

Transformations: Vegan Recipes You Can Live By Beverages

Apple Crumble

The Big Book of Juices, page 690, by Natalie Savona

- 12 ounces filtered water
- 4-8 cinnamon sticks
- 8 cloves
- 1/2 cup fresh apple juice
- crushed ice, optional

Bring the water to a boil in a pan with the cinnamon and cloves in it.

Leave it to simmer for at least five minutes. Strain out solids.

Compost the contents once the 'tea' is strained out but reclaim and rinse the cinnamon sticks. They can be used multiple times.

Add the apple juice to it a couple of minutes before serving.

for a refreshing summer drink, leave the tea to cool and the serve with lots of crushed iced.

Apple Lemonade

- 4 apples
- 1 lemon, peeled
- ice cubes
- 1 lemon slice
- 1 strawberry, hulled and washed

Juice apples and lemons in an electric juicer.

Pour over ice in a large glass. Stir to blend.

Garnish with lemon slice and strawberry and serve.

Apple Pear Lemonade

- 1 apple, washed and quartered
- 2 pears, washed and quartered
- 1 lemon, peeled
- ice cubes

Juice fruits an electric juicer. Serve over ice and stir to serve.

Before Dinner Mint

- 1 apple, washed and quartered
- 3 kiwi fruit, peeled
- 1-2 ice cubes

Juice apple and kiwi fruit to mint juice. Serve over ice

and stir.

In this case, the kiwi fruit does need to be processed through an electric juicer.

Caramel Apple Cider

- 1 cup filtered water
- 1 peppermint tea bag
- 2 teaspoons lemon juice
- 1 inch piece of cinnamon stick
- 1 teaspoon honey

Bring water to a boil. Place the tea bag, lemon juice, cinnamon stick and honey into a mug.

Add boiling water and steep 2-3 minutes, stirring to dissolve the honey.

Infused Water

Carrillo-Bucaram, Kristina. The Fully Raw Diet: 21 Days to Better Health, with Meal and Exercise Plans, Tips, and 75 Recipes (Kindle Locations 2150-2219).

- 1 quart filtered water, for all the following variations

BERRY INFUSED WATER ✓

- 1 cup blueberries or blackberries
- 1 cup raspberries or sliced strawberries

BERRYLICIOUS INFUSED WATER

- 1-2 cups mixed blackberries, blueberries, raspberries and/or sliced strawberries
- 1 slice lemon

BLUEBERRY GRAPE INFUSED WATER

- 1 cup blueberries
- 1-2 cups grapes, halved (to release the juice)

CUCUMBER BLACKBERRY BASIL INFUSED WATER

- 1 cup blackberries
- 1 large handful fresh basil
- 1 cucumber peeled and sliced

CUCUMBER MINT INFUSED WATER

- 1 cucumber peeled and sliced
- 1 large handful fresh mint

LEMON INFUSED WATER

- 3 lemons, juiced

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Beverages

LEMON CUCUMBER

- 1-2 lemons, juiced
- 1 cucumber, sliced

LEMON GRAPEFRUIT INFUSED WATER

- 1 lemon or grapefruit, juiced

LEMON ROSEMARY INFUSED WATER

- 2 lemons, juiced
- 1 small handful fresh rosemary

LIME INFUSED WATER

- 1-3 limes, juiced

LIME BERRY INFUSED WATER

- 1 lime, juiced
- 1 cup raspberries or sliced strawberries

ORANGE BLUEBERRY KIWI INFUSED WATER

- 1 kiwi fruit, sliced
- 1 cup blueberries
- 1 orange, juiced

ORANGE KIWI MINT INFUSED WATER

- 2 oranges, juiced
- 1 kiwi fruit, sliced
- 1 small handful fresh mint

ORANGE LEMON REFRESH MINT INFUSED WATER

- 1-2 oranges or lemons, juiced
- 1 small handful fresh mint

PINEAPPLE CUCUMBER MINT INFUSED WATER

- 1 cup pineapple, peeled and diced
- 1 small handful fresh mint
- 1 cucumber, sliced

RASPBERRY BLUEBERRY BLACKBERRY INFUSED WATER

- 1-2 cups mixed raspberries blueberries and blackberries

RASPBERRY CUCUMBER LIME INFUSED WATER

- 1 cup raspberries
- 1 lime, juiced
- 1 cucumber, sliced

STRAWBERRY CUCUMBER BASIL INFUSED WATER

- 1 cup sliced strawberries
- 1 cucumber, sliced
- 1 large handful fresh mint

STRAWBERRY GRAPEFRUIT INFUSED WATER

- 1 cup sliced strawberries
- 1 grapefruit, peeled and diced

STRAWBERRY LEMON ROSEMARY INFUSED WATER

- 1 cup sliced strawberries
- 1-2 lemons, juiced
- 1 small handful fresh rosemary

TANGERINE BLUEBERRY INFUSED WATER

- 1-2 tangerines, peeled and diced
- 1 cup blueberries

In her book, “The Fully Raw Diet ...” Kristina Carrillo-Bucaram includes a number of recipes, combinations really, for what she calls infused water. According to Emmale infused water is all the rage. The idea is to take 1 quart of filtered water and add the fruit and/or vegetable combinations to the eater. Once mixed, refrigerate the water and drink it within say 24 hours, straining out the solids in the process. A number of options are included above.

Juicy Iced Tea Recipe

Originally “A Juicy Iced Tea Recipe”. <http://www.rebootwithjoe.com/a-juicy-iced-tea-recipe/>

- 8-10 ounces herbal tea
- 1 peach, peeled and pitted, or 1 cup frozen peaches, thawed
- 1 orange, peeled
- 2 carrots, peeled
- 1/2 lemon, peeled
- 1 teaspoon honey, optional
- ice, optional

More of a “Beverage” than a fruit juice, this recipe is included here.

If not done so already, brew the tea.

Juice the peach, oranges, carrots and lemon in an electric juicer.

Combine fruit juice with tea. Stir in honey and ice, if using, to serve.

Orange Spice§

The Big Book of Juices, page 687, by Natalie Savona

- 1 cup filtered water
- 4-8 cinnamon sticks
- 8 cloves
- 3-4 slices of orange peel
- 4 oranges, juiced
- crushed ice, optional

A refreshing ‘tea’ when your chilled.

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Bring the water to a boil in a pan with the cinnamon, cloves and lemon peel, and leave to simmer for five minutes, or longer. Strain out solids.

Compost the contents once the 'tea' is strained out but reclaim and rinse the cinnamon sticks. They can be used multiple times.

Juice the oranges with a citrus juicer and add to juice just before serving.

If you prefer the tea cold, let it cool, and then add the orange juice and crushed ice.

Spicy Tomato Juice Recipe

<http://www.tasteofhome.com/recipes/spicy-tomato-juice>

- 13 pounds ripe tomatoes, about 40 medium
- 2 stalks celery, coarsely chopped
- 3 medium onions, coarsely chopped
- 1 medium green pepper, coarsely chopped
- 1 1/2 cups fresh parsley, chopped
- 1/2 cup cane sugar
- 1 tablespoon Worcestershire sauce
- 4 teaspoons Kosher salt
- 1/4 teaspoon hot pepper sauce, optional
- 1/4 teaspoon cayenne pepper, optional
- 1/4 teaspoon pepper, optional
- 5 1 quart mason jars with lids

This is only loosely a beverage. It's classified here instead of as a vegetable juice because of the cooking process.

To make a spicy tomato juice, include last 3 optional ingredients. Otherwise leave these out.

Quarter tomatoes. Place them in a 6 quart Dutch oven or large soup pot. Add celery, onions, green pepper and parsley. Simmer, uncovered, until vegetables are tender, about 45 minutes, stirring occasionally.

Meanwhile, rinse five 1 quart mason jars and lids with boiling water. Dry thoroughly.

If following the freezing protocol, use sealable plastic containers.

Cool tomato mixture slightly and run through a sieve or food mill. Return to pan. Add remaining ingredients and mix well. Bring to a boil. Remove from heat and cool.

A food mill is essentially a colander with a handle for forcing the mixture through the device. More than anything else, it is simply a more convenient way to process the tomatoes and other ingredients into juice form while filtering out solids.

Fill all containers allowing for 1/2 inch head space.

Wipe off top edges of containers and immediately cover with lids.

Heat process in boiling water for 20-30 minutes. Cool jars and label for storage.

Alternately, use plastic quart containers can be used. The procedure is the same up to the heat processing except that the juice is frozen, for later thawing instead of heat processed. The juice will remain viable for up to 12 months.

Strawberry Mint Lemonade

- 2 quarts filtered water
- 2-4 mint tea bags
- 8 leaves fresh mint
- 12 strawberries, hulled and washed
- 1/4 cup lemon juice
- 1/4 cup honey
- ice cubes
- lemon slices
- fresh mint leaves

Bring 2 quarts of water to boil. Place tea bags and mint leaves in a large nonmetallic bowl or heat proof pitcher. Pour water over tea bags and mint and steep for 10 minutes.

Place strawberries, lemon juice and honey in food processor. Purée.

Remove tea bags from steeping solution. Stir in strawberry, lemon and honey mixture. Mix well. Chill and stir before serving.

Stir well before serving (strawberry concentrate will have settled). When ready to serve, pour into ice filled glasses. Garnish with lemon slices and mint sprigs.

Tangy Mint Cooler

The Big Book of Juices, page 681, by Natalie Savona

- 1 cup fresh mint leaves, packed
- 1 cup water
- 1 cup pineapple juice
- 4-6 ice cubes

Steep the mint leaves in boil water for 5-10 minutes. Strain out solids.

Cool. Add pineapple juice and ice to serve.

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