**Tropical Green Lemonade**

1 pineapple

1 English cucumber

2 granny smith apples

1 small container of spinach

1 lemon

Makes 4 cups

**Green Ginger-Ale**

3 granny smith apples

2 celery sticks

1 English cucumbers

1 lime (peel)

2 inch piece of ginger

**Green Lemonade**

2 granny smith apples

4 large handfuls of spinach

16 kale leaves

4 celery sticks

1 English cucumbers

2 lemons

**Orange Sunrise**

2 orange bell peppers

1 navel orange

4 large carrots

¼ of a pineapple

1 Lemon

Makes 4 cups

**Green Leafy**

½ red cabbage

1 green apple

4 red chard leaves

4 handfuls of romaine

4 granny smith apples

4 handfuls of escarde or endive

Makes 4 cups

**Beat the Heat**

Celery

Can mix with Cucumber as well

**Cool as a Cucumber**

Cucumbers

**Yummy Blood Builder**

3 small beets

1 lemon

1 granny smith apples

Enough carrots to make it to 4 cups

**Better than carrots**

2 red pepper

2 large granny smith apple

Enough carrots to make it to 4 cups

**Garden Salad Special**

Kale or swiss chard or spinach or romaine

2 cloves garlic

4 -5 carrots

2+ tomatoes

4 stalks celery

1 green pepper

Taste like V8 Juice

**Immune Fortifier**

6 carrots

1 granny smith apple

1 lemon

4 cloves garlic

½ inch piece ginger

Couple handfuls of parsley

Couple handfuls of cilantro

**Splash of Sun**

3 large carrots

2 oranges – you can add a slice of ginger or not

**Joe Cross Mean Green Juice**

1 cucumber

4 celery sticks

2 granny smith apples

6 – 8 kale leaves

½ lemon

1 Tbsp ginger

**Joe’s Mean Green Juice (altern)**

16 Kale Leaves

2 cucumbers

8 celery sticks

4 granny smith apples

1 lemon

2 inch piece of ginger

**Good Morning**

Watermelon

Pineapple

Ginger

**Beet-Kale Juice**

2 beets

4 -6 Kale leaves

2 oranges

1 lemon

1 carrot

**Carrot Limeade**

8 carrots

2 cucumbers

4 granny smith apples

1 lime

Large handful of mint

**Australian Gold**

½ pineapple

1 sweet yellow pepper

1 lemon

1 inch piece of ginger root

**Garden Variety**

4 apples

4 cucumbers

16 kale leaves

2 handfuls of parsley

**Healing Start to the day**

1 bunch of celery (no leaves)

Drink this straight, on an empty stomach

(no water or other ingredients)

**Gazpacho Juice**

8 plum (Roma) tomatoes

2 large cucumbers

4 celery sticks

2 sweet red peppers

¼ small red onion

3 large handfuls of parsley

2 limes

Sea salt

**Morning Green Glory**

10 kale leaves

2 handfuls spinach

6 romaine leaves

2 cucumvers

6 celery leaves

2 granny smith apples

2 lemons

**Mighty Green Grape**

½ cucumber

1 zucchini

Handful of parsley

6 asparagus Spears

1 large tomato

1 apple

30 black/purple or red grapes

**Verde Jugo (Green Juice)**

500 ml freshly made orange juice

2 Guava’s

½ Pineapple

Small container of Spinach

1 stalk Celery

Small handful of Parsley

Makes 3 large glasses

**Refreshing afternoon Juice**

2 – 3 Cucumbers

½ Pineapple

Small container Spinach

2 large Limes (If organic leave ½ skin on)

3 stalks Celery

Water/ice

After juicing the above, pour into ice water to make a 50/50 combination.

Very refreshing on a hot day. Adjust the ingredients and water/ice to your taste preference.

All of the previous recipes are what I have found enjoyable, AND I want to encourage you to adjust each of the ingredients to your own preference. I often will increase the pineapple and limes, as I really enjoy them.

Other ingredient ideas; add a handful of spearmint or peppermint leaves, or ginger or garlic to any of the recipe that you desire to.

You can easily replace any of the greens with other greens that you may have handy. Swiss chard is great substitute for spinach. Zucchini is a great substitute for cucumber.

If you go to a juice bar and find a juice that you really enjoy, ask them what went into it. While in Mexico, I found the Verde Jugo juice, and fell in love with it, to the place that I craved it. The waitress was happy to write down the recipe for me, as I always generously tipped her. 😊

**Tips on Juicing**

When I was doing a juice fast, and my step-daughter also needed to start a juice fast, I had a lot of juice to make on a daily basis, so I needed to find a way to work smarter, not harder. I am so grateful for her mom; Louise who made the following suggestion.

Cut back on your workload by using your food processor’s slicing disk, to put things like your carrots, cucumbers, apples, celery, ginger, peppers, beets. This cuts way back on your hand-cutting. It is gentle on your juicer, as well as it has broken down the cells of the produce for better juicing results. To make it go faster, I dump it all into a large bowl before I start making the juice. (along with the hand-cut things that don’t do well through the slicer, like pineapple or other soft fruit/vegetables) Kids can then help you juice as well.

I use the 2 cup canning jars, so that they fit easier into my fridge, and I can stack them.

Fill the jar right up to the brim before you put the lid on, so that you cut down on the oxygen entering in.

If you do not have enough juice to fill your bottles to the top, either add a bit more produce through your juicer, or else pour just enough water needed through your juicer (before you clean it) and then add this to the bottle.

Last, but definitely not least; I drink all of my juices cold and with a straw. For some reason using a straw makes a HUGE difference. I believe it is because our tongue has different taste areas, and the straw places the juice at the perfect place.

Happy Juicing towards YOUR Ultimate Health!