

Juice Recipes

Carrot-Kale Combo

- 1 Green Apple
- 3 Handfuls spinach
- 6-8 Kale Leaves
- 4 Large Carrots
- 1 Piece Ginger (thumb sized)

Green Lemonade

- 1 Green Apple
- 3 Handfuls Spinach
- 6-8 Kale Leaves
- $\frac{1}{2}$ Cucumber
- 4 Celery Stalks
- $\frac{1}{2}$ Lemon

All Green

- Use as much greens as needed
 - o Romaine Hearts
 - o Kale or Collards
 - o Spinach
- 2 Handfuls Parsley
- 2-3 Celery Stalks
- $\frac{1}{2}$ Lemon
- 1 Piece Ginger (thumb sized)

Apple-Beet-Carrot

- 1 Apple
- 2 Beets
- 3 Large Carrots
- 1 Piece Ginger (thumb sized)
- Spinach / Kale - (optional)

Spinach-Fennel-Cucumber

- 1 Fennel Bulb
- 1 Cucumber
- 2-3 Celery Stalks

- Loads of Spinach

Mean Green

- 1 Bulk of kale
- 4 Stalks of celery
- 1 Cucumber
- 2 granny smith apples
- $\frac{1}{2}$ lemon
- Ginger root (thumb sized)

Classic Green

- 4 Carrots
- 2 Stalks of Celery
- 2 Handfuls of Parsley
- 4 Leaves of Spinach

CBS Tonic

- 3 Carrots
- $\frac{1}{2}$ Beet
- 3 Leaves of Spinach

Tip Top Tonic

- 1 Apple
- 4 Carrots

Carrot Cleanser

- 3 Carrots
- $\frac{1}{2}$ Beet
- $\frac{1}{2}$ Cucumber

Ginger Zinger

- 1 Apple
- 4 Carrots
- 1 inch of Ginger

Juice Recipes

Tomato Salad Juice

- 1 large Tomato
- 1 handful Parsley
- 2 leaves of Spinach
- $\frac{1}{4}$ Bell Pepper

Fred & Ginger

- 1 Apple
- 2 Carrots
- 1 stalk Celery
- 1 inch Ginger

Veg-Tang Tonic

- 3 Carrots
- 1 stalk Celery
- 1 handful Parsley
- 1 clove Garlic

Green Apple Juice

- 1 Apple
- 3 Carrots
- 1 Handful Parsley
- 3 leaves Spinach

Tomato Surprise

- 1 large Tomato
- 2 Carrots
- 1 stalk Celery
- $\frac{1}{2}$ cucumber
- 3 leaves Spinach