



7 Seriously Nutritious Juice Recipes

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7 Seriously Nutritious Juice Recipes

My name is Rika Susan. I hope you will soon be sharing my passion for fruit and vegetable juicing!



You may be wondering where my enthusiasm for juicing originated. I have been living with a debilitating form of Myalgic Encephalomyelitis (ME) for more than 30 years. I discovered vegetable juicing while searching for ways to support my nutritional needs.

Juicing has now been part of our family's daily routine for almost two decades.

The benefits of juicing are astounding, both for healthy folks and for people who are perhaps struggling to eat normally due to illness. Just remember that if you have any ailment, are pregnant or are planning a pregnancy, it is crucial to discuss juicing with your doctor first. This also applies if you want to juice for young children.

Also keep in mind that medication should never be taken with juice,

as this could affect the absorption of your meds.

Although my main focus is on juicing vegetables, nothing beats the taste of fresh fruit juices prepared with the help of a juice extractor. These are higher in sugar than veggie juices, so should be kept as a special treat.

But juicing is supposed to be fun, so prepare a delicious fruit juice packed with nutrients from time to time, unless you have to be careful with your sugar intake.

Fruit juices can also be helpful while introducing your kids to juicing. Over time you can add more and more vegetables, while reducing their fruit content.



I am sharing 7 very nutritious juice recipes in this ebook. I have compiled them for their nutrient content, their delicious taste, their yummy looks and ease of preparation.

I hope you will enjoy them as much as we as a family do!

Oh yes, one other thing. No juicing recipe is set in stone. If you don't have a particular ingredient, you can experiment with all sorts of substitutes.

Or, if you have a favorite fruit or veggie on hand, you can always try tossing it in too! Who knows, you may just come up with your very own juice mix that tastes great. Have fun!

The 7 recipes in this ebook are particularly rich in antioxidants such as vitamin C, beta-carotene and lycopene.

You will also be getting a whole range of other nutrients and phytonutrients in each glass of freshly made juice.

Happy juicing!

Rika Susan

NB: The color bars below the titles show which of the 5 main fruit and vegetable color groups are present in the recipe. Aim to use items from each color group daily to ensure the best and most varied nutrient intake. My [JuicePicker software](#) is based on these color groupings, and helps you to pick the right recipe (out of more than 100) within seconds!

Early Morning Medley Juice



Vitamin C has to do with so much more than just strengthening your immune system! Did you know that this nutrient could actually help you to keep aging at bay? Vitamin C is one of the really powerful antioxidants, curtailing free radical activity in your body.. This not only means possible cancer prevention, but could also slow down the aging process and help to prevent heart disease.

You have never tasted orange juice like this! Not just the orange water you would get when hand-squeezing oranges, but a really creamy, filling health drink. I absolutely love the way this looks and tastes. Yum!

I recommend peeling all citrus fruits before juicing, including lemons and limes. This is the safest option and also gives the best-tasting juice. Just try to retain as much of the white pith as you can. This is the gathering place for many of the nutrients and phytonutrients in citrus fruits.

Ingredients

1 Orange

Any of these:

- 1 Tangerine or
- 1 Clementine or
- 1 Naartjie

1 to 2 Red apples, according to taste

Method

1. Wash the fruit carefully
2. Peel orange, discarding skin. Never juice an orange with the skin. Retain white pith as far as possible, as this is nutrient-rich. Segment to fit your juicer's feeding chute..
3. Peel tangerine, clementine or naartjie, discarding skin. Never juice these unpeeled. Segment to fit your juicer's feeding chute.
4. Quarter apples. Don't peel, but discard seeds
5. Juice all the fruits
6. Pour over crushed ice if you wish
7. You can also use 2 fresh mint leaves as a garnish

Servings

1 Large

Vitamin C Powerhouse Juice



Kiwifruit is one of the most concentrated sources of vitamin C. So, slip them into your juices whenever you can. Strawberries are also very rich in vitamin C.

Ingredients

- 2 Green kiwifruit
- 1 Bunch purple grapes
- 8 Strawberries
- 1 Red apple
- 1 Yellow apple

Method

1. Wash the fruits carefully
2. Peel kiwifruit for a less bitter taste. Halve
3. Remove grapes from stem. Discard stem
4. Remove stems or leaves from strawberries
5. Quarter apples. Don't peel, but discard seeds
6. Juice and pour into tall glasses

Servings

2 to 3 Medium

Super-Easy Hello Morning Juice



Ingredients

2 Kiwifruit
2 Oranges
1 Red pear

Method

1. Wash fruits thoroughly
2. Peel kiwifruit for a sweeter juice. Halve
3. Peel oranges, discarding skin. Retain as much white pith as possible. Segment as necessary
4. Quarter pear. Don't peel, but discard seeds
5. Juice and pour over crushed ice

Servings

2 Medium to large

Easy Tomato Tonic Juice



Did you know that you can now get not only red, but also yellow and even purple tomatoes? All three provide you with valuable lycopene in some form. This is one of the carotenoid phytonutrients, the group which also includes beta-carotene.

Lycopene plays an antioxidant role in your body, meaning that it can help to neutralize free radicals. Free radicals are the 'bad guys' that can cause cell damage, leading to cancer, heart disease and other degenerative diseases.

Lycopene can also be found in red watermelon, guavas and red grapefruit.

With purple tomatoes, you also get the benefit of anthocyanins. These are the phytonutrients that are responsible for the purple pigment in these tomatoes. Most of the anthocyanin content is concentrated in the skin of the fruit.

Ingredients

Any of these (or a combination):

- 2 Red tomatoes or
- 2 Purple tomatoes or
- 2 Yellow tomatoes
- 4 Carrots
- 1 Firm red pear
- 1 Red apple
- 1 Celery stalk or rib

Method

1. Discard the carrot greens, as these can be toxic
2. Wash your ingredients thoroughly
3. Quarter the tomatoes
4. Trim carrot ends
5. Quarter pear and apple. Don't peel, but discard seeds
6. Cut celery into lengths if necessary
7. Juice!

Servings

3 Medium

Lavish With Lycopene Juice



This is another recipe that helps you to load up on lycopene.

Ingredients

- 3 Guavas
- 3 Red tomatoes
- 2 Slices red watermelon (wash before cutting)
- 4 Green broccoli florets
- 1 Celery stalk or rib
- 2 Red apples

Method

1. Wash all your ingredients (wash watermelon before cutting)
2. Halve guavas
3. Quarter tomatoes
4. Cut watermelon slices into strips for juicing. If your juicer can handle it, you can juice it with the rind
5. Cut celery into lengths
6. Quarter apples. Don't peel, but discard seeds
7. Run the ingredients through your juicer, alternating softer and harder ingredients

Servings

2 to 3 Large

Powerful Purple Juice



Berries give you some serious value for money. Concentrated high-power nutrients packed into small parcels! Berries, and blueberries in particular, rank among the best antioxidant sources available to us.

The anthocyanins that are responsible for the blue, black and purple coloring in berries, are your main allies when it comes to fighting the bad guys in your body. But they come accompanied by a whole army of other nutrients and phytonutrients to assist them. Not only are these ready to fight free radicals, but they also perform an anti-inflammatory function in your body.

Blueberries, for instance, could help you with:

- Blood pressure control
- Cholesterol
- Heart health in general
- Brain function, including memory
- Age-related degenerative illnesses

Ingredients

1 Bunch purple grapes

Either of these:

- 1 Cup blueberries or
- 1 Cup blackberries or
- 1 Cup black raspberries

2 Purple plums

1 Purple tomato

Wedge purple cabbage, according to taste

Method

1. Wash all your ingredients
2. Remove grapes from stem. Discard stem
3. Remove any stray leaves or stems from berries
4. Halve plums. Remove and discard stones
5. Quarter tomato
6. Cut cabbage into manageable chunks
7. Run the ingredients through your juicer

Note: If fresh berries are not available, you can use frozen ones. Allow to thaw partly before juicing.

Servings

2 to 3 Medium

Broccoli And Pear Detox Punch



Broccoli, pears and beetroot can all help with detoxing. Broccoli is packed with a whole spectrum of nutrients, including beta-carotene, vitamin K, vitamin C and folate. It also is a good source of tryptophan, manganese, calcium and magnesium and some of the B-vitamins.

Green veggies are too powerful to juice on their own. Always dilute them with other produce, such as carrots and cucumber.

Ingredients

Either of these:

- 6 Florets green broccoli with stalks or
- 6 Florets purple broccoli with stalks
- 2 Firm yellow pears
- 1 Small young red beetroot
- 4 Romaine lettuce leaves
- 6 Carrots
- 1/3 Medium cucumber

Method

1. Discard carrot greens
2. Discard beetroot greens (or see note below)
3. Wash all the ingredients carefully
4. Quarter pears. Don't peel, but discard seeds
5. Trim beetroot ends. Peel thinly, discarding skin. Cut into chunks

6. Roll lettuce into balls for juicing
7. Trim carrot ends
8. Peel cucumber only if waxed. Try to get an organic, unwaxed one if you can, as the skin is very nutrient-rich
9. Juice!

Note: Beetroot greens can be quite potent. For family juicing, I usually recommend discarding them. If you wish, try to get beets with young, tender greens and use only a few leaves at a time. If you are new to juicing, you can also use less broccoli, until you become more familiar with the process and the taste of the juice.

Servings

3 to 4 Medium



To quickly find those healthy and balanced juice recipes that go with your favorite ingredients - as well as the ingredients you know your family needs - give my popular [JuicePicker](http://Best-Juicing.com) software a try: Nearly 100 fruit and vegetable ingredients, more than 100 recipes and many extremely relevant nutrition tips at your fingertips whenever you need them!

Rika Susan

[Rika's JuicePicker – Best-Juicing.com](http://Best-Juicing.com)