

JULI'S JUICE RECIPES

Always use organic ingredients!

Heart Healthy Veggie Juice

2-3 tomatoes
2 stalks of celery
1/2 cucumber
1 large handful of spinach
1/2 clove of garlic
1 tsp. olive oil
dash of cayenne

Juice all ingredients and drink immediately.

Apple Lemonade Juice

(aka Green Lemonade)

2 apples (green if possible)
1/2 lemon
large handful of spinach
2 kale leaves
1 inch chunk of fresh ginger

Juice all ingredients and drink immediately.

Excellent for the liver, stabilizing blood sugar, alkalizing and overall detoxifier.

Colon Health Juice

1 green apple
1 carrot
1/2 cucumber
2 stalks celery
1/3 lemon
1 Tablespoon of locally derived honey
1/2 cup water to thin

Juice all ingredients and drink immediately.

Liver Boosting Juice

2 carrots
1 apple
1/2 beet
handful of cabbage or spinach
1 inch chunk of ginger
1/2 lemon

Juice all ingredients and drink immediately.

Great Overall Juice

3 medium carrots
3 stalks celery
1/2 cucumber
1 stalk kale
large handful of spinach
small handful of mixed greens (lettuce)
1/2" chunk of ginger
1/2 Gala apple
1/3 lemon
dash of cayenne
1 T. olive oil
1/2 t. chlorophyll

Juice first 9 ingredients, then add cayenne, olive oil and chlorophyll.

Stir and drink!