Juice

<http://www.rebootwithjoe.com/spinach-fennel-cucumber/>

- 3 cups spinach, washed and packed
- 1 fennel bulb with leaves, trimmed and cut into juicer sized pieces
- 1 cucumber, peeled
- 3 stalks celery, washed

Add spinach to a blender.

Juice fennel, cucumber and celery in an electric juicer.

Combine juice with spinach. Blend until spinach is well chopped. Serve immediately.

Spinach Lemonade Juice

<http://www.rebootwithjoe.com/spinach-lemonade-juice/>

- 4 cups spinach, washed and packed
- 2 lemons, peeled
- 1/2 cucumber, peeled

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- 1 pear, washed and quartered
- 4 Granny Smith apples, washed and quartered

Add spinach to a blender.

Juice lemons, cucumber, pear and apples in an electric juicer.

Combine juice with spinach. Blend until spinach is well chopped. Serve immediately.

Splash of Sun

Originally "In the Reboot Kitchen: Splash of Sun". <http://www.rebootwithjoe.com/in-the-reboot-kitchen-splash-of-sun/>

- 3 carrots, peeled
- 2 oranges, peeled
- 1 inch piece of ginger root, peeled

Juice carrots, oranges and ginger root in an electric juicer. Serve immediately.

Spring Countdown Green Juice

<http://www.rebootwithjoe.com/springtime-green-juice-recipe/>

- 2-4 leaves Romaine lettuce, washed
- 4 leaves kale, washed
- 6 stalks celery, washed
- 1 apple, washed and quartered
- 1 lemon, peeled
- 1 inch piece of ginger root, peeled

Juice lettuce, kale, celery, apple, lemon and ginger root in an electric juicer. Serve immediately.

Spring Green Juice

Originally "In the Reboot Kitchen: Spring Green Juice". <http://www.rebootwithjoe.com/spring-green-juice/>

- 1 1/2 cups celery, chopped
- 1/2 large fennel bulb with leaves, washed and cut into juicer sized pieces
- 2 pears, washed and quartered
- 2 inch pieces of ginger root, peeled

Juice celery, fennel, pears and ginger root in an electric juicer. Serve immediately.

Spring Veggie Tonic

Calbom, Cherie: The Juice Lady's Turbo Diet: Lose Ten Pounds in Ten Days-the Healthy Way! (page 176) Charisma House Kindle Edition

- 1 tomato, washed and halved
- 1 cucumber, peeled
- 8 asparagus stems, washed
- 1 lemon, peeled

Juice tomato, cucumber, asparagus and lemon in an electric juicer. Serve immediately.

Stars and Stripes Juice

Originally "In the Reboot Kitchen: Stars & Stripes Juice". <http://www.rebootwithjoe.com/blueberry-plum-juice/>

- 2 plums, peeled and pitted
- 2 cups blueberries, thawed if frozen
- 1 inch piece of ginger root, peeled
- 1 handful Romaine lettuce, washed

Juice plums, blueberries, ginger root and lettuce in an electric juicer. Serve immediately.

Stress Reliever Juice

Tyler, Daniel. 30 Day Juice Cleanse: Over 100 Juicing Recipes to aid Weight Loss, Detox, and Fasting (p. 4). Encore Publishing. Kindle Edition.

- 1 lime, peeled
- 4 sweet apples, washed and quartered
- 4 large leaves of fresh basil, washed
- several ice cubes, optional

Place basil in a blender.

Juice lime and apples in an electric juicer.

Combine juice with ice, if used, in a blender. Blend until basil is well chopped.

This juice is very refreshing and packed of health benefits. Apples have a cancer fighting properties and lime juice is a great source of Vitamin C. while basil has antioxidants that can improve digestion and aid in stress relief.

Summer Camp Juice

Originally "In the Reboot Kitchen: Summer Camp Juice". <http://www.rebootwithjoe.com/in-the-reboot-kitchen-summer-camp-juice/>

- 1 large handful purple grapes, washed and stemmed
- 1 apple, washed and quartered
- 5 leaves Romaine lettuce, washed
- 12 strawberries, hulled and sliced

Juice grapes, apple and lettuce in an electric juicer.

Add contents to blender with strawberries. Blend until strawberries are well blended and serve.

Summer Green Juice

Originally "Summer Green Juice". <http://www.rebootwithjoe.com/summer-green-juice-recipe-of-the-week/>

- 1 cup spinach, washed and packed
- 1 cup kale, washed
- 2 green pears, washed and quartered
- 1/2 cucumber, peeled
- 1 zucchini squash, peeled
- 1/4 lemon, peeled
- 1 inch piece of ginger root, peeled

Add spinach to a blender.

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Juice kale, pears, cucumber, squash, lemon and ginger root in an electric juicer.

Combine juice with spinach. Blend until spinach is well chopped. Serve immediately.

Summer Sunshine Juice

Originally "Summer Sunshine Juice – Recipe of the Week". <http://www.rebootwithjoe.com/summer-sunshine-juice-recipe-of-the-week/>

- 1 1/2 cups pineapple, peeled and cut into juicer sized pieces
- 1 orange, peeled
- 1 inch piece of ginger root, peeled

Juice grapes, apple and lettuce in an electric juicer.

Add contents to blender with strawberries. Blend until strawberries are well blended and serve.

Sun Kissed Juice

Originally "In the Reboot Kitchen: Sun Kissed Juice". <http://www.rebootwithjoe.com/in-the-reboot-kitchen-sun-kissed-juice/>

- 2-4 leaves Swiss chard, washed
- 1 beet, with greens if fresh, washed and halved
- 1 carrots, peeled
- 2 oranges, peeled
- 1 inch piece of ginger root, peeled

Juice Swiss chard, beet, carrots, oranges and ginger root in an electric juicer. Serve immediately.

Sunburst Juice 1

Originally "In the Reboot Kitchen: Sunburst Juice". <http://www.rebootwithjoe.com/in-the-reboot-kitchen-sun-burst-juice/>

- 1 orange, peeled
- 1 red bell pepper, washed and quartered
- 3 carrots, peeled
- 1 lemon, peeled

Juice orange, pepper, carrots and lemon in an electric juicer. Serve immediately.

Sunburst Juice 2

Originally "Sunburst Juice ". Carrillo-Bucaram, Kristina. *The Fully Raw Diet: 21 Days to Better Health, with Meal and Exercise Plans, Tips, and 75 Recipes* (Kindle Location 2347-2373). Houghton Mifflin Harcourt. Kindle Edition.

- 3 oranges, halved
- 1 lime, halved
- 3 large leaves kale, washed
- 3 apples washed and halved
- 1/2 large pineapple, peeled and cut into sections
- several ice cubes, optional

Juice oranges and lime in a citrus juicer.

Juice kale, apples and pineapple in an electric juicer.

Combine juices in a blender, optionally with ice, and blend until well mixed. Serve immediately.

Sunny Citrus Beat Juice

Juice It to Lose It, by Joe Cross

- 1 lemon, peeled
- 1 grapefruit, peeled
- 2 beets, washed and halved
- 2 carrots, peeled

Juice lemon, grapefruit, beets and carrots in an electric juicer. Serve immediately.

Sunny G Juice

Originally "In the Reboot Kitchen: SunnyG Juice". <http://www.rebootwithjoe.com/in-the-reboot-kitchen-sunnyg-juice/>

- 1 orange, peeled
- 1 yellow bell pepper, washed and quartered
- 2 inch pieces of ginger root, peeled
- 1 cup mangos, frozen

Juice orange, pepper, ginger root in an electric juicer. Serve immediately.

Add contents to blender with mangos. Blend until mangos are well blended and serve.

Sunny Juice

Originally "In the Reboot Kitchen: Sunny Juice". <http://www.rebootwithjoe.com/in-the-reboot-kitchen-sunny-juice/>

- 1/2 pineapple, trimmed and cut into juicer-sized pieces
- 1-2 yellow grapefruits, peeled and quartered
- 1-2 inch pieces of ginger root, peeled

Juice pineapple, grapefruits and ginger root in an electric juicer. Serve immediately.

Sunny Pineapple Juice

<http://www.rebootwithjoe.com/sunny-pineapple-juice/>

- 2 cups pineapple, peeled and cut into juicer sized pieces
- 4 stalks celery, washed
- 1 inch piece of ginger root, peeled

Juice pineapple, celery and ginger root in an electric juicer. Serve immediately.

Sunrise Citrus Juice

<http://www.rebootwithjoe.com/sunrise-citrus-juice/>

- 2 grapefruits, peeled and quartered
- 1 red bell pepper, washed and quartered
- 1/2 pear, washed and quartered
- 6 carrots, peeled

Juice grapefruits, pepper, pear and carrots in an electric juicer. Serve immediately.

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Sunrise Juice 1

Originally "Sunrise Juice – Recipe Of The Week". <http://www.rebootwithjoe.com/sunrise-juice-recipe-of-the-week/>

- 4-5 carrots, peeled
- 2 oranges, peeled
- 1-2 beets, with greens if fresh, washed and halved

Juice carrots, oranges and beets in an electric juicer. Serve immediately.

Sunrise Juice 2

Juice It to Lose It, by Joe Cross

- 2 apples, washed and quartered
- 8 carrots, peeled and chopped
- 2 beets, halved
- 1 sweet potato, peeled and cut into chunks
- 8 leaves Romaine lettuce, washed
- 1 inch piece of ginger root, peeled

Juice apples, carrots, beets, sweet potato, lettuce and ginger root in an electric juicer. Serve immediately.

Sunset Passion

<http://www.justonjuice.com/7-day-juice-fast-plan/>

- 1 beet, washed and sliced
- 1 cucumber, peeled
- 1 carrot, peeled
- 1 Granny Smith apple, washed and quartered
- 4 leaves kale, washed
- 1/4 lemon, peeled
- 1/4 lime, peeled

Juice all ingredients in an electric juicer. Serve immediately.

Sunset Peach

The Big Book of Juices, page 194, by Natalie Savona

- 2 cups peaches, thawed if frozen
- 1 cup raspberries, thawed if frozen
- 1 apple, washed and quartered
- 2 carrots, peeled

Add peaches and raspberries to a blender.

Juice apple and carrots in an electric juicer.

Combine juice with peaches and raspberries. Blend until peaches and raspberries are well chopped. Serve immediately.

Sunshine Citrus Chard Juice

<http://www.rebootwithjoe.com/citrus-chard-juice-recipe/>

- 4 leaves Swiss chard, washed
- 1 orange, peeled
- 1 pink grapefruit, peeled and quartered
- 1 lemon, peeled

Juice Swiss chard, orange, grapefruit and lemon in an electric juicer. Serve immediately.

Sunshine in a Cup

Tyler, Daniel. 30 Day Juice Cleanse: Over 100 Juicing Recipes to aid Weight Loss, Detox, and Fasting (p. 91). Encore Publishing. Kindle Edition.

- 1 lemon, peeled
- 1 apple, washed and quartered
- 1 lime, peeled
- 2 carrots, peeled
- 1 inch piece of ginger root, peeled
- 4 stalks celery, washed
- several ice cubes, optional

Juice lemon, apple, lime, carrots, ginger and celery in an electric juicer. Serve immediately, optionally over ice.

This juice recipe can help in skin brightening, detoxifying and boost our immune system.

Sunshine in a Glass

Juice It to Lose It, by Joe Cross

- 2 oranges, peeled
- 1 apple, washed and quartered
- 7 carrots, peeled
- 3 yellow peppers, washed and quartered
- 1 inch piece of ginger root, peeled

Juice oranges, apple, carrots, peppers and ginger root in an electric juicer. Serve immediately.

Super Defender

The Big Book of Juices, page 335, by Natalie Savona

- 5 large leaves of kale, washed
- 3 carrots, peeled
- 1 orange, peeled

Juice kale, carrots and orange in an electric juicer. Serve immediately.

Super-Green Spin on Lemonade

Tyler, Daniel. 30 Day Juice Cleanse: Over 100 Juicing Recipes to aid Weight Loss, Detox, and Fasting (p. 76). Encore Publishing. Kindle Edition.

- 5 large kale leaves
- 1 lemon, peeled
- 1 apple, washed and quartered
- 1 inch piece of ginger root, peeled
- 2 large cucumbers, peeled
- 2 stalks celery, washed
- several ice cubes, optional

Place kale in a blender.

Juice lemon, apple, ginger, cucumbers and celery in an electric juicer.

Add juice to blender and optionally, ice. Blend until

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kale is well pulverized to serve.

This juice can aid into your health and wellness. It can help you glow inside out. It is super hydrating and nutrient-dense.

Super-Hydrating Juice

Tyler, Daniel. 30 Day Juice Cleanse: Over 100 Juicing Recipes to aid Weight Loss, Detox, and Fasting (p. 89). Encore Publishing. Kindle Edition.

- 1/2 handful fresh cilantro, washed
- 1 handful kale, washed
- 1 cucumber, peeled
- 1 inch piece of ginger root, peeled
- 1 lemon or lime, peeled
- 2 stalks celery, washed
- 4 ripe pears or apples, washed and quartered
- several ice cubes, optional

Juice the cilantro and kale in a wheatgrass or cold press juicer, if available. Otherwise, place in a blender.

Juice the cucumber, ginger, lemon or lime, celery and pears or apples in an electric juicer.

Combine juices in a blender, optionally with ice, until greens are well chopped (if not previously juiced). Serve immediately.

This juice is super nutritious and super hydrating. This juice can help your complexion looking more clear and fabulous and to ward off any signs of aging.

Surprising Sweetie

The Big Book of Juices, page 103, by Natalie Savona

- 2 grapefruits, peeled and quartered
- 1 thick slice melon, peeled and cut into juicer sized pieces
- 1/2 cup peaches, thawed if frozen

Juice grapefruits, melon and peaches in an electric juicer. Serve immediately.

Sweet Beet

Juice It to Lose It, by Joe Cross

- 2 oranges, peeled
- 2 large beets, washed and halved
- 1 sweet potato, peeled

Juice oranges, beets and sweet potato in an electric juicer. Serve immediately.

Sweet Blueberry Blast

<http://www.rebootwithjoe.com/blueberry-peaches-carrots-chard-juice-recipe/>

- 2 leaves Swiss chard, washed
- 1 peach, peeled and pitted
- 1 cup blueberries, thawed
- 1 inch piece of ginger root, peeled

Juice Swiss chard, peach, blueberries and ginger root in an electric juicer. Serve immediately.

Sweet Broccoli Juice

Originally "In the Reboot Kitchen: Oh Sweet Broccoli Juice!". <http://www.rebootwithjoe.com/in-the-reboot-kitchen-oh-sweet-broccoli-juice/>

- 1 1/2 heads broccoli, washed
- 2 oranges, peeled
- 1 cucumber, peeled
- 1 carrot, peeled

Juice broccoli, oranges, cucumber and carrot in an electric juicer. Serve immediately.

Sweet C Too

The Big Book of Juices, page 51, by Natalie Savona

- 2 apples, washed and quartered
- 2 oranges, peeled

Juice apples and oranges in an electric juicer. Serve immediately.

Sweet Cherry Pine

The Big Book of Juices, page 202, by Natalie Savona

- 2 cups cherries, pitted, thawed if frozen
- 1/2 pineapple, peeled and cut into juicer sized pieces

Juice cherries and pineapple in an electric juicer. Serve immediately.

Sweet Healthy and Tangy

Tyler, Daniel. 30 Day Juice Cleanse: Over 100 Juicing Recipes to aid Weight Loss, Detox, and Fasting (p. 63). Encore Publishing. Kindle Edition.

- 1 apple, washed and quartered
- 1 beet with greens if fresh, washed and halved
- 1 inch piece of ginger root, peeled
- 3 carrots, peeled
- several ice cubes, optional

Juice the apple, beet, ginger root and carrots in an electric juicer. Serve immediately, optionally over ice.

This simple juice recipe contains vitamins A, K, C and beta carotene. It is also a good antioxidants and anti-inflammatory.

Sweet Pepper

The Big Book of Juices, page 270, by Natalie Savona

- 3 carrots, peeled
- 1 red bell pepper, washed and washed and quartered
- 1 yellow bell pepper, washed and washed and quartered

Juice carrots and peppers in an electric juicer. Serve immediately.

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Sweet Potato Pie Juice

Carrillo-Bucaram, Kristina. *The Fully Raw Diet: 21 Days to Better Health, with Meal and Exercise Plans, Tips, and 75 Recipes* (Kindle Location 2422-2435). Houghton Mifflin Harcourt. Kindle Edition.

- 4 large apples, washed and quartered
- 1 inch piece of ginger root, peeled
- 2 medium sweet potatoes, peeled and cut into chunks
- 1/4 cup lemon juice
- several ice cubes

Juice the apples, ginger root and sweet potatoes in an electric juicer.

Pour the juice over ice in a large glass and stir in lemon juice.

Juices made from sweet potatoes need to be consumed relatively quickly and be kept stirred. The starch in the sweet potato juice will quickly separate out from other juices. While the original recipe did not call for ice, I have discovered that juices made from sweet potatoes tend to be much improved when consumed chilled.

Sweet Potato with Carrot and Beet Juice

Tyler, Daniel. *30 Day Juice Cleanse: Over 100 Juicing Recipes to aid Weight Loss, Detox, and Fasting* (p. 60). Encore Publishing. Kindle Edition.

- 1/2 large sweet potato, peeled
- 1 small beet with greens if fresh, washed
- 4 carrots, peeled
- several ice cubes, optional

Juice the sweet potato, beet and carrots in an electric juicer.

Serve immediately, optionally over ice, stirring to mix the juices.

This juice recipe can give your body beta-carotene, vitamin C and antioxidants. It is also rich in phytonutrients comes from the beet.

Sweet Regularity

Calbom, Cherie. *The Juice Lady's Turbo Diet: Lose Ten Pounds in Ten Days-the Healthy Way!* (page 177) Charisma House Kindle Edition

- 1 pear, washed and quartered
- 1 apple, washed and quartered
- 1 cucumber, peeled

Juice pear, apple and cucumber in an electric juicer. Serve immediately.

Sweet September Juice

<http://www.rebootwithjoe.com/sweet-september-juice-recipe/>

- 2 carrots, peeled
- 3 stalks celery, washed
- 1/2 red bell pepper, washed and quartered
- 1 lime, peeled

Juice carrots, celery, pepper and lime in an electric juicer. Serve immediately.

Sweet Summer Juice

Originally "Sweet Summer Juice – Recipe Of The Week". <http://www.rebootwithjoe.com/recipe-of-the-week-sweet-summer-juice/>

- 2 stalks broccoli, washed
- 2 peaches, peeled and pitted
- 1 Fuji apple, washed and quartered

Juice broccoli, peaches and apple in an electric juicer. Serve immediately.

Sweet Sunset

The Big Book of Juices, page 235, by Natalie Savona

- 1/2 pineapple, peeled and cut into juicer sized pieces
- 1 thick slice watermelon, peeled and cut into juicer sized pieces

Juice pineapple and watermelon in an electric juicer. Serve immediately.

Sweet Watermelon and Carrot Juice

<http://www.rebootwithjoe.com/sweet-watermelon-and-carrot-juice/>

- 1 cup arugula, washed
- 4-6 ice cubes
- 8 large carrots, peeled
- 1/2 cup watermelon, peeled and cut into juicer sized pieces
- 4 stalks kale
- 1 inch piece of ginger root, peeled

Place arugula and ice in a blender.

Juice the carrots, watermelon, kale and ginger root in an electric juicer.

Add juice to blender. Blend until arugula is emulsified and ice is crushed.

Strain juice through a sieve into a large measuring cup to strain out any residual solids to serve.

Sweet and Sour Citrus Juice

<http://www.rebootwithjoe.com/sweet-and-sour-citrus-juice/>

- 2 oranges, halved
- 1/2 grapefruit, halved
- 1-2 lemons, halved
- 1/2 teaspoon turmeric, optional

Juice oranges, grapefruit and lemons in a citrus juicer. Pour juice into glass.

Optionally, stir in 1/2 teaspoon of turmeric to serve.

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Sweet and Sour Digestive

Originally "Just Printable Juice Recipes", page 7, by Hannah

- 2 apples, washed and quartered
- 1 cucumber, peeled
- 1 beet, peeled and halved
- 1 cup pineapple, peeled and diced
- 1 lemon, peeled

Juice apples, cucumber, beet, pineapple and lemon in an electric juicer. Serve immediately.

Sweet and Sour Juice

Originally "Sweet & Sour Juice (that's low in sugar!)". <http://www.rebootwithjoe.com/sweet-and-sour-juice-low-in-sugar/>

- 1 cup spinach, washed and quartered and packed
- 3 stalks celery, washed
- 2 grapefruits, peeled

Add spinach to a blender.

Juice celery and grapefruit in an electric juicer.

Combine juice with spinach. Blend until spinach is well chopped. Serve immediately.

Sweet and Spicy Pineapple Juice

Tyler, Daniel. 30 Day Juice Cleanse: Over 100 Juicing Recipes to aid Weight Loss, Detox, and Fasting (p. 108). Encore Publishing. Kindle Edition.

- 1 lime, peeled
- 1/2 small chili pepper (any variety), seeded
- 2 carrots, peeled
- 2 inch slice pineapple, peeled and cut into juicer sized pieces
- several ice cubes, optional

Juice the lime, pepper, carrots and pineapple in an electric juicer. Serve immediately, optionally over ice.

This juice is giving a good effect in clean up mucus in the body and the chili is good in the metabolism.

Sweet n' Tangy Juice

<http://www.rebootwithjoe.com/sweet-n-tangy-juice/>

- 4 leaves kale, washed
- 1 large radish, washed and trimmed
- 1 small apple, washed and quartered
- 1 pear, washed and quartered
- 1 fennel bulb with leaves, washed and cut into juicer sized pieces

Juice kale, radish, apple, pear and fennel in an electric juicer. Serve immediately.

Sweet 'n' Fresh

The Big Book of Juices, page 364, by Natalie Savona

- 1 cup parsley, washed
- 6 tomatoes, halved

- 1 red bell pepper, halved
- 1 stalk celery, washed

Wrap parsley pieces around vegetables.

Juice tomatoes, pepper and celery including wrapped parsley in an electric juicer. Serve immediately.

Sweet 'n' Savoury

The Big Book of Juices, page 48, by Natalie Savona

- 3 stalks celery, washed
- 2 apples, washed and quartered

Juice celery and apples in an electric juicer. Serve immediately.

Sweet 'n' Tart Citrus Juice

Originally "Sweet N Tart Citrus - Juice". <http://www.rebootwithjoe.com/sweet-n-tart-citrus/>

- 3 cups cranberries, thawed
- 2 inch piece of ginger root, peeled
- 3 oranges, peeled
- 2 pink grapefruits, peeled and quartered
- 2 limes, peeled

Juice cranberries, ginger root, oranges, grapefruits and limes in an electric juicer. Serve immediately.

Tangerine Cream

The Big Book of Juices, page 193, by Natalie Savona

- 2 cups peaches, thawed if frozen
- 2 tangerines or Clementines, peeled

Juice peaches and tangerines or Clementines in an electric juicer. Serve immediately.

Tangerine Dream

The Big Book of Juices, page 255, by Natalie Savona

- 3 pears, washed and quartered
- 2 tangerines or Clementine oranges, peeled

Juice pears and tangerines or Clementines in an electric juicer. Serve immediately.

Tangy Blueberry Juice

Tyler, Daniel. 30 Day Juice Cleanse: Over 100 Juicing Recipes to aid Weight Loss, Detox, and Fasting (p. 77). Encore Publishing. Kindle Edition.

- 1 cup frozen blueberries
- 1/4 pineapple, peeled and cut into juicer sized pieces
- 1/2 inch piece of ginger root, peeled

Place blueberries in a blender.

Juice pineapple and ginger in an electric juicer.

Add juice to blender and juice until berries are well pulverized to serve.

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Tangy Orange Carrot Juice

Tyler, Daniel. 30 Day Juice Cleanse: Over 100 Juicing Recipes to aid Weight Loss, Detox, and Fasting (p. 48). Encore Publishing. Kindle Edition.

- 12 large carrots, peeled
- 1/2-1 inch piece of ginger root, peeled
- 6 oranges, peeled
- several ice cubes, optional

Juice the carrots, ginger and oranges in an electric juicer. Serve immediately, optionally over ice.

Adding ginger to this juice makes the mixture taste tangy and a bit spicy yet it is very nutritious. Ginger can help stimulates the blood flow into your digestive system and increase nutrient absorption. It can also increase the action of the gallbladder to prevent the formation of ulcers.

Tangy Orange with Carrot and Greens

Tyler, Daniel. 30 Day Juice Cleanse: Over 100 Juicing Recipes to aid Weight Loss, Detox, and Fasting (p. 87). Encore Publishing. Kindle Edition.

- 1 cucumber, peeled
- 1 orange, peeled
- 1 inch piece of ginger root, peeled
- 2 green apples, washed and quartered
- 4 carrots, peeled
- 6 Swiss chard leaves, washed
- 1 handful spinach, washed
- several ice cubes, optional

Juice the cucumber, orange, ginger root, apples, carrots, chard and spinach in an electric juicer. Serve immediately, optionally over ice.

This juice recipe is excellent for the skin. It helps your skin to make it glow and beautiful. It can ward off acne and pimples.

Tangy Red Leaf Lettuce Juice

Tyler, Daniel. 30 Day Juice Cleanse: Over 100 Juicing Recipes to aid Weight Loss, Detox, and Fasting (p. 69). Encore Publishing. Kindle Edition.

- 10 leaves red lettuce, washed
- several ice cubes, optional
- 1 lemon, peeled
- 1 inch piece of ginger root, peeled
- 2 cucumbers, peeled
- 2 green apples, washed and quartered

Place lettuce and, optionally, ice.

Juice lemon, ginger, cucumbers and apples in an electric juicer.

Add juice to blender lettuce is well chopped. Serve immediately.

Ginger can help stimulate sweating and releasing of

toxins through skin. It has anti-viral properties and anti-inflammatory. The key ingredient for this recipe is the red leaf lettuce which is rich in vitamin A and K. It also contains calcium, folate and iron.

Tangy Veggie

The Big Book of Juices, page 117, by Natalie Savona

- 2 grapefruits, peeled
- 2 inch slice of sweet potato, peeled
- 1 parsnip, peeled
- 1 stalk celery, washed

Juice grapefruit, sweet potato, parsnip and celery in an electric juicer. Serve immediately.

The Glow Stick

Carrillo-Bucaram, Kristina. The Fully Raw Diet: 21 Days to Better Health, with Meal and Exercise Plans, Tips, and 75 Recipes (Kindle Location 2567-2581). Houghton Mifflin Harcourt. Kindle Edition.

- 5 oranges, juiced
- 1 1/2 pounds carrots, peeled
- 1 inch piece of ginger root, peeled
- 2 apples, washed and quartered

Juice the carrots, ginger root and apples in an in an electric juicer.

Stir in orange juice and serve.

The Holy Grale

Carrillo-Bucaram, Kristina. The Fully Raw Diet: 21 Days to Better Health, with Meal and Exercise Plans, Tips, and 75 Recipes (Kindle Location 2523-2536). Houghton Mifflin Harcourt. Kindle Edition.

- 4 large leaves kale, washed
- 2 pounds grapes removed from stems and washed
- several ice cubes, optional

Juice kale grapes and in an electric juicer.

Optionally, strain juice through a sieve to remove any solids.

Optionally, serve juice of ice for a refreshing sweet but highly nutritious fruit-based juice.

The Invincible Hulk

Carrillo-Bucaram, Kristina. The Fully Raw Diet: 21 Days to Better Health, with Meal and Exercise Plans, Tips, and 75 Recipes (Kindle Location 2221-2236). Houghton Mifflin Harcourt. Kindle Edition.

- 1 inch piece of ginger root, peeled
- 3 large Romaine lettuce leaves, washed
- 3 large kale leaves with stems, washed
- 1 cup spinach, washed
- 10 sprigs parsley or cilantro, washed
- 3 green apples, washed and halved
- 2 cucumbers, peeled
- 2 tablespoons lemon juice

Juice ingredients in the order indicated, wrapping pars-

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ley or cilantro around other vegetables to juice.

Stir in lemon juice. Drink immediately.

Makes a large very potent green drink.

Thicker Than Water

The Big Book of Juices, page 199, by Natalie Savona

- 2 cups cherries, pitted, thawed if frozen
- 2 apples, washed and quartered
- 1/2 beet, sliced and halved

Juice cherries, apples and beet in an electric juicer. Serve immediately.

Three Ingredient Juice That 'Beets' The Bloat

<http://www.rebootwithjoe.com/3-ingredient-juice-that-beets-the-bloat/>

- 1 beet, with greens if fresh, washed and halved
- 3 large carrots, peeled
- 1 inch piece of ginger root, peeled

Juice beet, carrots and ginger root in an electric juicer. Serve immediately.

Thyroid Tonic

Calbom, Cherie: The Juice Lady's Turbo Diet: Lose Ten Pounds in Ten Days-the Healthy Way! (page 178) Charisma House Kindle Edition

- 5 carrots, peeled
- 5-6 radishes, washed and trimmed
- 1 lemon, peeled
- 1/2 cucumber, peeled

Juice carrots, radishes, lemon and cucumber in an electric juicer. Serve immediately.

Thyroid-Friendly Greens and Carrot Juice

<http://www.rebootwithjoe.com/thyroid-friendly-greens-and-carrot-juice/>

- 3-4 sprigs parsley, washed
- 3-4 sprigs cilantro, washed
- 1 apple, washed and quartered
- 1 cup green leaf lettuce, washed
- 4 carrots, peeled
- 1/2 lime, peeled
- 1 inch piece of ginger root, peeled

Wrap parsley and cilantro around other fruits and vegetables.

Juice the fruits and vegetables in the order indicated. Serve immediately.

Tomato Florentine

Calbom, Cherie: The Juice Lady's Turbo Diet: Lose Ten Pounds in Ten Days-the Healthy Way! (page 179) Charisma House Kindle Edition

- 4-5 springs fresh basil leaves, packed
- 1 cup spinach, washed and packed
- 2 medium tomatoes, washed and halved
- 1 lemon, peeled

Add basil and spinach to a blender.

Juice tomatoes and lemon in an electric juicer.

Combine juice with basil and spinach. Blend until basil and spinach are well chopped. Serve immediately.

Tomato Orange Juice

Originally "Yellow Tomato Orange Juice". Tyler, Daniel. 30 Day Juice Cleanse: Over 100 Juicing Recipes to aid Weight Loss, Detox, and Fasting (p. 56). Encore Publishing. Kindle Edition.

- 1 medium apple, washed and quartered
- 1 medium orange, peeled
- 1 medium tomato, washed and quartered
- 4 carrots, peeled
- several ice cubes

The original recipe called for a yellow tomato. Hence, the original name.

Juice apple, orange, tomato and carrots in an electric juicer. Serve immediately over ice.

Trick-or-Treat Juice

<http://www.rebootwithjoe.com/trick-or-treat-juice/>

- 1/2 head green cabbage, washed and cut into juicer sized pieces
- 6 carrots, peeled
- 8 stalks celery, washed
- 2 green apples, washed and quartered
- 1 lemon, peeled

Juice cabbage, carrots, celery, apples and lemon in an electric juicer. Serve immediately.

Tricolore

The Big Book of Juices, page 371, by Natalie Savona

- 1/2 cup fresh basil, packed
- 6 tomatoes, washed and halved
- 2 parsnips, peeled
- 2 stalks celery, washed

Add basil to a blender.

Juice tomatoes, parsnips and celery in an electric juicer.

Combine juice with basil. Blend until basil is well chopped. Serve immediately.

Triple C

Calbom, Cherie: The Juice Lady's Turbo Diet: Lose Ten Pounds in Ten Days-the Healthy Way! (page 178) Charisma House Kindle Edition

- 4 stalks celery, washed
- 4 carrots, peeled
- 1/4 head green cabbage, washed and cut into juicer sized pieces

Juice celery, carrots and cabbage in an electric juicer. Serve immediately.

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Triple Orange

The Big Book of Juices, page 289, by Natalie Savona

- 3 carrots, peeled
- 1 orange, peeled
- 1/2 melon, peeled and cut into juicer sized pieces

Juice carrots, orange and melon in an electric juicer. Serve immediately.

Tropical Green Lemonade

Originally "After School Snack: Tropical Green Lemonade". <http://www.rebootwithjoe.com/tropical-green-lemonade/>

- 1 cup spinach, washed and peeled
- 1/4 pineapple, trimmed and cut into juicer-sized pieces
- 1/2 cucumber, peeled
- 1 apple, washed and quartered
- 1/2 lemon, peeled

Add spinach to a blender.

Juice pineapple, cucumber, apple and lemon in an electric juicer.

Combine juice with spinach. Blend until spinach is well chopped. Serve immediately.

Tropical Pear

The Big Book of Juices, page 220, by Natalie Savona

- 3 pears, washed and quartered
- 1/2 pineapple, peeled and cut into juicer sized pieces
- 1 lime, peeled

Juice pears, pineapple and lime in an electric juicer. Serve immediately.

Turnip the Flavors of Your Green Juice§

Originally "Turnip" the Flavors of Your Green Juice". <http://www.rebootwithjoe.com/turnip-cucumber-sweet-juice/>

- 2 cups spinach, washed and packed
- several ice cubes or frozen slices of cucumber, optional
- 1 large turnip with greens if fresh, washed and halved
- 1 pear, washed and quartered
- 1/2-1 cucumber, peeled
- 1/4 cantaloupe, peeled and cut into juicer sized pieces
- 1 large carrot, peeled

Not the most delicious of juices but certainly tolerable. It's very potent.

Add spinach and ice, if included, to a blender.

Juice turnip, pear, cucumber, cantaloups and carrot in an electric juicer.

Combine juice with spinach. Blend until spinach is well chopped. Serve immediately.

Twist of Lime and Fennel Juice

- 6-8 leaves kale, washed
- 2 fennel bulbs with leaves, washed and cut into juicer sized pieces
- 2 limes, peeled

Juice kale, fennel and lime in an electric juicer. Serve immediately.

Twisted Ginger

Calbom, Cherie: The Juice Lady's Turbo Diet: Lose Ten Pounds in Ten Days-the Healthy Way! (page 168) Charisma House Kindle Edition

- 1 handful parsley, washed
- 4 carrots, peeled
- 1 lemon, peeled
- 2 inch piece of ginger root, peeled

Wrap parsley pieces around vegetables.

Juice carrots, lemon and ginger root including wrapped parsley in an electric juicer. Serve immediately.

V 28

Originally "V28 - Juice". <http://www.rebootwithjoe.com/v28/>

- 4 cups parsley, washed
- 3 beets, with greens if fresh, washed and halved
- 2 carrots, peeled
- 2 stalks celery, washed
- 4 plum tomatoes, washed
- 1 jalapeño pepper, washed and seeded
- 12 red radishes, washed and trimmed

Add parsley to a blender.

Juice beets, carrots, celery, tomatoes, jalapeño and radishes in an electric juicer.

Add juice to blender and blender until parsley is chopped. Strain juice through a sieve to remove residual pieces of parsley and serve.

Veggie Carotene Catapult

- 3 carrots, peeled
- 1 red bell pepper, washed and quartered
- 1 broccoli spear, washed
- 1/2 sweet potato, peeled

Juice carrots, pepper, broccoli and sweet potato in an electric juicer. Serve immediately.

Veggie Champagne

Juice It to Lose It, by Joe Cross

- 1/2 small head cauliflower, washed
- 8 stalks celery, washed

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- 3 pears, washed and quartered
- 2 inch slice of ginger root, peeled
- 1 cucumber, peeled
- sparkling water, optional

Juice cauliflower, celery, pears, ginger root and cucumber in an electric juicer.

Optionally stir in sparkling water. Serve immediately.

Veggie Cocktail

The Big Book of Juices, page 407, by Natalie Savona

- 3 stalks celery, washed
- 3 tomatoes, halved
- 2 carrots, peeled
- 1/2 lemon, peeled

Juice celery, tomatoes, carrots and lemon in an electric juicer. Serve immediately.

Veggie Time§

Calbom, Cherie: The Juice Lady's Turbo Diet: Lose Ten Pounds in Ten Days-the Healthy Way! (page 179) Charisma House Kindle Edition

- 1 cup spinach, washed and packed
- several ice cubes or frozen slices of cucumber, optional
- 4 carrots, peeled
- 1 turnip with greens if fresh, washed and halved
- 1 lemon, peeled
- 2 inch slices of jicama, peeled
- 1 clove garlic, peeled

It's strongly suggested to use ice or frozen cucumber with this vegetable juice. It's a little potent and the extra coldness makes it more palatable to drink.

Add spinach, and ice if used, to a blender.

Juice carrots, turnip, lemon, jicama and garlic in an electric juicer.

Combine juice with spinach. Blend until spinach is well chopped. Serve immediately.

Vitamins in a Jar

Tyler, Daniel. 30 Day Juice Cleanse: Over 100 Juicing Recipes to aid Weight Loss, Detox, and Fasting (p. 62). Encore Publishing. Kindle Edition.

- 1 lemon, peeled
- 2-5 apples, washed and quartered, to taste
- 2 beets with greens if fresh, washed and halved
- 1/2 inch piece of ginger root, peeled
- 5 large carrots, peeled
- several ice cubes, optional

Juice the lemon, apples, beets, ginger root and carrots in an electric juicer.

Serve immediately, optionally over ice.

Because of the high beet content of this juice, drink this juice slowly to prevent the possibility of stomach upset. Use as many apples as necessary, 2-5, to cut the intensity of the beet juice.

Beetroot has a high level of vitamin B and C. other ingredients can also contribute other vitamins and minerals needed of our body. A carrot is one of the ingredients that can help us to have healthy eyesight.

Waldorf Twist

Calbom, Cherie: The Juice Lady's Turbo Diet: Lose Ten Pounds in Ten Days-the Healthy Way! (page 179) Charisma House Kindle Edition

- 1 green apple, washed and quartered
- 3 stalk celery, washed
- 1 lemon, peeled

Juice apple, celery and lemon in an electric juicer. Serve immediately.

Warrior Princess Juice

Originally "In the Reboot Kitchen: Warrior Princess Juice". <http://www.rebootwithjoe.com/red-cabbage-fennel-watermelon-orange-juice/>

- 1/2 head purple cabbage, washed and cut into juicer sized pieces
- 1/2 small watermelon, peeled and cut into juicer sized pieces
- 3 oranges, peeled
- 1/2 fennel bulb with leaves, washed and cut into juicer sized pieces

Juice cabbage, watermelon, oranges and fennel in an electric juicer. Serve immediately.

Water Cooler

The Big Book of Juices, page 95, by Natalie Savona

- 2 grapefruits, peeled and quartered
- 1 thick slice watermelon, peeled and cut into juicer sized pieces

Juice grapefruits and watermelon in an electric juicer. Serve immediately.

Water, Water Everywhere

The Big Book of Juices, page 308, by Natalie Savona

- 1 cucumber, peeled
- 1 thick slice watermelon, peeled and cut into juicer sized pieces

Juice cucumber and watermelon in an electric juicer. Serve immediately.

Waterapple

The Big Book of Juices, page 74, by Natalie Savona

- 3 apples, washed and quartered
- 3 thick slices watermelon, peeled and cut into juicer sized pieces

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- 1 lime, peeled

Juice apples, watermelon and lime in an electric juicer. Serve immediately.

Watercress Wonder Juice

<http://www.rebootwithjoe.com/watercress-wonder-juice-recipe/>

- 1 cup spinach, washed and packed
- 2 green apples, packed
- 1 lime, peeled
- 2 stalks celery, washed

The original recipe called for watercress. I changed it to spinach.

Add spinach to a blender.

Juice apples, lime and celery in an electric juicer.

Combine juice with spinach. Blend until spinach is well chopped. Serve immediately.

Watering Pineapple Juice

Originally "The Watering Pineapple – Juice". <http://www.rebootwithjoe.com/the-watering-pineapple/>

- 1 cup watermelon, peeled and cut into juicer sized pieces
- 1 cup pineapple, trimmed and cut into juicer-sized pieces
- 1 small beet, with greens if fresh, washed and halved
- 2 carrots, peeled
- 2 stalks celery, washed
- 1 inch piece of ginger root, peeled

Juice watermelon, pineapple, beet, carrots celery and ginger root in an electric juicer. Serve immediately.

Watermelon Lime Juice

<http://www.rebootwithjoe.com/watermelon-lime-juice/>

- 2 cups watermelon, peeled and cut into juicer sized pieces
- 1 lime, peeled

Juice watermelon and lime in an electric juicer. Serve immediately.

Watermelon-Pineapple-Ginger Juice

<http://www.rebootwithjoe.com/watermelon-pineapple-ginger/>

- 1/3 pineapple, peeled
- 2 thick slices watermelon, peeled and cut into juicer sized pieces
- 1 inch piece of ginger root, peeled

Juice pineapple, watermelon and ginger root in an electric juicer. Serve immediately.

Weight Loss Power Juice

Tyler, Daniel. 30 Day Juice Cleanse: Over 100 Juicing Recipes to aid Weight Loss, Detox, and Fasting (p. 106). Encore Publishing. Kindle Edition.

- 2 cups spinach, washed
- several ice cubes, optional
- 2 apples, washed and quartered
- 5 carrots, peeled

A word of caution is needed here. Yes, this juice will help you lose weight. It can't help but do so. Any kind of apple and spinach juice has a very strong laxative effect. The carrots are a nice touch but do keep near a bathroom when drinking this juice. It can work quite ... unexpectedly.

Place the spinach and, optionally, ice in a blender.

Juice the apples and carrots in an electric juicer.

Add juice to blender and blend until spinach is well chopped to serve.

Weight-Loss Buddy

Calbom, Cherie: The Juice Lady's Turbo Diet: Lose Ten Pounds in Ten Days-the Healthy Way! (page 180) Charisma House Kindle Edition

- 3-4 carrots, peeled
- 1 Jerusalem artichoke, washed
- 1 cucumber, peeled
- 1 lemon, peeled
- 1/2 beet, with greens if fresh, washed and halved

Juice carrots, artichoke, cucumber, lemon and beet in an electric juicer. Serve immediately.

What a Wonderful White Juice

http://www.rebootwithjoe.com/what-a-wonderful-white-juice/?utm_source=feedburner&utm_medium=email&utm_campaign=Feed%3AJointhereboot%2FuobR+%28Reboot+With+Joe%29

- 2 parsnips, peeled
- 2 pears, washed and quartered
- 2 stalks celery, washed
- 1 lemon, peeled
- 1 inch piece of ginger root, peeled
- several ice cubes

Juice vegetables in an in an electric juicer.

Serve over ice.

William's Orange

The Big Book of Juices, page 136, by Natalie Savona

- 2 oranges, peeled
- 2 pears, washed and quartered

Juice oranges and pears in an electric juicer. Serve immediately.

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Winter Crumble

The Big Book of Juices, page 59, by Natalie Savona

- 2 apples, washed and quartered
- 1 1/2 cups blackberries, thawed

Juice apples in an electric juicer.

Add apple juice and blackberries to a blender. Blend blackberries are pulverized and serve.

This juice can be strained through a large sieve to remove any potential blackberry seeds.

Winter White Juice

Originally "Seasonal: Winter White Juice". <http://www.rebootwithjoe.com/seasonal-winter-white-juice/>

- 1 fennel bulb with leaves, washed and cut into juicer sized pieces
- 2 pears, washed and quartered
- 1 inch piece of ginger root, peeled

Juice fennel, pears and ginger root in an electric juicer. Serve immediately.

Wintergreen Juice

<http://www.rebootwithjoe.com/wintergreen-juice/>

- 4 leaves fresh mint
- 1/4 green cabbage, washed and cut into juicer sized pieces
- 6 leaves Romaine lettuce, washed
- 1/2 cucumber, peeled
- 1 inch piece of ginger root, peeled
- 1 pear, washed and quartered

Place mint in a blender.

Juice the cabbage, lettuce, cucumber, ginger root and pear in an electric juicer.

Add juice to blender and blend until mint is well chopped.

Wish Upon a Watermelon Juice

<http://www.rebootwithjoe.com/sweet-end-of-summer-watermelon-strawberries-celery-juice-recipe/>

- 1/4 watermelon, peeled and cut into juicer sized pieces
- 2 stalks celery, washed
- 10 strawberries, hulled and washed

Juice watermelon and celery in an electric juicer.

Combine juice and strawberries in a blender. Blend until strawberries are well chopped. Serve immediately.

Wishing for Spring

- 4 stalks celery, washed
- 1 lime, peeled

- 1 apple, washed and quartered
- 1 inch piece of ginger root, peeled
- 1 large bunch broccoli, washed

Juice celery, lime, apple, ginger root and broccoli in an electric juicer. Serve immediately.

Workout to the Beet Juice

<http://www.rebootwithjoe.com/workout-to-the-beet-juice/>

- 1 cup spinach, washed and packed
- 2 beets, with greens if fresh, washed and halved
- 1 cucumber, peeled
- 2 oranges, peeled

Add spinach to a blender.

Juice beets, cucumber and oranges in an electric juicer.

Combine juice with spinach. Blend until spinach is well chopped. Serve immediately.

You Are Loved Cocktail

Calbom, Cherie: The Juice Lady's Turbo Diet: Lose Ten Pounds in Ten Days-the Healthy Way! (page 176) Charisma House Kindle Edition

- 1 cup spinach, washed and packed
- 3 carrots, peeled
- 2 stalks celery, washed
- 1 cucumber, peeled
- 1 lemon, peeled
- 1/2 beet, with greens if fresh, washed and halved

Add spinach to a blender.

Juice carrots, celery, cucumber lemon and beet in an electric juicer.

Combine juice with spinach. Blend until spinach is well chopped. Serve immediately.

Your Daily Green

Juice It to Lose It, by Joe Cross

- 1 cup parsley, chopped
- 1 lemon, peeled
- 3 apples, washed and quartered
- 3 cucumbers, peeled
- 5 stalks celery, washed

Wrap parsley pieces around fruits and vegetables.

Juice lemon, apples, cucumbers and celery including wrapped parsley in an electric juicer. Serve immediately.

Zap That Zit

Originally "Just Printable Juice Recipes", page 6 by Hannah

- 2 cups peaches, thawed if frozen
- 1 cup basil, packed
- 4-6 ice cubes

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- 2 apples, washed and quartered
- 4 carrots, peeled
- 1 lemon, peeled

Add peaches, basil and ice to a blender.

Juice apples, carrot and lemon in an electric juicer.

Add juice to blender and blend until ice is well crushed.

Serve immediately.

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