



365 DAYS OF HEALTHY JUICES



JAMIE STEWART



Table of Contents

[Title Page](#)

[More Books by Jamie Stewart:](#)

[Download a FREE PDF file with photos of all the recipes.](#)

[365 Days of HEALTHY JUICES](#)

[Warning-Disclaimer](#)

[INTRODUCTION](#)

[Juicing – Your Secret to Health, Vitality & Youth](#)

[Tea Break – Discover the World of Tea](#)

[Herb & Fruit Infused Water for Your Body, Mind, and Soul](#)

[JUICE RECIPES](#)

[Every Day Garden Juice](#)

[Apple and Pumpkin Juice](#)

[Refreshing Spicy Juice](#)

[Orange Apple Juice](#)

[Spinach and Carrot Delight](#)

[Amazing Pear and Cabbage Juice](#)

[Great Clean Green](#)

[Kiwi and Apple Treat](#)

[Carrot Fennel Delight](#)

[Winter Grapefruit and Fennel Juice](#)

[Pineapple Ginger Detox](#)

[Winter Celery Juice](#)

[Autumn Refreshing Juice](#)

[p.Go-To Green](#)

[Favorite Apple Lemonade](#)

[Winter Gold](#)

[Yummy Fruit Cleanser](#)

[Anti-Inflammatory Juice](#)

[Chayote Tomato Booster](#)

[Flavors of India](#)

[Delicious Fruits with Herbs](#)

[Winter Super Blend](#)

[Orange Zesty Juice](#)

[Spicy Tangerine Treat](#)

[Perfect Summer Juice](#)

[Wheatgrass Citrus Juice](#)
[Spicy Powerful Drink](#)
[Oh Sweet Cauliflower](#)
[Cherry and Sweet Potato Juice](#)
[Peach and Raspberry Juice](#)
[Cranberry Blast](#)
[Orange Blueberry Delight](#)
[Pear and Tangerine Boost Juice](#)
[Spicy Cucumber with Key Lime](#)
[Powerful Green Juice](#)
[Yam and Pineapple Juice](#)
[Vegetable Juice with Sprouts](#)
[Veggie and Lime Juice](#)
[The Best Beet Juice](#)
[The Cabbage Master](#)
[Favorite Skinny Juice](#)
[Fruity Veggie Energizer](#)
[Tropical Green Juice](#)
[Ginger and Pear Juice](#)
[Apple and Sprout Juice](#)
[Ginger Kale Juice](#)
[Delicious Sweet Potato Juice](#)
[Simple Orange Delight](#)
[Black Currant and Sprout Juice](#)
[Mint Pineapple Juice](#)
[Grape and Melon Surprise](#)
[Mint Tropical Delight](#)
[Hot Beet Juice](#)
[Carrot and Tangerine Juice](#)
[Melon and Coconut Juice](#)
[Avocado and Apple Juice](#)
[Berry and Apple Cooler](#)
[Grape and Sugar Beets](#)
[Minty Beets with Fruits](#)
[Green Detox Special](#)
[Apple Pie Juice](#)
[Winter Gold](#)
[Tangerine and Carrot Juice](#)
[Watermelon and Ginger Juice](#)

[Spicy Root Vegetable Juice](#)
[Super Tomato Juice](#)
[Pear and Lettuce Juice](#)
[Healthy Red Treat](#)
[Bloody Mary Juice](#)
[Pineapple Blueberry Juice](#)
[Plum Tomato Juice](#)
[Fresh Summer Limeade](#)
[Grapefruit Mint Juice](#)
[Post-Workout Drink](#)
[Asparagus and Tomato Juice](#)
[Carrot and Maca Limeade](#)
[Artichoke and Carrot Cocktail](#)
[Kiwi and Grapefruit Juice](#)
[Papaya and Strawberry Juice](#)
[Simple Cleansing Cocktail](#)
[Chard and Avocado Cocktail Drink](#)
[Cantaloupe and Blackberry Juice](#)
[Berry and Carrot Cocktail Drink](#)
[Cabbage and Broccoli Juice](#)
[Yam and Tangerine Juice Break](#)
[Root Vegetable Cleanser](#)
[Green Boost](#)
[Tangerine Turmeric Juice](#)
[Fresh Start](#)
[Berry Grapefruit Blend](#)
[Green Pear Juice](#)
[Greens Lover](#)
[Big and Strong Like Popeye](#)
[Protein Spirulina Limeade](#)
[Fruit and Cilantro Juice](#)
[Blackberry Lemonade](#)
[Garden Treasure](#)
[Easiest Revitalizing Juice](#)
[Delicious Purple Juice](#)
[Beetroot, Carrot and Lime Juice](#)
[Cucumber Orange Delight](#)
[Mouth-Watering Drink](#)
[Favorite Broccoli Breakfast](#)

[Cabbage and Orange juice](#)
[Lotus Root and Tangerine Juice](#)
[Tangerine and Ginger Juice](#)
[Radish and Pepper Juice](#)
[Brussels Sprouts Juice](#)
[Tangerine and Root Vegetables with Greens](#)
[Radicchio and Lemon Delight](#)
[Grape Pomeade](#)
[Summertime Mint Juice](#)
[Green 'n' Delicious](#)
[Purple Kale and Carrot Juice](#)
[Green Juice with Dates](#)
[Herb and Lime Juice](#)
[Wheatgrass and Arugula Juice](#)
[Grape and Pear Juice](#)
[Mediterranean Juice](#)
[Spicy Dandelion Greens Juice](#)
[Green Soy Coconut Juice](#)
[Green Rocket Juice](#)
[Autumn Harvest Juice](#)
[Cabbage Juice with Red Grapes](#)
[Kale and Pear Juice with Grapes](#)
[Bok Choy and Carrot Juice](#)
[Broccoli and Sprout Juice](#)
[Hot Swiss Chard Juice](#)
[Lettuce and Blackberry Treat](#)
[Coconut Apple Pie](#)
[Favorite Jackfruit Juice](#)
[Pineapple Melon Juice](#)
[Simple Fruit and Veggie Juice](#)
[Herbed Energy Juice](#)
[Fennel Purple Juice](#)
[Beet and Plum Juice](#)
[Red Cabbage Juice](#)
[Plum and Pear Juice](#)
[Rainbow Juice](#)
[Soft Summer Juice](#)
[Cucumber and Carrot Juice](#)
[Fresh Morning Drink](#)

[Chili Pepper and Sweet Potato Juice](#)
[Party Ginger Drink](#)
[Pomegranate Watermelon Juice](#)
[Minty Watermelon Delight](#)
[Grapefruit and Cranberry Juice](#)
[Pear and Yam Magic](#)
[Cucumber and Carrot Cocktail](#)
[Cabbage Apple Cocktail](#)

[ICED TEA RECIPES](#)

[Orange and Lemon Iced Tea](#)
[Maple Raspberry Tea](#)
[Classic Lime Iced Tea](#)
[Mint Lemonade Iced Tea](#)
[Mom's Cranberry Tea](#)
[Peach Iced Tea](#)
[Peppermint Orange Tea](#)
[Lime Cucumber Iced Tea](#)
[Mint Cucumber Iced Tea](#)
[Hibiscus and Pomegranate Tea](#)
[Chamomile and Orange Iced Tea](#)
[Vanilla and Jasmine Tea](#)
[Mango Green Tea](#)
[Apple and Lemon Zinger](#)
[Summer Orange Tea](#)
[Mint and Lavender Tea](#)
[Strawberry Green Tea](#)
[Raspberry Chamomile Iced Tea](#)
[Russian-Style Beverage](#)
[Limeade Iced Tea](#)
[Chinese Spearmint Iced Tea](#)
[Orange and Apricot Iced Tea](#)
[Raspberry Grape Iced Tea](#)
[Raspberry Hibiscus Refresher](#)
[Ginger Orange Iced Tea](#)
[Cherry Iced Tea](#)
[Berrylicious Iced Tea](#)
[Blackberry Iced Tea](#)
[Strawberry Lemon Iced Tea](#)
[Tropical Iced Tea](#)

[Jasmine Tea with Almond Milk](#)
[Tea with Coconut Milk](#)
[Sparkling Cranberry Iced Tea](#)
[Sparkling Apple Tea](#)
[Lemongrass Iced Tea](#)
[Ginger and Mint Iced Tea](#)
[Lemongrass Iced Tea](#)
[Rocket Mint Iced Tea](#)
[Sparkling Blueberry Tea](#)
[Strawberry Tangerine Tea](#)
[Raspberry Basil Iced Tea](#)
[Ginger Pineapple Iced Tea](#)
[Cinnamon Pear Iced Tea](#)
[Peach and Mango Iced Tea](#)
[Pomegranate Iced Tea](#)
[Tangerine and Lavender Iced Tea](#)
[Tangerine Strawberry Iced Tea](#)
[Sparkling Apple Iced Tea](#)
[Blueberry and Lavender Iced Tea](#)
[Citrus and Rosemary Iced Tea](#)

[Smoothie recipes](#)

[Grape Guava Shake](#)
[Fruit Mint Smoothie](#)
[Detox Vegetable Juice](#)
[Exotic Mango Breakfast](#)
[Vitamin Berry Lemon Smoothie](#)
[Fizzy Cherry, Apple and Mint](#)
[Avocado Gazpacho Smoothie](#)
[Carrot Orange Smoothie](#)
[Asparagus Vitality Smoothie](#)
[Pre-workout Snack Smoothie](#)
[Tropical Breakfast Smoothie](#)
[Carrot Coconut Smoothie](#)
[Potato Pineapple Smoothie](#)
[Cranberry Lemonade Smoothie](#)
[Banana Coffee Shake](#)
[Banana Vanilla Shake](#)
[Banana Strawberry Shake](#)
[Apple Berry Smoothie](#)

[Berry Blast Smoothie](#)
[Peachy Red Smoothie](#)
[Berry Vitality Smoothie](#)
[Black Cherry Smoothie](#)
[Apricot Orange Smoothie](#)
[Punch Style Smoothie](#)
[Chocolate Peanut Butter Smoothie](#)
[Pear Ginger Smoothie](#)
[Pear Walnut Smoothie](#)
[Pina Colada Smoothie](#)
[Cocoa Pina Colada Smoothie](#)
[Mango Pina Colada Smoothie](#)
[Pineapple Buttermilk Smoothie](#)
[Pineapple Berry Smoothie](#)
[Spinach Strawberry Smoothie](#)
[Spiced Pumpkin Smoothie](#)
[Yam Banana Smoothie](#)
[Zucchini Orange Smoothie](#)
[Cocoa Zucchini Shake](#)
[Cantaloupe Yogurt Smoothie](#)
[Cantaloupe Raspberries Smoothie](#)
[Cherry Cantaloupe Smoothie](#)
[Carrot Apple Smoothie](#)
[Vegan Vanilla Cherry Smoothie](#)
[Chocolate Banana Smoothie](#)
[Chocolate Dream Smoothie](#)
[Blueberry Yogurt Smoothie](#)
[Cantaloupe Vanilla Yogurt Smoothie](#)
[Anti-aging Smoothie](#)
[Multivitamin Smoothie](#)
[Italian Style Smoothie](#)
[Carrot Mint Smoothie](#)
[Beet Cranberry Smoothie](#)
[Rejuvenating Detox Smoothie](#)
[Spinach and Fruit Smoothie](#)
[Frosty Vegan Smoothie](#)
[Energy-Boosting Smoothie](#)
[Pumpkin Greek Yogurt](#)

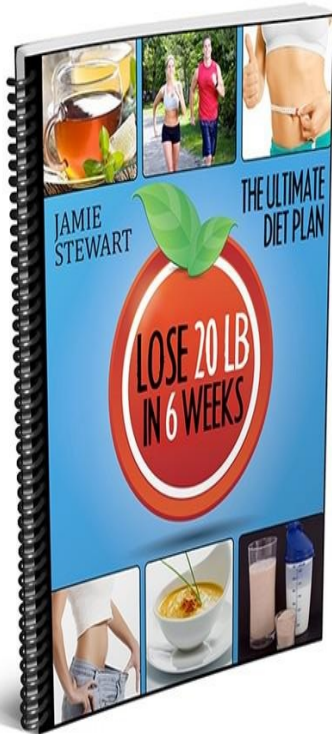
[INFUSED WATER RECIPES](#)

[Strawberry Infused Water](#)
[Cooling Orange Delight](#)
[Citrus Sunrise](#)
[Vanilla Strawberry Water](#)
[Spicy-Cool Zesty Water](#)
[Cucumber Spearmint Water](#)
[Herby Grapefruit Water](#)
[Citrus and Cilantro Treat](#)
[Citrus and Pear Water](#)
[Fennel and Lemon Drink](#)
[Apple Cinnamon Water](#)
[Orange Basil Water](#)
[Sage and Mint Cucumber](#)
[Minty Watermelon Drink](#)
[Vanilla Peach Water](#)
[Pineapple Cherry Water](#)
[Summer Berry Delight](#)
[Blueberry and Apple Water](#)
[Tropical Island](#)
[Aromatic Summer Drink](#)
[Favorite Autumn Drink](#)
[Cranberry Grapefruit Water](#)
[Blackberry, Kiwi and Lemon](#)
[Orange and Lavender](#)
[Pear and Raspberry Booster](#)
[Green Tea with Grapes](#)
[Herby Spring Drink](#)
[Delicious Rosemary and Fruit](#)
[Cantaloupe and Grape Agua Fresca](#)
[Summer on The Beach](#)
[Fresh Start](#)
[Herbed Tomato Water](#)
[Orange, Blueberry and Cilantro](#)
[Berry, Rose Petal and Vanilla](#)
[Vanilla and Cardamom Orange](#)
[Blueberry Lavender Infused Water](#)
[Peppermint Lemongrass Water](#)
[Honeydew Agua Fresca](#)
[Watermelon Coconut Water](#)

[Green Tea and Tangerine](#)
[Peppery Cucumber Refresher](#)
[Cherry and Mint Water](#)
[Mango and Mint Water](#)
[Cherry and Mint Drink](#)
[Melon and Blueberry Seltzer](#)
[Kiwi and Sage Water](#)
[Fruit and Rosemary Infusion](#)
[Orange and Black Tea](#)
[Pom Berry Water](#)
[Secret Detox Drink](#)
[Grapefruit and Lavender Agua Fresca](#)
[Cilantro, Cucumber and Melon](#)
[Hibiscus Pineapple Infusion](#)
[Apple, Pear and Ginger Refresher](#)
[Citrus and Cranberry Drink](#)
[Peppermint Fruit Detox](#)
[Cooling Mint and Apricot Water](#)
[Citrus Mint Soda](#)
[Ginger and Mango Refresher](#)
[Day Spa Mint Pineapple](#)
[Raspberry Coconut Water](#)
[Cherry Cucumber Cooler](#)
[Cucumber Lavender Cooler](#)
[Cherry Limeade](#)
[Spring Cantaloupe Water](#)
[Cinnamon Melon Refresher](#)
[Tangerine and Melon Water](#)
[Raspberry and Date Water](#)
[Tangerine and Ginger Cocktail](#)
[Piquant Tomato Water](#)
[Day Spa Grapefruit and Pineapple Water](#)
[Autumn Flavored Water](#)
[Winter Day Spa](#)
[Strawberry Pineapple Water](#)
[Berry and Orange Fruit Infused Ice Cubes](#)
[Carrot and Ginger Water](#)
[Key Lime and Plum Water](#)
[Vanilla Plum Water](#)

[Papaya Mango Water](#)
[Orange and Apple Detox](#)
[Aloe Lemon Water](#)
[Maple Cranberry Drink](#)
[Mango and Sugarcane Infused Water](#)
[Black Currant Water](#)
[Lemongrass Apple Water](#)
[Strawberry-Mint Sparkling Water](#)
[Lime, Tea and Agave Detox](#)
[Jalapeno Cilantro Lemonade](#)
[Peppermint Citrus Detox](#)
[Grape and Blood Orange Water](#)
[Sage Blackberry Water](#)
[Rosemary Watermelon Cocktail](#)
[Tropical Dream](#)
[Kiwi and Lychee Soda](#)
[Pineapple and Cantaloupe Water](#)
[Spring Strawberry Refresher](#)
[Raspberry and Fig Limeade](#)
[Honeydew Date Water](#)
[Rose Cantaloupe Refresher](#)
[Raspberry Peach Cooler](#)
[Rhubarb and Apple Water](#)
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INTRODUCTION

Whether you are an enthusiast or you are new to juicing, you are aware of the fact that we need fruits and vegetables on a daily basis. According to many types of research, we should eat three to four vegetables and two fruits a day. The rule is simple: Choose fruits and vegetables in different colors! Therefore, you are fully aware that you should find a way to get more natural food into your diet. As you probably already know juicing is an easy and fun way to get a lot of beneficial vitamins, minerals, fiber, *etc.*

There is one more important question: how much water we should be drinking? According to The Institute of Medicine – women should drink 9 cups (2.2 liters) of total liquids per day, and men should drink 13 cups (3 liters) of total liquids per day. Anyhow, hydration is key to health, anti-aging, and happiness.

There are a lot of extraordinary beverages that you can drink every day. Apart from juices, there are fruit teas and fruit infused waters, so you are able to stay hydrated and energized all day long. Effortlessly, with much joy! This recipe collection offers three hundred awesome recipes for the best juice combinations, herbal and fruit teas, and fabulous infused waters and flavored waters. Long story short, the secret of hydration and natural food is now available to you!

Juicing – Your Secret to Health, Vitality & Youth

It is hard to argue against the advantages of eating raw fruits and vegetables. However, modern men's day has become more hectic, and we do not always have time to sit at the table and chew fresh salads and fruits. Eating eight portions of fruits and vegetables every day becomes 'Mission impossible'. Nevertheless, there is a solution. Juicing! It makes sense if you tend to maximize health benefits and minimize preparation time and costs. Good for our overall health, simple juices can offer a lot of advantages. Therefore, juicing is a great way to step into the magical world of raw natural food.

There are a lot of benefits of juicing:

Increase your nutrient absorption. Juicing can help you to absorb all the nutrients from the fresh food. Further, the combination of ingredients is a very important issue. Some ingredients can help better absorption of minerals and vitamins from the other ingredients. For instance, citrus fruits are rich in vitamin C, so they help to enhance iron absorption.

Juicing improves your digestion. It will help to "pre-digest" the food for you. Therefore, you need less energy to digest your meal in liquid form.

A varied and well-balanced diet. With endless combinations of ingredients, you will be able to add a wider variety of fresh foods to your diet. You can mix fruits, vegetables, dried fruits, sprouts, greens, natural sweeteners, and so on. Your body will thank you!

Lose weight and detoxify your body by juicing. In order to lose your pounds, you can drink a juice as a meal replacement, delicious snack, or a great healthy supplement to your meals. A well-balanced juicing plan may lead to weight loss on a healthy way. Doing a juice cleanse has been considered as a great way to lose pounds, flush your body clean of toxins, and stay healthy at the same time.

Which juices to drink? The possibilities are endless so you could get confused. People drink juices for various reasons. This recipe collection contains one

hundred fifty most powerful juice recipes for everyone. Further, you can find the possible benefits of the juices in the book. This information is for guidance only. For that reason, if you are diagnosed with any disease or you should follow some certain dietary regimen, it is the best to consult your physician or registered nutritionist. After that, you can choose the best juices for your medical condition. Otherwise, if you are completely healthy, go for it and try every possible combination. Let your imagination fly and experiment with ingredients! Unleash your inner power! Give the purest form of fuel to your body directly from nature!

This handy book gives you all you need to make delicious and healthy juices for the whole family. You will get a lot of tips, tricks, and guidelines to make juicing super healthy and easier than ever. Step into the world of juicing right from your own kitchen!

Tea Break – Discover the World of Tea

“I say let the world go to hell, but I should always have my tea.” – Fyodor Dostoyevsky, Notes from Underground.

Winter days. Hot summer nights. Chilly autumn days. There are a lot of occasions to have your cup of tea. In terms of tea, we often think about a simple warm drink. Tea is more than that. With this book, you will get fifty amazing iced tea recipes. Add delectable seasonal fruits, fresh herbs and great spices to your tea in order to add nutrients and natural flavors. Then, you can chill it in a fridge, add some ice and enjoy!

Here are health benefits of drinking iced tea:

Reduce sugar intake. Unsweetened iced tea is lower in sugar than most of the other refreshing drinks. It is very important for diabetics as well as for those with weight problems. This recipe collection encourages healthy lifestyles and promotes healthy no sugar added iced teas. Therefore, we don't use sweeteners or we use natural sweeteners if we have to.

Prevent diseases. Drinking black tea might help prevent heart attack. Green tea may lower a risk of cancer. Tea might help prevent neurological disorders and heart diseases.

Boost our mental performance. Tea can improve learning and memory because of caffeine, which can improve our mental alertness. Anyway, there are herbal teas that have no caffeine.

Antioxidants. Iced tea is loaded with antioxidants which are beneficial for our overall health.

Source of minerals. Black tea contains a significant amount of manganese. Green tea leaves contain potassium, calcium, and manganese. Further, drinking iced tea provides beneficial flavonoids. Therefore, iced teas are

not only delicious, they are also very healthy!

Herb & Fruit Infused Water for Your Body, Mind, and Soul

When it comes to hydration, the simplest combinations are the best. If you are sick and tired of drinking water, but you want to avoid sugar-loaded sodas, please consider homemade infused waters and flavored waters. This is a completely new experience of water drinking. Infused waters are easy to make, refreshing, delicious, and full of nutrition.

The general rule is that there are no rules. Try new combinations you haven't tried before. This book contains one hundred infused water recipes, which can help you get started making these amazing beverages right now!

Making infused water is simple. Choose your favorite fruits and vegetables that can infuse into water easily. For extra flavor burst, add some herbs and spices. That's it! However, if you want these beverages on a regular basis, you should follow a few general tips.

Tools. It is good to purchase a special fruit infusion bottle or pitcher to make the whole process easier. However, regular containers work just as well. Further, you might need masher or muddler for the fruits and vegetables.

Ingredients. The possibilities are endless; you can choose any ingredient you like. Just make sure the fruits are ripe and the vegetables are soft. Fruits are more popular than veggies, as you can see in the recipes below. Further, citrus fruits, berries, melons, and tropical fruits are the most popular.

Patient. This is key to success. The whole process takes some time. These infused waters have to sit for at least 2 hours in a refrigerator. You will get detailed instructions within each of recipe.

Drinking infused water has many health benefits. It is an easy way to increase your water intake. It can help you stay hydrated and detox your body. It keeps our skin elastic and improves our good mood. Then, fruit infused waters naturally boost our metabolism and they have almost zero calories, so it is beneficial for weight loss.

These three hundred recipes will nourish your body and soul. These amazing

beverages are inexpensive and full of flavor and colors, so it's impossible to get bored. So raise your glass and stay healthy!

JUICE RECIPES

Every Day Garden Juice

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 2 leaves Tuscan cabbage
1. 1 stalk broccoli
1. 1/2 yellow squash
1. 1 apple
1. 3 carrots

Directions

1. Wash all the above ingredients thoroughly.
2. Add juice ingredients through a juicer. Divide among 2 glasses and serve right away!
3. This juice contains amazing raw ingredients that our bodies need for optimum health. Enjoy!

Apple and Pumpkin Juice

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 2 medium-sized apples
1. 1 ½ cups mixed berries
1. 2 cups pumpkin
1. 1 teaspoon cinnamon powder
1. 1/4 teaspoon grated nutmeg

Directions

1. Simply juice apples, berries, and pumpkin.
2. Then, sprinkle with cinnamon powder and nutmeg. Pour the juice into two glasses and serve immediately.
3. Inspired by the flavors of autumn, this juice is full of vitamins and minerals. Enjoy!

Refreshing Spicy Juice

(Ready in about 15 minutes | Servings 4)

Ingredients

1. 1 cucumber
1. 1 whole lime
1. 1/4 cup kale leaves
1. 1 jalapeño pepper, seeded
1. 3 celery ribs
1. 1/2 teaspoon allspice

Directions

1. Peel cucumber and lime. Transfer them to your juicer along with the remaining ingredients.
2. Press all ingredients through your juicer. Serve right away with bendy straws and enjoy!

Orange Apple Juice

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1 lime, peeled
1. 2 oranges, peeled
1. 1 Granny Smith apple, quartered
1. 1/2 teaspoon cinnamon, ground
1. 1/4 teaspoon ground cloves

Directions

1. Process lime, oranges, and apple through a juicer according to manufacturer's directions.
2. Add cinnamon and cloves and pour into two serving glasses.
3. This aromatic juice contains an array of delicious ingredients in their natural state. Enjoy!

Spinach and Carrot Delight

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 2 handfuls spinach
1. 2 carrots
1. 1 bunch parsley
1. 2 apples

Directions

1. First of all, wash all ingredients thoroughly.
2. Add all above ingredients through your juicer and serve.
3. This green juice is loaded with many important minerals including magnesium, iron, *etc.*

Amazing Pear and Cabbage Juice

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1 large-sized green apple, cored
1. 1 pear, cored
1. 1/4 cup cabbage
1. 1 small-sized lime
1. 1/2 teaspoon allspice

Directions

1. Wash all ingredients thoroughly.
2. Now process all ingredients through a juicer according to manufacturer's recommendations. Divide among 2 glasses and serve with bendy straws.

Great Clean Green

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1/2 small-sized head green cabbage
1. 1 pear, cored
1. 1 orange, peeled
1. 6 leaves lettuce
1. 1-inch ginger, peeled

Directions

1. Add all the above ingredients through a juicer.
2. Serve right away.
3. This beverage lowers blood pressure and prevents heart diseases.

Kiwi and Apple Treat

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 2 kiwis, peeled
1. 2 apples, cored and diced
1. 2 large handfuls spinach

Directions

1. Press all ingredients through a juicer according to manufacturer's recommendations.
2. Serve chilled and enjoy!
3. The juice speeds up the rate at which you burn calories.

Carrot Fennel Delight

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1 carrot
1. 1 fennel
1. 1 pear
1. 2 oranges
1. 1 small-sized handful parsley

Directions

1. Blend carrot, fennel, pear, oranges, and parsley together until you get a smooth juice.
2. Pour juice into two glasses. Garnish them with orange slices if desired. Enjoy!
3. This is an easy and simple way for winter body cleansing.

Winter Grapefruit and Fennel Juice

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1 grapefruit
1. 1 lime
1. 2 celery ribs
1. 1/2 fennel
1. 1 orange
1. 5 leaves Tuscan cabbage
1. 1 small handful mint

Directions

1. Add all of the above ingredients through a juicer.
2. Serve and enjoy!
3. You will punch up your energy levels with this rich vitamin beverage!

Pineapple Ginger Detox

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1/2 medium pineapple, rind removed
1. 1 lemon
1. 1 orange, peeled
1. 1" ginger, peeled and grated

Directions

1. Add all the above ingredients through a juicer.
2. Pour into 2 serving glasses.
3. Serve and enjoy.

Winter Celery Juice

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 3 celery roots
1. 2 pears
1. 1/2 teaspoon ground cloves

Directions

1. Wash all ingredients thoroughly. Peel celery and transfer to a juicer. Add pear and ground cloves.
2. Press your ingredients through a juicer and serve right away!

Autumn Refreshing Juice

(Ready in about 15 minutes | Servings 2)

Ingredients

1. 4 parsnips
1. 2 carrots
1. 2 pears
1. 2" ginger root, peeled
1. 1/2 ground allspice

Directions

1. Clean your ingredients and transfer them to a juicer.
2. Press the ingredients through the juicer according to manufacturer's instructions.
3. Pour the juice into two serving glasses. Serve with bendy straws. Enjoy!

p.Go-To Green

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1/4 small-sized honeydew melon
1. 1 small-sized pear
1. 4 leaves kale
1. 1 cucumber

Directions

1. Begin by removing rind from honeydew melon. Then place the melon in your juicer.
2. Add the pear, kale, and cucumber. Now press all components through juicer and serve in a tall glass.
3. Garnish with melon balls if desired. Enjoy!

Favorite Apple Lemonade

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1 small-sized green apple
1. 1 handful spinach
1. 1/2 cucumber
1. 1/2 teaspoon allspice
1. 1 lemon, peeled

Directions

1. Add all ingredients through a juicer.
2. Serve the lemonade over ice and enjoy!

Winter Gold

(Ready in about 10 minutes | Servings 1)

Ingredients

1. 1 jicama, peeled
1. 1 orange, peeled
1. 1 tablespoon mint
1. 2 sprigs coriander
1. 1/4 teaspoon turmeric
1. 1/4 teaspoon ground cloves

Directions

1. Wash all your ingredients thoroughly.
2. Press the ingredients through a juicer and enjoy! Serve hot or cold, it's up to you.

Yummy Fruit Cleanser

(Ready in about 10 minutes | Servings 1)

Ingredients

1. 1 mango
1. 1/2 cucumber
1. 1/2 yellow pepper
1. 1 jalapeño
1. 1 lemon

Directions

1. Press the ingredients in your juicer.
2. Serve over ice cubes and enjoy!
3. Note: You can prepare this juice all year round for cleansing and body detox.

Anti-Inflammatory Juice

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1 orange
1. 2/3 medium pineapple
1. 1 lime
1. 1 small handful cilantro

Directions

1. Remove rind from orange and pineapple. Cut them into large wedges; then, transfer them to a juice extractor. Add lime and cilantro.
2. Process the ingredients in a juice extractor.
3. Lastly, pour prepared juice over ice cubes in glasses. Serve at once.

Chayote Tomato Booster

(Ready in about 10 minutes | Servings 1)

Ingredients

1. 1/2 chayote
1. 1 tomato
1. 1 green apple

Directions

1. Wash all the above ingredients thoroughly and replace them to your juice extractor.
2. Process all ingredients using the juice extractor. Serve in a large jug and drink immediately.
3. Note: Chayote is also known as Mirliton. This vegetable is low in calories and it is a rich source of antioxidants and vitamins.

Flavors of India

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 2 apples
1. 2 pears
1. 1/2 lemon
1. 2" ginger
1. A dash of Garam masala

Directions

1. Core the apples and pears. Remove rind from lemon and ginger. Transfer the ingredients to your juicer. Add Garam masala.
2. Divide among 2 serving glasses and serve right away!
3. In their natural state, apples and pears are packed with enzymes, phytonutrients, and vitamins, minerals. Enjoy!

Delicious Fruits with Herbs

(Ready in about 10 minutes | Servings 3)

Ingredients

1. 2 grapefruits
1. 1 apple
1. 1 pear
1. 1/2 small-sized pineapple
1. 1 tablespoon fresh parsley
1. 1 tablespoon fresh basil
1. 1" ginger

Directions

1. Begin by cleaning and preparing your ingredients. Now transfer them to a juice extractor.
2. Press the mixture through juice extractor.

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3. The juice contains only natural ingredients that your body needs for optimum health. Enjoy!

Winter Super Blend

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 2 Royal Gala apples
1. 2 carrots
1. 1 handful alfalfa sprouts
1. 1 handful watercress
1. 1/2 lime
1. 1/2-inch chunk of broccoli stem

Directions

1. Simply juice all the above ingredients.
2. Afterwards, pour the juice over ice and drink right now!
3. The juice is a source of vitamin A, which helps us to boost the immune system and maintain beautiful healthy skin.

Orange Zesty Juice

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1 sweet potato
1. 2 carrots
1. 2 apples
1. 1 orange
1. A dash pumpkin pie spice

Directions

1. Simply add the ingredients to your juicer. Press the ingredients and pour the juice into glasses.
2. Sprinkle some extra pumpkin pie spice on the top.

Spicy Tangerine Treat

(Ready in about 15 minutes | Servings 4)

Ingredients

1. 4 tangerines
1. 4 carrots
1. 1 small beetroot
1. 1/2" ginger
1. 1/2 teaspoon Maca powder

Directions

1. Peel the tangerines but leave the white pith. Juice the tangerines and transfer the juice to the blender.
2. Add the carrots, beetroot, ginger, and Maca powder. Blend until smooth.
3. Serve at once and enjoy!

Perfect Summer Juice

(Ready in about 15 minutes | Servings 2)

Ingredients

1. 1/2 medium watermelon
1. 1/2 medium pineapple
1. 1/4 teaspoon Maca powder
1. 1-inch ginger

Directions

1. Remove rind from watermelon and pineapple. Add them to the juicer.
2. Stir in Maca powder and ginger; process the ingredients in the juicer.
3. This is a delicious anti-inflammatory juice and it can protect our body against dehydration and heart diseases.

Wheatgrass Citrus Juice

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 30 tablespoons wheatgrass juice
1. 3 oranges
1. 2 grapefruits
1. 1 lime
1. 2 sprigs rosemary

Directions

1. Put all the ingredients into the blender; mix well and pour into the glasses.
2. This amazing juice cleanses the blood and regulates blood pressure.

Spicy Powerful Drink

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1 cucumber
1. 1/2 jicama, peeled
1. 1/2 bell pepper
1. 1 small-sized red onion, peeled
1. 1 orange, peeled
1. A dash cayenne pepper

Directions

1. Wash all your ingredients and transfer them to a juice extractor.
2. Pour the ingredients into glasses. Dust with some extra cayenne pepper.
3. This spicy combination of vegetables and fruits will provide you with lots of energy!

Oh Sweet Cauliflower

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1 medium-sized head cauliflower
1. 1 apple
1. 2 oranges, peeled
1. 1 celery rib
1. 1 carrot

Directions

1. Add all ingredients through a juicer.
2. Pour into two chilled glasses.
3. Drink at once and enjoy!

Cherry and Sweet Potato Juice

(Ready in about 10 minutes | Servings 4)

Ingredients

1. 1/2 cup dried cherries
1. 1 sweet potato
1. 4 tangerines, peeled
1. 1 fennel
1. 1" ginger
1. A dash of ground nutmeg

Directions

1. Place all of the above ingredients in your juice extractor. Process until you get the juice.
2. Pour the juice into four chilled glasses and garnish with drinking straws.
3. Sprinkle with some extra ground nutmeg. Enjoy!

Peach and Raspberry Juice

(Ready in about 10 minutes | Servings 4)

Ingredients

1. 3 peaches, pitted
1. 2 apricots, pitted
1. 10 raspberries
1. 1 ½" ginger
1. A dash of Chinese 5-spice

Directions

1. Add all ingredients through your juice extractor. Serve over crushed ice.
2. This refreshing juice is rich source of vitamin C and potassium, which may help cleanse the intestine.

Cranberry Blast

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1 cup cranberries
1. 2 carrots, trimmed
1. 1/2 cup fresh pineapple chunks

Directions

1. Process the cranberries, carrots, and pineapple following the manufacturer's directions.
2. Add crushed ice if desired. Serve as soon as possible and enjoy.
3. Cranberries are packed with phytoflavonoids, antioxidants, and vitamins. Therefore, this juice can lower your risk of cancer and heart disease.

Orange Blueberry Delight

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1 orange, peeled
1. 1 cup blueberries
1. 1 large-sized banana, peeled

Directions

1. Process the orange and blueberries through an electronic juicer following the manufacturer's instructions.
2. Add the banana and transfer everything to a blender; blend until the mixture is uniform and smooth. Serve as soon as possible.

Pear and Tangerine Boost Juice

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1 large carrot, trimmed
1. 1 sweet potato, peeled and diced
1. 1 apple, cored
1. 1 ripe pear, cored
1. 2 medium tangerines, peeled

Directions

1. Clean the ingredients thoroughly.
2. Press the carrot and sweet potato through your juicer following the manufacturer's directions.
3. Add the apple, pear, and tangerine segments; process again and serve right now.
4. When choosing pears, keep in mind that softer pears yield more pulp and less juice to your drink.

Spicy Cucumber with Key Lime

(Ready in about 10 minutes | Servings 1)

Ingredients

1. 1 clove garlic, peeled
1. 1 cucumber
1. 1 teaspoon dried dill weed
1. 2 scallions, trimmed
1. 2 key limes

Directions

1. Process your ingredients through a juicer according to the manufacturer's directions.
2. Stir before serving and serve over ice cubes if desired.
3. Cucumber is a natural diuretic, so this juice benefits our digestion.

Powerful Green Juice

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 2 cups fresh green beans
1. 5 large leaves lettuce
1. 1 cucumber
1. 1 tomato
1. 1 lemon cut into quarters, peeled

Directions

1. First of all, press the beans through your electronic juicer.
2. Stir in the lettuce, followed by the cucumber, tomato, and the lemon.
3. Mix the juice thoroughly and serve immediately.
4. Punch up your energy levels with this great vitamin juice!

Yam and Pineapple Juice

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1 yam, peeled
1. 4 tangerines, peeled
1. 2 carrots, trimmed
1. 1 small-sized pineapple
1. 1/2 teaspoon Maca powder

Directions

1. Process yam through your electronic juicer following the manufacturer's instructions.
2. Add tangerine and carrots.
3. Remove rind from pineapple. Cut it into slices and transfer to the juicer. Afterwards, add Maca powder. Juice all the ingredients and pour prepared juice into two glasses. Enjoy!

Vegetable Juice with Sprouts

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 2 carrots
1. 1 cucumber
1. 6 leaves Iceberg lettuce
1. 2 handfuls fresh spinach
1. 1/2 cup alfalfa sprouts

Directions

1. First of all, process carrots and cucumber through a juicer. Then, add the lettuce leaves to the feeding tube.
2. Add the spinach and sprouts. Mix your juice thoroughly and serve with drinking straws. Enjoy!

Veggie and Lime Juice

(Ready in about 10 minutes | Servings 1)

Ingredients

1. 1 large cucumber
1. 2 cloves garlic, peeled
1. 1/2 lime, peeled
1. 1/2 cup parsley

Directions

1. Process the cucumber, garlic, and parsley through an electronic juicer.
2. Serve over ice cubes if desired.
3. The parsley will help to combat garlic breath.

The Best Beet Juice

(Ready in about 10 minutes | Servings 1)

Ingredients

1. 1 carrot
1. 2 sugar beets
1. 2 apples, cored
1. 1 orange, peeled
1. 2 celery ribs

Directions

1. Scrub and trim the carrots and the beets. Then, cut them into chunks.
2. Next, process them through the feed tube of your juicer.
3. Add apples, orange, and the celery. Mix the juice and serve as soon as possible.
4. Beet cleanses the kidneys and liver and it also helps to replenish the red blood cells.

The Cabbage Master

(Ready in about 10 minutes | Servings 1)

Ingredients

1. 1 ripe pear, cored
1. 1 green apple, cored
1. 1/4 green cabbage, cut into wedges
1. 6 lettuce leaves
1. 1-inch piece of ginger
1. 4 sprigs fresh mint

Directions

1. Prepare all the above ingredients before juicing them.
2. Juice all ingredients thoroughly. Pour into two chilled glasses and drink as soon as possible.
3. This juice is very good for our skin and energy.

Favorite Skinny Juice

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1 small bitter melon
1. 1/2 small pineapple
1. 1 apple
1. 2 carrots
1. 1 lemon

Directions

1. Wash all ingredients well.
2. Then, remove the skin from the melon and pineapple. Cut the melon in half and scoop out the seeds. Core the apple and scrub the carrots.
3. Press everything through juicer and serve!
4. Bitter melon is a great ingredient, which can help you fight the excess pounds.

Fruity Veggie Energizer

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 2 pears, cored
1. 1 small cucumber
1. 1/4 bulb fennel
1. 1/2 lemon, peeled
1. 1/4 inch ginger,
1. 1 cup spinach
1. 1 small tangerine

Directions

1. Core the pears and process them through the feed tube of your electronic juicer.
2. Place the remaining ingredients and mix your juice thoroughly.

3. Lastly, serve over crushed ice if desired. This juice will keep you on your toes all day long. Enjoy!

Tropical Green Juice

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1 cup pineapple
1. 1 pear
1. 1 medium Granny Smith apple
1. 2 handfuls spinach leaves
1. 1/4 cup parsley
1. 1/2 pink grapefruit, peeled and seeded
1. 1 cup coconut water

Directions

1. Remove rind from pineapple and cut the fruit into chunks. Core the apple and the pear. Tear spinach leaves and parsley.
2. Lastly, peel red grapefruit. Add all the ingredients to your juice extractor along with coconut water.

3. Process them until you get the juice. Pour into glasses and sprinkle with some extra coconut flakes if desired. Enjoy!

Ginger and Pear Juice

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1-inch ginger
1. 2 celery roots
1. 1 pear
1. 1 handful kale
1. 2 sprigs rosemary

Directions

1. Wash and clean all of the above ingredients. Transfer them to a juicer.
2. Juice the ingredients and pour it into the glasses. Serve at once.

Apple and Sprout Juice

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 2 medium carrots, trimmed
1. 1 cup broccoli sprouts
1. 1/2 cup alfalfa sprouts
1. 1 apple, cored
1. 1 lemon, peeled

Directions

1. Mix the juice thoroughly in your juicer.
2. Pour into two serving glasses and drink at once.
3. Sprouts are loaded with micronutrients, which are very beneficial for our health.

Ginger Kale Juice

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1 small-sized lemon, peeled
1. 1-inch piece fresh ginger
1. 6 leaves kale
1. 1/2 head red lettuce
1. 1 cucumber

Directions

1. Process the ingredients through a juicer according to the manufacturer's directions.
2. Pour into glasses and serve.
3. This is a great healthy drink for detoxing after the holidays.

Delicious Sweet Potato Juice

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1 medium sweet potato, peeled
1. 4 medium carrots, trimmed
1. 2 kiwis
1. 1-inch piece ginger
1. 1 lemon, peeled
1. 1 celery rib

Directions

1. Press the sweet potatoes and carrots through an electronic juicer following the manufacturer's instructions.
2. Add the kiwis, followed by the ginger, lemon, and celery rib.
3. Serve over ice. Shake before drinking.

Simple Orange Delight

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 4 large carrots, trimmed
1. 1 orange, peeled

Directions

1. Process the carrots and orange through a juicer.
2. You can enjoy this juice on a daily basis. It prevents heart diseases, cancer, infection, and the other disorders.

Black Currant and Sprout Juice

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1 cup red grapes
1. 1/2 cup black currants
1. 2 tablespoons alfalfa sprouts
1. 1/2 cup coconut water

Directions

1. Juice the ingredients in a juice machine.
2. You can sweeten the juice with your favorite natural sweetener if desired.
3. These ingredients promote healthy skin. Blackcurrant is widely used as an herbal medicine.

Mint Pineapple Juice

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1 cup pineapple, peeled and cut into chunks
1. 2 celery stalks, with leaves
1. 1 tablespoon mint leaves

Directions

1. Process the pineapple and celery through a juicer.
2. Serve the juice garnished with mint leaves.
3. The juice contains anti-inflammatory ingredients and vitamin C.

Grape and Melon Surprise

(Ready in about 10 minutes | Servings 3)

Ingredients

1. 1/4 small honeydew melon
1. 1 cup green grapes, seedless
1. 2 kiwi fruits, peeled
1. 3/4 cup spinach, torn into pieces
1. 1 lemon, peeled

Directions

1. Mix the juice thoroughly to combine all the above ingredients.
2. Serve at once and enjoy!
3. Honeydew melon is rich in vitamin B and potassium and grapes are high in phytochemicals.

Mint Tropical Delight

(Ready in about 10 minutes | Servings 3)

Ingredients

1. 1 mango, peeled and cored
1. 2 apricots, pitted
1. 1/4 cup pineapple, peeled and cut into chunks
1. 1 teaspoon fresh grated ginger
1. 1 cup strawberries
1. 1 tablespoon mint leaves

Directions

1. Process the ingredients through your electronic juicer following the manufacturer's directions.
2. You can sweeten the juice with the raw honey.
3. The juice is beneficial for digestion and weight loss. Enjoy!

Hot Beet Juice

(Ready in about 10 minutes | Servings 4)

Ingredients

1. 4 carrots, trimmed
1. 3 celery stalks
1. 1 beet
1. 1/2 cup kale
1. 3 tomatoes
1. 2 red bell peppers, seeded
1. 4 green onions, trimmed
1. 1 teaspoon salt
1. A pinch of black pepper
1. A few drops hot pepper sauce

Directions

1. Clean all the above ingredients.
2. Process the carrots, celery and beet through your electronic juicer following the manufacturer's instructions.
3. Add the kale, followed by tomatoes, bell peppers, and green onions. Season with salt, black pepper, and hot sauce.
4. Lastly, whisk the juice thoroughly, and serve over ice. Enjoy!
5. Remember that the micronutrients in fresh juices are fragile, so drink your juice immediately.

Carrot and Tangerine Juice

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 2 carrots, trimmed
1. 1 apple, cored
1. 1 pear, cored
1. 3 tangerines, peeled
1. 1-inch piece fresh ginger

Directions

1. Process the carrots, apple, and pear through an electronic juicer.
2. Add the tangerines, a few pieces at a time. Stir in the ginger and mix the juice thoroughly.
3. Serve and enjoy!
4. The juice is very beneficial for circulation and digestions.

Melon and Coconut Juice

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1 cup watermelon chunks
1. 1/2 honeydew melon, peeled
1. 1 tangerine, peeled
1. 1/2 cup coconut water

Directions

1. Juice all the ingredients; transfer the juice to the glasses.
2. This is the natural way to fight stress. Enjoy!

Avocado and Apple Juice

(Ready in about 10 minutes | Servings 4)

Ingredients

1. 4 Granny Smith apples, cored
1. 1 medium cucumber
1. 1-inch piece of ginger
1. 1 avocado, pitted

Directions

1. Process all the ingredients, except for avocado. Then, blend the juice and avocado well.
2. Pour into serving glasses and serve.
3. Avocado, also known as ‘alligator pear’, is nutritious fruit loaded with good fatty acids.

Berry and Apple Cooler

(Ready in about 10 minutes | Servings 4)

Ingredients

1. 4 apples, cored
1. 2 cups strawberries, hulled
1. 1/2 cup blackberries
1. 1 cup blueberries

Directions

1. Simply juice the apples through an electronic juicer following manufacturer's directions.
2. Add the strawberries, followed by the blackberries and the blueberries. Serve over crushed ice.
3. The useful ingredients help your muscles relax, so it is a perfect juice at the end of a hectic day!

Grape and Sugar Beets

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 2 sugar beets, with greens
1. 1 medium carrot, trimmed
1. 1/2 pound black grapes, seedless

Directions

1. Trim the beets and after that cut them into pieces. Transfer the beets to your electronic juicer; process them according to the manufacturer's instructions.
2. Add the carrots and black grapes.
3. Whisk the juice before serving. Try to drink immediately.
4. This amazing juice helps your body remove toxins. Enjoy!

Minty Beets with Fruits

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 2 sugar beets including greens
1. 1 pear, cored
1. 1 orange, peeled and segmented
1. 1 large cucumber
1. 1 handful parsley
1. 2 tablespoons fresh mint leaves

Directions

1. Process the beets together with greens through an electronic juicer.
2. Add the remaining ingredients.
3. Blend your juice thoroughly to combine; serve over ice and enjoy.
4. Beet with their greens is an amazing cleanser of our blood and liver. Enjoy!

Green Detox Special

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 2 cups spinach
1. 1 ½ cups arugula
1. 1 medium apple
1. 1 lime
1. 1/2-inch slice of fresh ginger

Directions

1. Wash and rinse the spinach and arugula. Then, tear them into pieces. Core the apple, and remove rind from the lime.
2. Juice all the ingredients; serve the juice chilled.
3. This green juice is a wonderful natural diuretic.
4. Note: roll the spinach and arugula into balls before adding to your juice extractor.

Apple Pie Juice

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 2 apples
1. 1 sweet potato
1. 2 oranges
1. 2 carrots
1. 1/4 teaspoon pumpkin pie spice

Directions

1. Core the apples. Remove rind from sweet potato and oranges. Trim the carrots. Add them to your juice extractor along with pumpkin pie spices.
2. Juice all the ingredients and pour your juice into two serving glasses.
3. Sweet potato is high in vitamin B6, vitamin C, and vitamin D. It contains amazing natural sugars that are slowly released into the body.

Winter Gold

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 3 carrots
1. 2 apples
1. 1/2 teaspoon cinnamon powder
1. 1/4 teaspoon grated nutmeg
1. 1-inch ginger

Directions

1. Trim the carrots, core the apples and peel ginger root. Now wash all ingredients.
2. Add the ingredients through a juicer.
3. Pour prepared juice into 2 well-chilled glasses. Shake before serving and try to drink immediately.

Tangerine and Carrot Juice

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 4 carrots
1. 4 tangerines
1. 1/4 teaspoon cloves
1. 1/2" ginger root

Directions

1. Trim the carrots, and peel tangerines and ginger root. Then, wash the ingredients and transfer them to your juicer.
2. Next, add cloves and juice all the ingredients. Enjoy!

Watermelon and Ginger Juice

(Ready in about 10 minutes | Servings 4)

Ingredients

1. 1/2 medium watermelon
1. 1/2 medium pineapple
1. 1" ginger

Directions

1. Add all ingredients through your juicer.
2. Pour well-chilled juice into two glasses and enjoy!
3. Juice is beneficial in multiple ways. Watermelon is a perfect diuretic. Then, ginger has anti-inflammatory effects and it can help with osteoarthritis.

Spicy Root Vegetable Juice

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 3 large-sized carrots, scrubbed and sliced
1. 1 beet, scrubbed and chopped
1. 2 tablespoons fresh ginger, peeled and chopped
1. 2 medium-sized apples, cored and diced
1. 1/4 teaspoon cloves
1. 1/2 cup water

Directions

1. In a blender, combine all the above ingredients and blend until smooth.
2. Strain juice; you can add an additional 1/2 cup of water if desired. Shake before serving and serve with drinking straws.
3. Health benefits of root vegetables are well known. Beet lowers our blood pressure, and it also fights cancer symptoms and inflammation.

Super Tomato Juice

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1 tomato
1. 1 bell pepper, seeded
1. 1 cucumber
1. 3 carrots
1. 1 lime

Directions

1. Wash all ingredients thoroughly.
2. Then, add all ingredients through a juicer. Serve in individual glasses and enjoy!
3. Tomato is a super food that is considered to be especially beneficial for cancer fighting and skin problems.

Pear and Lettuce Juice

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1 cucumber
1. 4 carrots
1. 3 leaves Iceberg lettuce
1. 1 pear
1. 1" ginger
1. 1/2 teaspoon allspice

Directions

1. Trim the carrot, torn the lettuce leaves, core the pear, and peel ginger root.
2. Process all ingredients through your juicer and serve well-chilled!
3. It is good to know that pears can help us to lower a risk of type 2 diabetes.

Healthy Red Treat

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1 sweet potato, peeled
1. 1 beetroot, peeled
1. 2 apples, cored
1. 1 ½" ginger, peeled

Directions

1. Clean all ingredients and add them to your juice extractor.
2. Process all the above ingredients through a juicer and serve at once.
3. Thanks to this juice, you can get a significant amount of beta-carotene and vitamin A.

Bloody Mary Juice

(Ready in about 10 minutes | Servings 4)

Ingredients

1. 4 tomatoes
1. 1 carrot
1. 2 red bell peppers
1. 2 ribs celery
1. 1 small handful parsley
1. 1 small handful basil
1. A pinch of salt
1. 1 teaspoon olive oil

Directions

1. Add all ingredients through a juicer.
2. Pour into four chilled glasses. Serve at once.

3. This juice with its specific combination of ingredients has amazing mind-body benefits. Parsley is a great diuretic, basil has an ability to clear your skin and celery is known as a great antioxidant and cancer-fighting food. Enjoy it because you deserve it!

Pineapple Blueberry Juice

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1/2 medium pineapple
1. 2 oranges
1. 1 cup blueberries
1. 1 tablespoon fresh mint leaves

Directions

1. First of all, remove rind from pineapple and oranges. Then, transfer them to a juice extractor. Add the rest of the above ingredients.
2. Process the ingredients until they are thoroughly mixed. Pour the juice into individual serving glasses.
3. Pineapple can lower our blood pressure and help in asthma prevention. The juice can lower blood glucose levels, so it is a great choice for diabetics.
Enjoy!

Plum Tomato Juice

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 3 plum tomatoes
1. 1 bell pepper, seeded
1. 1 fennel
1. 1 small handful parsley
1. 1/2 lemon, peeled
1. A pinch sea salt
1. A pinch of dried oregano
1. 1 teaspoon coconut oil

Directions

1. Clean all ingredients thoroughly.
2. Add all ingredients through a juicer. Adjust the seasonings to taste.

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3. This is a very refreshing drink, which is great for cleansing the body of toxins. Enjoy!

Fresh Summer Limeade

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1/2 medium-sized honeydew
1. 1/2 medium-sized watermelon
1. 1/2 cup fresh mint
1. 1 lime

Directions

1. Remove rind from honeydew and watermelon.
2. Wash all ingredients thoroughly and transfer them to a juice extractor.
3. Simply juice all the above ingredients and serve immediately.
4. The juice helps you to improve your digestion and weight loss. Did you know that mint is a natural stimulant, so it gets your brain function on a high level?!

Grapefruit Mint Juice

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 3 carrots
1. 1 grapefruit
1. 1 small handful mint
1. 1/2 fennel
1. 1 lime
1. 5 leaves kale

Directions

1. Scrub the carrots, and peel your grapefruit and lime.
2. Then, wash all ingredients thoroughly and transfer them to a juicer along with the rest of ingredients.
3. Process the ingredients and serve the juice in individual glasses.

4. Keep in mind that blood oranges yield more juice. Enjoy!

Post-Workout Drink

(Ready in about 10 minutes | Servings 1)

Ingredients

1. 1 carrot, scrubbed and coarsely chopped
1. 1 small sweet potato, scrubbed and coarsely chopped
1. 2 oranges, peeled and cut into chunks
1. 1/4 cup raw almonds
1. 1 apple, cored and cubed
1. 1/2 cup water

Directions

1. In a blender, combine all the above ingredients: then; blend, scraping down sides, until uniform and smooth.
2. Strain juice and add some additional water if needed. The ingredients help you build and repair your muscles. Enjoy!

Asparagus and Tomato Juice

(Ready in about 10 minutes | Servings 1)

Ingredients

1. 1 stalk asparagus
1. 1 large-sized tomato
1. 1 cucumber
1. 1/2 teaspoon ground allspice
1. 1 orange, peeled

Directions

1. First of all, wash your ingredients thoroughly. Process the asparagus and tomato through your juicer according to the manufacturer's directions.
2. Add the rest of the ingredients.
3. Mix the juice until everything is well combined; serve over crushed ice.
4. Asparagus is a natural diuretic because it is extremely rich in vitamins A and E, as well as in folic acid and iron.

Carrot and Maca Limeade

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 2 carrots, trimmed
1. 1 apple, cored
1. 1 pear, cored
1. 1 lime, peeled and seeded
1. 1 teaspoon Maca powder

Directions

1. Process the ingredients through your electronic juicer according to the manufacturer's directions.
2. Whisk your juice in order to combine well and enjoy right now.
3. Maca is a plant from central Peru. It is used for chronic fatigue syndrome, athletic performance, good memory, anemia, *etc.*

Artichoke and Carrot Cocktail

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 4 Jerusalem artichokes
1. 4 large radishes, tailed and trimmed
1. 1 celery stalk, chopped
1. 1 handful baby spinach
1. 1 bunch fresh cilantro
1. 3 medium carrots, trimmed

Directions

1. Process the artichokes, one at a time, through your electronic juicer.
2. Don't forget to roll the spinach and cilantro into a ball to compress while adding them to a juicer.
3. Add all the ingredients and juice them.

4. Jerusalem artichoke is a root vegetable, and it is a great source of dietary fibers and beneficial minerals and electrolytes such as iron, potassium, and copper. Enjoy!

Kiwi and Grapefruit Juice

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 3 kiwi fruits, peeled
1. 1 pear, cored
1. 2 pink grapefruits, peeled and seeded
1. 1/2 cup coconut water

Directions

1. Simply juice all of the above ingredients.
2. Pour the juice into glasses and serve.
3. Kiwi fruit is packed with vitamin C that can neutralize free radicals in our body and it can help in reducing rheumatoid arthritis, asthma, and so on.

Papaya and Strawberry Juice

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 2 papayas
1. 1 cup strawberries, hulled
1. 1/2 cup raspberries
1. 1 tablespoon fresh mint

Directions

1. Process the ingredients through your electronic juicer according to the manufacturer's instructions.
2. Stir or shake juice before serving.
3. Papaya is an excellent source of vitamin A and vitamin C. This drink is good for everyone with constipation and urinary disorders.

Simple Cleansing Cocktail

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1 medium cucumber
1. 1 bunch parsley
1. 1 medium apple, cored
1. Water to make 1 cup juice

Directions

1. Juice all the above ingredients. Serve and enjoy!
2. This is the simple juice for body cleansing.

Chard and Avocado Cocktail Drink

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 2 leaves Swiss chard, torn into pieces
1. 1/2 avocado, pitted and diced
1. 1 mango, cut into chunks
1. 1/2 cup coconut water

Directions

1. Process Swiss chard and avocado through an electronic juicer.
2. Transfer it to a blender; add the mango and coconut water. Blend until the mixture is smooth.
3. Pour the juice into glasses and serve.
4. The juice is loaded with fiber and antioxidants.

Cantaloupe and Blackberry Juice

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1/2 cantaloupe, peeled and seeded
1. 1/4 cup parsley
1. 1/4 cup fresh mint leaves
1. 1 cup blackberries

Directions

1. Juice all ingredients thoroughly. Pour into two well-chilled glasses.
2. Drink at once.
3. The juice is very good for a cleanse.

Berry and Carrot Cocktail Drink

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 3/4 cup blueberries
1. 1/2 cup strawberries
1. 3 medium-sized carrots, trimmed
1. 2 pears, cored

Directions

1. Process the blueberries and strawberries through an electronic juicer according to the manufacturer's directions.
2. Add the carrots and the pears. Next, mix the juice thoroughly.
3. This healthy drink is high in nutrients. This combination of ingredients reduces possible DNA damages.

Cabbage and Broccoli Juice

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1 small-sized head red cabbage
1. 1 small-sized head broccoli, broken into florets
1. 3 large leaves Swiss chard, torn into pieces
1. 1/2 teaspoon Maca powder

Directions

1. Process the cabbage and broccoli through an electronic juicer.
2. Add the remaining ingredients to your juicer.
3. Mix the juice thoroughly. Lastly, serve the juice over crushed ice if desired.
4. The juice has a positive impact on body's detoxification system. Enjoy!

Yam and Tangerine Juice Break

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 4 tangerines, peeled
1. 2 pears, cored
1. 1 yam, peeled

Directions

1. Simply put all ingredients into your juicer.
2. Serve well-chilled and enjoy.
3. This is a carbohydrate-rich juice so it boosts your energy instantly.

Root Vegetable Cleanser

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1-inch fresh ginger root
1. 3 beets
1. 3 carrots
1. 3 stalks celery

Directions

1. Simply process all ingredients in your juice extractor.
2. Pour into two well-chilled tall glasses.
3. Note: drink the juice on an empty stomach because the vitamins and minerals are better absorbed.

Green Boost

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1 carrot
1. 1 cucumber
1. 1 stalk celery
1. 1 cup broccoli
1. 1 green apple
1. 1 lime

Directions

1. Simply process all ingredients into your juice extractor.
2. Pour into two well-chilled tall glasses.
3. It's good to drink your juice fresh. If you have to store this juice, keep it in a fridge in a dark glass airtight container.

Tangerine Turmeric Juice

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1-inch fresh turmeric
1. 3 carrots
1. 2 tangerines
1. 3 stalks celery

Directions

1. Wash all ingredients; then, process them in your juice extractor.
2. The juice improves brain functions and lowers your risk of heart disease.

Fresh Start

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 4 carrots
1. 1 apple
1. 1 lemon
1. 1 cucumber
1. 1 kiwi fruit
1. 1/2 cup sprouts

Directions

1. Process all the ingredients in your juice extractor.
2. Pour the juice into two glasses.
3. This healthy drink protects your brain and nerve cells, as well as reduces the risk of inflammation. Enjoy!

Berry Grapefruit Blend

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1 cup mixed berries
1. 2 oranges, peeled
1. 1 pink grapefruit, peeled

Directions

1. Process the ingredients through the feed tube of an electronic juicer.
2. The juice is great for weight loss.

Green Pear Juice

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1 pear
1. 1 bunch cilantro
1. 3 leaves kale
1. 1 cup spinach
1. 1 cucumber
1. 2 carrots

Directions

1. Juice all the above ingredients together. Serve.
2. The fiber-rich juice with great ingredients juiced to a harmonious balance of nutrition.

Greens Lover

(Ready in about 15 minutes | Servings 4)

Ingredients

1. 1 ½ cups strawberries
1. 6 leaves collards
1. 4 cups watermelon
1. 2 apples
1. 1 lime

Directions

1. Hull strawberries and torn collard leaves. Remove rind from watermelon. Core your apples and peel the lime.
2. Place all the ingredients in your juice extractor. Juice and serve well-chilled.
3. This green drink is high in vitamins C and K, as well as in great antioxidants.

Big and Strong Like Popeye

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1 cup raspberries
1. 2 cups pineapple
1. 1 orange
1. 2 bunches spinach

Directions

1. Throw the ingredients into your juice extractor.
2. Juice the ingredients and serve in individual glasses.
3. Spinach, as nutrient dense greens, gives to this juice a large amount of fiber and iron. Enjoy!

Protein Spirulina Limeade

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1 apple
1. 1 pear
1. 1 lime, peeled
1. 1 bunch watercress
1. 1 nectarine
1. 1 tablespoon spirulina powder

Directions

1. Simply add all the ingredients to your juicer.
2. Juice and serve in well-chilled glasses.
3. Spirulina is protein from the sea that can improve our brain functions. Spirulina is an especially beneficial ingredient for vegans and vegetarians.

Fruit and Cilantro Juice

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 4 stalks celery, chopped
1. 2 Granny Smith apples, cored
1. 1 pear, cored
1. 1 bunch fresh cilantro
1. 1 lime, peeled
1. 1 teaspoon Spirulina powder

Directions

1. Simply juice celery, apples, pear, cilantro, lime, and spirulina in your electric juicer.
2. Divide the juice between two tall well-chilled glasses; serve at once.
3. It is extremely important to drink the juice fresh because it contains oxygen-sensitive vitamins such as vitamin C.

Blackberry Lemonade

(Ready in about 15 minutes | Servings 2)

Ingredients

1. 1 cup fresh blackberries
1. 3 cups cold water
1. 1 (6-ounce) can lemonade concentrate, undiluted

Directions

1. Mix blackberries and 1 cup of cold water in your blender until smooth.
2. Strain blended mixture through a sieve. Combine blackberry liquid with the remaining 2 cups of water and lemonade concentrate. Serve chilled and garnished with mint leaves if desired.
3. The juice promotes overall health.

Garden Treasure

(Ready in about 15 minutes | Servings 4)

Ingredients

1. 2 heads lettuce
1. 2 cups purple cabbage
1. 1 cucumber
1. 1 bell pepper, seeded
1. 2 red tomatoes

Directions

1. Juice the ingredients and serve in well-chilled glasses.
2. If you want to get rid of acne, drink this juice every day.

Easiest Revitalizing Juice

(Ready in about 10 minutes | Servings 1)

Ingredients

1. 1 cucumber
1. 2 Roma tomatoes
1. A pinch of Himalayan salt

Directions

1. Juice all the ingredients. Salt is optional.
2. The juice can help you achieve healthy hair and nails.

Delicious Purple Juice

(Ready in about 15 minutes | Servings 2)

Ingredients

1. 1 large-sized jicama

1. 1 beetroot

1. 1/2 bunch parsley

1. 1/4 lemon, with peel

1. 1/2-inch ginger root

Directions

1. Process all the above ingredients in your juice extractor.

2. Pour into two tall glasses and serve at once.

3. This healthy drink will make your skin glow!

Beetroot, Carrot and Lime Juice

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 3 medium-sized beetroot
1. 3 carrots
1. 1 celery
1. 1 small-sized lime
1. 2 tablespoons of brewer's yeast

Directions

1. Scrub beetroot, carrots, and celery. Peel the lime, and add the ingredients to the juicer.
2. Add brewer's yeast and juice until everything is well mixed. Serve and enjoy!
3. The juice is great to treat and beat anemia. Beetroot is rich in iron, and carrots and brewer's yeast make the iron absorption easier.

Cucumber Orange Delight

(Ready in about 10 minutes | Servings 1)

Ingredients

1. 1 cucumber
1. 1 green apple
1. 1 orange
1. 1 bunch of parsley
1. 1 lime

Directions

1. Wash all the above ingredients well; then, put them through a juice extractor.
2. Note: try to drink the juice 30 minutes before a meal. This natural juice will do miracle work in rebuilding your blood cells. Enjoy!

Mouth-Watering Drink

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1/2 pineapple
1. 1 celery rib
1. 1 head lettuce
1. A thumb-sized piece of ginger

Directions

1. Juice all the above ingredients and serve in two well-chilled glasses.
2. This juice combo has amazing anti-inflammatory properties.

Favorite Broccoli Breakfast

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 3 branches broccoli
1. 2 green apples, cored
1. 1 celery rib
1. 6 leaves Iceberg lettuce
1. 1 small-sized lemon with peel
1. 1-inch young ginger root

Directions

1. Wash the ingredients thoroughly. Cut up the ingredients to sizes that fit your juicer. Then, juice them and serve your juice in two individual glasses.
2. The juice is perfect for weight loss and detox program.

Cabbage and Orange juice

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1 green apple
1. 1 orange
1. 4 leaves red cabbage
1. 1 teaspoon Spirulina powder

Directions

1. Core green apple and peel the orange. Transfer them to a juicer along with cabbage and Spirulina powder.
2. Juice and serve right now.
3. The juice is good for breast and colon cancer prevention. Enjoy and stay healthy!

Lotus Root and Tangerine Juice

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1 section of lotus root
1. 1 carrot
1. 4 tangerines
1. 1-inch ginger

Directions

1. Peel lotus root, scrub the carrot, and remove rind from tangerine and ginger root.
2. Juice the ingredients and serve at once!
3. Lotus root is packed with vitamin C, vitamin B and iron.
4. Note: a single-gear juicer is the best for extracting root vegetables.

Tangerine and Ginger Juice

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 4 tangerines
1. 1 small-sized lime
1. 1-inch ginger root

Directions

1. Juice all the ingredients and serve it immediately.
2. This is immune boosting juice, which is suitable for everyone with allergy problems.

Radish and Pepper Juice

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 3 carrots
1. 1 tomato
1. 4 red radishes
1. 1 bell pepper
1. 1 lime
1. 1-inch ginger root

Directions

1. Juice the ingredients and serve it right now.
2. Radish is rich in vitamins B and C, as well as calcium, iron, and potassium. The juice is great for heart, kidneys, and lungs.

Brussels Sprouts Juice

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1 head lettuce
1. 1 ½ cups chopped Brussels sprouts
1. 1 lime
1. 4 large-sized strawberries
1. 1 orange, peeled

Directions

1. Press the ingredients in your juice extractor.
2. Serve in tall well-chilled glasses.
3. This amazing green juice improves bone health, and Brussels sprouts is one of the best anti-aging foods. Enjoy!

Tangerine and Root Vegetables with Greens

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 2 tangerines
1. 1 green apple
1. 1 cup spinach leaves
1. 1 bunch watercress
1. 2 carrots
1. 1 small beet
1. 1/4 teaspoon cumin seeds
1. Fresh ginger to taste

Directions

1. Peel your tangerines and core the apples. Torn greens, scrub the carrot, and peel the beetroot.

2. Add the ingredients to your juice maker.

3. Serve well-chilled and enjoy!

Radicchio and Lemon Delight

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1 green apple, cored
1. 1 cup spinach, torn into pieces
1. 1 handful radicchio
1. 3 radishes
1. 1 lime, peeled
1. 1 teaspoon lemon zest
1. 2 carrots, trimmed

Directions

1. Wash the ingredients and then, cut them to sizes that fit your juice extractor.
2. Lastly, juice them and serve it in two individual glasses.

3. The juice has immune system-boosting properties and it regulates blood sugar, too.

Grape Pomeade

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1 cup fresh pomegranate juice
1. 4 leaves beet greens
1. 1 lime, peeled
1. 2 cups red grapes

Directions

1. Juice the ingredients and transfer to the serving glasses.
2. This amazing juice is your 'fountain of youth'.

Summertime Mint Juice

(Ready in about 15 minutes | Servings 2)

Ingredients

1. 1/2 cup strawberries
1. 1 celery rib
1. 1 handful mint leaves
1. 2 handfuls spinach
1. 1 apple

Directions

1. Throw your ingredients into a juicer.
2. Pour the juice into the glasses.
3. The juice lowers blood pressure and prevents heart disease and stroke.

Green 'n' Delicious

(Ready in about 15 minutes | Servings 2)

Ingredients

1. 1 kiwi, peeled
1. 2 apples
1. 2 cups chopped mustard greens
1. 2 stalks celery
1. 1 peach, pitted

Directions

1. Press the ingredients in your juicer.
2. Pour into glasses and serve at once.

Purple Kale and Carrot Juice

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1 lemon, peeled
1. 4 leaves purple kale
1. 1 green garlic
1. 3 carrots
1. 1 red bell pepper
1. 45–50 drops Echinacea

Directions

1. Juice all the ingredients, except for Echinacea.
2. Add Echinacea and mix to combine. Pour into glasses.
3. Echinacea is used all over the world for different types of illnesses and infections.

Green Juice with Dates

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1 small-sized anise bulb
1. 4 handfuls spinach
1. 4 dates
1. 1 cup strawberries

Directions

1. Juice anise bulb and spinach. Transfer the mixture to a blender along with dates and strawberries.
2. Blend to combine. Serve over ice cubes and enjoy.
3. This juice is a very good source of dietary fiber, folate, copper, and phosphorus.

Herb and Lime Juice

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1 large cucumber
1. 1 lime
1. 1 handful mint
1. 1 handful cilantro
1. 2 handfuls spinach

Directions

1. Juice the ingredients and serve it right away.
2. This refreshing juice has high amounts of vitamins and minerals.

Wheatgrass and Arugula Juice

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 2 handfuls arugula
1. 2 ounces wheatgrass
1. 2 oranges, peeled

Directions

1. Press the ingredients in your juice extractor.
2. Serve over crushed ice if desired.
3. This immune-boosting juice has a lot of antioxidant ingredients. Enjoy!

Grape and Pear Juice

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 2 pears
1. 1 crown broccoli
1. 1 cup green grapes
1. 2 handfuls spinach

Directions

1. Juice the ingredients and serve it at once.
2. Garnish the juice with frozen grapes if desired.
3. Green grapes contain polyphenols which are the powerful antioxidants. Anyhow, this amazing juice has many benefits for our body. For example, it can help to keep you hydrated during your hectic day.

Mediterranean Juice

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1 beet
1. 2 celery ribs
1. 1 tomato
1. 1 large cucumber
1. 1 lemon, peeled
1. 1 teaspoon olive oil

Directions

1. Simply throw the ingredients into your juicer. Juice the ingredients and transfer them to serving glasses.
2. Shake before serving.
3. Olive oil helps our body to absorb vitamins in the vegetables.

Spicy Dandelion Greens Juice

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1 bunch dandelion greens
1. 1 bulb radicchio
1. 1 bunch fresh cilantro
1. 1 lime
1. A dash of cayenne pepper

Directions

1. Process the ingredients in your juicer according to manufacturer's directions.
2. The juice strengthens your immune system and increases body's fat-burning. Enjoy!

Green Soy Coconut Juice

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 2 handfuls baby spinach
1. 2 handfuls of arugula
1. 2 apples
1. 2 cups coconut water
1. Soy sauce, to taste

Directions

1. Wash the ingredients thoroughly. Juice spinach, arugula, and apples.
2. Combine the mixture with coconut water and soy sauce. Serve at once.
3. The juice provides you with significant digestive tract benefits. Not recommended for those with a soy allergy. Enjoy!

Green Rocket Juice

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 2 handfuls kale
1. 1 handful fresh cilantro
1. 1 apple
1. 1 pear
1. 2 cups coconut water

Directions

1. Tear kale and cilantro into pieces, cored the apple and pear. Transfer them to a juicer along with coconut water.
2. Juice everything, pour into two well-chilled glasses and serve at once.
3. This juice is great for our skin, hair, and nails.

Autumn Harvest Juice

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 2 Fuji apples
1. 1 green bell pepper
1. 1 small head cauliflower
1. 1 sweet potato
1. 1 handful cilantro
1. 2 carrots

Directions

1. Juice the ingredients and pour it into well-chilled serving glasses.
2. The most nutritious juices are the ones that are the most colorful. Enjoy this drink and improve your memory, digestion, bone health, and overall well-being.

Cabbage Juice with Red Grapes

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 4 cabbage leaves
1. 1 beet
1. 1 apple
1. 1 bunch red grapes

Directions

1. Juice the ingredients thoroughly.
2. Pour into well-chilled serving glasses.
3. The juice can protect you from radiation therapy and help you to fight inflammation.

Kale and Pear Juice with Grapes

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 4 kale leaves
1. 2 carrots, trimmed
1. 2 pears
1. 1 bunch green grapes

Directions

1. Juice the ingredients in your juice extractor.
2. Pour into tall chilled glasses.
3. The juice can protect you from inflammation.

Bok Choy and Carrot Juice

(Ready in about 10 minutes | Servings 4)

Ingredients

1. 6 carrots, trimmed
1. 2 celery ribs
1. 4 cabbage leaves
1. 2 Bok choy bulbs
1. 2 apples, cored
1. 1-inch ginger root

Directions

1. Wash all ingredients; cut up the ingredients to sizes that fit a juicer.
2. Juice it and serve right away!
3. Bok choy, also known Chinese white cabbage, is low in calories and high in potassium and vitamin C. There are many health benefits of consuming Bok choy such as cancer prevention; it can also help boost your immune system.

Broccoli and Sprout Juice

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1 crown broccoli, broken into florets
1. 2 carrots, trimmed
1. 1 lemon, peeled
1. 1 green apple
1. 1 tablespoon alfalfa sprouts

Directions

1. Press all the above ingredients through your juice extractor.
2. Serve over ice in your punch bowl if desired.
3. This is a cancer-fighting drink that is loaded with dietary fiber, protein, and several micronutrients.

Hot Swiss Chard Juice

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1 cup Swiss chard
1. 2 tomatoes
1. 1 bunch parsley
1. 1 carrot
1. 2 radishes
1. Tabasco, to taste

Directions

1. Juice the ingredients, adding water as necessary.
2. Swiss chard lowers high blood pressure and glucose levels. It also known as a fantastic source of vitamin K, so it can improve bone health. Enjoy!

Lettuce and Blackberry Treat

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 2 cups lettuce greens
1. 1 cup blackberries
1. 1 banana, peeled
1. 1/2 lime, juiced

Directions

1. Blend lettuce and blackberries until smooth.
2. Add water and the remaining ingredients.
3. Lettuce is alkaline food, rich in vitamin C and beta-carotene. The juice is good for weight loss.

Coconut Apple Pie

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 2 cups spinach
1. 2 apples
1. 1 cup coconut water
1. 1/4 grated nutmeg
1. Coconut flakes, for garnish

Directions

1. Juice the spinach, apples, and coconut water until everything is combined.
2. Add an additional water as necessary. Sprinkle with nutmeg and coconut flakes.
3. This healthy protein-rich dessert in a glass is delicious and kid-friendly.

Favorite Jackfruit Juice

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 4 Brussels sprouts
1. 1 handful sunflower sprouts
1. 1 grapefruit, peeled
1. 1 cup jackfruit
1. 1 lemon, peeled

Directions

1. Juice the ingredients and serve it immediately.
2. This delicious drink optimizes immune function, maintains cardiovascular health, and improves digestion. So grab it!

Pineapple Melon Juice

(Ready in about 10 minutes | Servings 3)

Ingredients

1. 1/2 medium-sized pineapple
1. 1/4 medium-sized melon
1. 1 beetroot
1. 2 carrots
1. 2 celery ribs
1. 1/2-inch ginger root

Directions

1. Remove rind from pineapple and melon. Peel the beetroot and ginger root, and scrub the carrots.
2. Then, clean all ingredients.
3. Add everything through a juicer and serve right away!

4. Melon is rich in beta-carotene, vitamin C, and fiber. Therefore, the juice can help to decrease blood pressure and prevent constipation.

Simple Fruit and Veggie Juice

(Ready in about 10 minutes | Servings 1)

Ingredients

1. 1 orange, peeled
1. 1 carrot, trimmed
1. 1 apple, cored and quartered
1. 1/2 head red cabbage, wrapped into balls
1. 1 handful parsley

Directions

1. First of all, wash your ingredients thoroughly. Press all the ingredients through your juicer.
2. Serve in your punch bowl if desired.
3. This is cancer-fighting juice, which is good for your liver and heart.

Herbed Energy Juice

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 2 beetroots, peeled

1. 2 carrots

1. 1 lemon, peeled

1. 2 oranges, peeled

1. 1 handful fresh basil

Directions

1. Add all ingredients through a juicer and serve immediately.

2. The juice is packed with sodium, magnesium, potassium, and electrolytes.
Enjoy!

Fennel Purple Juice

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1 fennel
1. 1/2 cup baby spinach
1. 1 tablespoon fresh parsley
1. 2 beets beetroot, peeled
1. 1 orange, peeled

Directions

1. Wash all ingredients thoroughly and transfer them to a juicer.
2. Add the ingredients through juicer and serve!
3. This is sweet and fragrant juice that is loaded with revitalizing nutrients.

Beet and Plum Juice

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 7 leaves kale Tuscan cabbage
1. 2 beets
1. 2 carrots
1. 8 medium plums

Directions

1. Peel your beets and scrub the carrots.
2. Add all ingredients through a juicer.
3. Serve over crushed ice if desired.
4. Keep your heart strong with this powerful juice.

Red Cabbage Juice

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1 small-sized head red cabbage
1. 4 carrots
1. 1 pear, cored
1. 1 apple, cored
1. 1 lemon, peeled

Directions

1. Juice all the ingredients. Serve over ice cubes if desired.
2. This nutrient rich juice helps you to improve your digestion with its fiber-related components. It is a great addition to your healthy diet.

Plum and Pear Juice

(Ready in about 10 minutes | Servings 1)

Ingredients

1. 1 pear
1. 4 plums, pitted
1. 1/2 beet
1. 2 carrots
1. 4 leaves spinach
1. 1" ginger

Directions

1. Juice the ingredients and serve it right now!
2. This drink can protect your heart because plums help you manage high blood pressure and reduce stroke risk, while pears lower cholesterol levels.

Rainbow Juice

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1/2 rock melon
1. 12 strawberries
1. 2 plums
1. 1 lemon, peeled
1. 1 kiwi, peeled
1. 1 handful mint

Directions

1. Juice the ingredients and serve over crushed ice.
2. The more colors the juice is healthier. This colorful juice is power-packed with many nutrients.

Soft Summer Juice

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1/4 medium watermelon
1. 1/2 cup pomegranate seeds
1. 1 cup blueberries
1. 1 tablespoon fresh mint leaves

Directions

1. First of all, remove rind from watermelon.
2. Wash the ingredients and add them through a juicer. Serve well-chilled.
3. Pomegranate is among the healthiest fruits in the world. It may help fight arthritis, breast cancer, prostate cancer, fungal infections, *etc.*

Cucumber and Carrot Juice

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1 cucumber
1. 2 carrots
1. 1 celery rib
1. 1 handful parsley
1. 1 lime, peeled
1. 1" ginger, peeled

Directions

1. Wash all ingredients and press them through your juicer.
2. Serve in well-chilled glasses.
3. This is brain-boosting drink, which is loaded with vitamins and minerals. The juice treats menopause symptoms naturally.

Fresh Morning Drink

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1/2 cup cherries, pitted
1. 1/4 medium watermelon
1. 1 tomato
1. 1 beet
1. 1 small handful basil

Directions

1. Remove rind from watermelon and peel the beet. Add it to the juicer along with remaining ingredients.
2. Juice the ingredients in a juice machine. Sweeten with natural sweetener if desired.

Chili Pepper and Sweet Potato Juice

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1 beet, peeled
1. 4 carrots
1. 2 oranges, peeled
1. 1 sweet potato, peeled
1. 1 chili pepper

Directions

1. Juice the ingredients in a juice machine.
2. This juice is great served over a few ice cubes.
3. The juice helps to prevent constipation and inflammation.

Party Ginger Drink

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1/3 pound fresh ginger root, unpeeled
1. 1 ½ cups water, or as needed to cover
1. 4 large lemons, juiced
1. 1/2 cup honey
1. 6 cups water
1. Fresh mint, to taste

Directions

1. Put ginger and water into a blender; blend until the mixture is pasty.
2. Strain the juice from ginger mixture into a pitcher. Add the rest of the ingredients and stir to combine.
3. This refreshing drink is perfect for your next party.

Pomegranate Watermelon Juice

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1/3 medium watermelon
1. 12 strawberries
1. 1 cup pomegranate seeds
1. 4 sprigs mint

Directions

1. Remove rind from watermelon.
2. Add all ingredients through your juice machine.
3. It may help fight cancer, arthritis, fungal infections, and so on.

Minty Watermelon Delight

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1/4 medium watermelon
1. 1 tomato
1. 1 handful mint
1. A pinch of kosher salt

Directions

1. Remove rind from watermelon.
2. Add all ingredients through a juicer. Pour into two chilled glasses.
3. This is a natural way to fight stress. Enjoy!

Grapefruit and Cranberry Juice

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1 grapefruit, peeled
1. 1 cup cranberries
1. 1 pear, cored
1. 1 sweet potato, peeled
1. 5 leaves collard greens

Directions

1. Process everything through a juicer according to the manufacturer's directions.
2. Fill serving glasses with ice cubes; pour the juice into the glasses. Serve right away.

Pear and Yam Magic

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 3 pears, cored
1. 2 carrots, trimmed
1. 1 medium-sized yam, peeled
1. 1/2 teaspoon vanilla extract

Directions

1. First of all, process the pears through an electronic juicer according to the manufacturer's instructions.
2. Add the carrots, followed by the yam and vanilla extract. Shake before serving.
3. The juice is a rich source of vitamin K which is good for your heart and bone health. Enjoy!

Cucumber and Carrot Cocktail

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1 cucumber
1. 1 apple, cored
1. 1 carrot
1. 1/2 head lettuce
1. Water to make 1 cup juice

Directions

1. Juice the ingredients and serve over ice cubes.
2. This healthy juice is loaded with vitamins A and vitamin C, as well as the antioxidants.

Cabbage Apple Cocktail

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1 stalk celery with leaves
1. 1/4 head green cabbage
1. 1 medium apple, cored
1. 1 lemon, peeled
1. 1/2-inch piece ginger
1. 1/2 cup parsley
1. 10 collard leaves

Directions

1. Process the celery, cabbage and apple through an electronic juicer according to the manufacturer's directions.
2. Add the rest of the ingredients. Serve over ice.

3. This cocktail is great for weight loss.

ICED TEA RECIPES

Orange and Lemon Iced Tea

(Ready in about 1 hour 10 minutes | Servings 16)

Ingredients

1. 4 green tea bags
1. 4 orange tea bags
1. 6 cups boiling water
1. 1 (12-ounce) can frozen lemonade concentrate
1. 1/2 lemon, juiced
1. 1/2 cup honey
1. Cold water, as needed

Directions

1. Place tea bags in a 1-gallon glass jar. Now pour boiling water over tea bags; then, steep for 15 to 30 minutes.
2. Remove tea bags and stir in lemonade concentrate, lemon juice, and honey.

3. Fill your jar with cold water. Afterwards, allow to chill in the refrigerator. Serve well-chilled and enjoy!

Maple Raspberry Tea

(Ready in about 15 minutes | Servings 10)

Ingredients

1. 1 gallon water
1. 3 tea bags
1. 1 cup fresh raspberries
1. 2 tablespoons maple syrup
1. 1/2 cup powdered lemonade mix

Directions

1. In a large-sized saucepan, bring the water to a boil. Add tea bags and raspberries.
2. Allow this mixture to steep for about 5 minutes; remove tea bags; now add the maple syrup and lemonade mix and stir until it is dissolved.
3. Allow to cool in your fridge and serve over ice cubes.

Classic Lime Iced Tea

(Ready in about 1 hour 10 minutes | Servings 8)

Ingredients

1. 8 cups water
1. 3 orange pekoe tea bags
1. 1/2 cup lime juice
1. Honey, to taste

Directions

1. In a saucepan, heat 8 cups water to a rapid boil. Then, drop in the tea bags and remove from heat. Now cover and let steep at least 1 hour.
2. In a large glass jar, combine the steeped tea with lime juice and honey. Refrigerate until chilled and serve over ice if desired.

Mint Lemonade Iced Tea

(Ready in about 25 minutes | Servings 12)

Ingredients

1. 3 tablespoons fresh mint leaves, crushed
1. 1 tablespoon fresh sage leaves, crushed
1. 1 quart boiling water
1. 1/2 cup instant iced tea powder
1. 2 quarts water
1. 1 (6-ounce) can lemonade concentrate, thawed
1. 1/4 cup honey

Directions

1. In a pitcher, combine the mint leaves, sage leaves, boiling water, and tea powder. Stir to combine well and let stand for 15 minutes.
2. Add the cold water, lemonade concentrate, and honey. Strain out mint and sage leaves and serve your tea over ice.

Mom's Cranberry Tea

(Ready in about 35 minutes | Servings 12)

Ingredients

1. 1 gallon water
1. 13 tea bags
1. 1 (12-ounce) can cranberry juice concentrate

Directions

1. Bring water to a boil in a large-sized pot.
2. Now add tea bags and let steep until desired strength is reached. Pour in cranberry juice and stir to combine. Sweeten with agave nectar or the other natural sweetener of choice.
3. Serve well-chilled and enjoy!

Peach Iced Tea

(Ready in about 1 hour 10 minutes | Servings 8)

Ingredients

1. 1 peach, pitted and sliced
1. 1 tangerine, peeled and segmented
1. 1 tablespoon agave syrup, or to taste
1. 8 cups boiling water
1. 4 Grey tea bags

Directions

1. Place peach, tangerine, and agave syrup in a pitcher.
2. Next, mash your fruit with a wooden spoon; add boiling water and Grey tea bags; stir to combine. Serve well chilled. Enjoy and stay hydrated!

Peppermint Orange Tea

(Ready in about 40 minutes | Servings 8)

Ingredients

1. 1 quart water
1. 1 blood orange, peeled and segmented
1. 6 tea bags of choice
1. 1 peppermint tea bag
1. 1/4 cup frozen lemonade concentrate

Directions

1. Bring the water to a boil in a large pot over high heat; add orange and tea bags.
2. Then, allow it to slowly steep for 30 minutes to 1 hour. After that, remove tea bag and stir in the lemonade concentrate. Drink well chilled.

Lime Cucumber Iced Tea

(Ready in about 2 hours 20 minutes | Servings 8)

Ingredients

1. 2 quarts boiling water
1. 5 tea bags
1. 1/2 cup cucumber, sliced
1. 2 limes, sliced, or as desired
1. 1/4 cup wildflower honey

Directions

1. Pour boiling water into a pitcher.
2. Add the remaining ingredients.
3. Refrigerate it for about 2 hours or until flavors have infused. Serve well chilled.

Mint Cucumber Iced Tea

(Ready in about 15 minutes | Servings 8)

Ingredients

1. 4 green tea bags
1. 3 sprigs mint leaves
1. 1 cucumber, sliced
1. 1/4 cup honey

Directions

1. Bring about 2 cups of water to a boil in a medium pan. Remove it from the heat and add the rest of the ingredients.
2. Cover and let sit for about 15 minutes.
3. Add honey and stir until the honey is dissolved. Drink well chilled.

Hibiscus and Pomegranate Tea

(Ready in about 2 hours 10 minutes | Servings 8)

Ingredients

1. 1/4 cup loose hibiscus tea
1. 4 cups boiling water
1. 1 cup pomegranate nectar
1. 4 cups cold water
1. Orange wedges, for garnish

Directions

1. Steep hibiscus tea in boiling water for about 5 minutes.
2. Strain the tea, and pour it into a pitcher.
3. Stir in pomegranate nectar and cold water. Refrigerate until chilled. Serve over ice with orange wedges, if desired.
4. Keep refrigerated for up to 1 week. Enjoy!

Chamomile and Orange Iced Tea

(Ready in about 2 hours 10 minutes | Servings 8)

Ingredients

1. 1/4 cup chamomile tea
1. 4 cups boiling water
1. 3/4 cup orange juice
1. 1/2 grapefruit, cut into wedges

Directions

1. Steep chamomile tea in boiling water approximately 5 minutes.
2. Strain the tea and pour it into a pitcher. Stir in orange juice; sweeten with honey or another natural sweetener.
3. Pour in cold water and refrigerate until it is chilled or for about 2 hours. Serve with grapefruit wedges and enjoy.
4. This drink is rich in antioxidants called flavonoids so it may help reduce a potential risk of Alzheimer's disease.

Vanilla and Jasmine Tea

(Ready in about 2 hours 10 minutes | Servings 8)

Ingredients

1. 12 green jasmine tea bags
1. 4 cups simmering water
1. 1 vanilla bean, sliced lengthwise
1. 1/2 cup orange juice
1. 1/3 cup honey
1. 4 cups cold water

Directions

1. Place tea bags and vanilla bean in simmering water for 2 to 3 minutes.
2. Remove tea bags and pour your tea into a large pitcher.
3. Stir in orange juice and honey; stir well or until the honey is dissolved. Add 4 cups of cold water. Serve well chilled and enjoy!

Mango Green Tea

(Ready in about 15 minutes | Servings 4)

Ingredients

1. 1 cup strongly brewed green tea
1. 1 sprig sage
1. 1 cup mango nectar
1. Mango slivers, for garnish

Directions

1. Combine tea, sage and mango nectar in a bottle or heat-proof pitcher.
2. Serve over ice garnished with mango slivers.
3. Green tea can improve our brain functions and physical performance. Then, it is proven that green tea may lower your risk of various types of cancer.
Enjoy!

Apple and Lemon Zinger

(Ready in about 20 minutes | Servings 4)

Ingredients

1. 4 cups boiling water
1. 4 lemon zinger tea bags
1. 1 stick cinnamon
1. 2 cups apple juice

Directions

1. Place tea bags and boiling water in a heat-proof pitcher; let steep for about 20 minutes.
2. Remove the tea bags, add apple juice and serve over ice cubes.

Summer Orange Tea

(Ready in about 3 hours 30 minutes | Servings 4)

Ingredients

1. 1/4 cup dried chrysanthemums
1. 3 orange slices
1. 4 cups boiling water
1. Agave syrup, to taste

Directions

1. Place chrysanthemums and orange slices in a ceramic pot. Pour in boiling water and cover with a lid. Then, let steep for 5 minutes. Stir in agave syrup.
2. Refrigerate until cold and serve well chilled or over ice.

Mint and Lavender Tea

(Ready in about 10 minutes | Servings 6)

Ingredients

1. 1/2 cup mint leaves
1. 2 tablespoons dried lavender
1. 2 tablespoons agave nectar

Directions

1. Mix all ingredients together. Pour in 4 cups of boiling water.
2. Serve chilled or at room temperature. Enjoy!

Strawberry Green Tea

(Ready in about 10 minutes | Servings 6)

Ingredients

1. 4 cups boiling water
1. 4 bags green tea
1. 1/4 cup lemon juice
1. 1 cup fresh strawberries

Directions

1. Pour boiling water over tea bags into a heat-proof pitcher; leave for about 5 minutes.
2. Remove your tea bags; you can sweeten tea to taste. Add lemon juice and transfer to a fridge in order to cool completely.
3. Puree strawberries in a food processor or a blender. Then, you should sieve them to remove the strawberry seeds.
4. Lastly, add the strawberry puree to the chilled tea. Keep this tea in a fridge until serving time. Enjoy!

Raspberry Chamomile Iced Tea

(Ready in about 10 minutes | Servings 6)

Ingredients

1. 6 cups boiling water
1. 6 bags chamomile tea
1. 1 vanilla bean, sliced lengthwise
1. 1 pint fresh raspberries

Directions

1. Put tea bags and vanilla bean into a heat-proof pitcher; add boiling water and let it stand for about 5 minutes.
2. Remove tea bags and transfer your drink to a fridge in order to cool completely.
3. Meanwhile, puree raspberries in your blender. Then, sieve them to remove the seeds.
4. Add the raspberry puree to your tea. Serve well chilled and enjoy!

Russian-Style Beverage

(Ready in about 15 minutes | Servings 20)

Ingredients

1. 1/4 cup orange-flavored drink mix
1. 1/4 cup lemon-flavored instant tea powder
1. 1/4 teaspoon ground nutmeg
1. 1 teaspoon ground cloves

Directions

1. In a large-sized bowl, combine all the above ingredients. Transfer to a pitcher
2. Pour simmering water over it. Use 3 teaspoons per serving size. Serve hot or chilled!

Limeade Iced Tea

(Ready in about 15 minutes | Servings 10)

Ingredients

1. 3 cups simmering water
1. 4 tea bags
1. 1 cup mint leaves, loosely packed
1. 4 cups cold water
1. 1 (6-ounce) can key lime concentrate

Directions

1. Pour simmering water into a saucepan. Then, add tea bags and fresh mint leaves. Cover and steep for about 10 minutes.
2. Then, discard tea bags and mint leaves. Sweeten with natural sweetener of choice.
3. Add 4 cups cold water and lime concentrate. Serve over ice cubes.

Chinese Spearmint Iced Tea

(Ready in about 10 minutes | Servings 4)

Ingredients

1. 1 tablespoon loose Chinese green tea
1. 5 cups boiling water
1. 2 bunches fresh spearmint, rinsed and drained
1. 1/3 cup honey

Directions

1. Combine Chinese green tea and 5 cups boiling water in a teapot; steep for 2 to 4 minutes.
2. Add spearmint and honey, stirring until well combined. Steep for 4 minutes more. Strain your tea and chill until ready to serve; enjoy!

Orange and Apricot Iced Tea

(Ready in about 10 minutes | Servings 4)

Ingredients

1. 3 (11.5-ounce) cans apricot nectar
1. 2 quarts brewed tea
1. 1/4 cup fresh orange juice
1. Agave nectar, to taste

Directions

1. Stir all the above ingredients in a pitcher. Then, transfer prepared tea to a refrigerator.
2. Serve well chilled over ice cubes. Garnish with orange wedges.

Raspberry Grape Iced Tea

(Ready in about 10 minutes | Servings 8)

Ingredients

1. 1 cup raspberries
1. 4 cups water
1. 2 family-size tea bags
1. 3 cups grape juice
1. 1 lime, sliced
1. 1 (16-ounce) bottle orange soft drink, chilled

Directions

1. Process raspberries in your food processor until smooth. Pour raspberry puree through a fine strainer into a large container in order to discard raspberry seeds.
2. Bring 4 cups of water to a boil in a large-sized saucepan. Remove from heat and add tea bags. Then, cover and steep for about 5 minutes.
3. Discard tea bags. Add raspberry puree, grape juice, slices of lime, and

orange soft drink. Stir to combine. Sweeten with some natural sweetener such as agave nectar, stevia, or honey.

4. Cover and chill overnight. Serve well chilled.

Raspberry Hibiscus Refresher

(Ready in about 10 minutes | Servings 8)

Ingredients

1. 4 cups boiling water
1. 8 hibiscus tea bags
1. 1/2 cups agave nectar
1. 2 cups sparkling apple cider, well-chilled

Directions

1. Pour boiling water over tea bags. Cover and steep for 10 minutes. Now discard tea bags.
2. Stir in agave nectar. Now chill until ready to serve. Pour in sparkling cider; serve over ice cubes.

Ginger Orange Iced Tea

(Ready in about 10 minutes | Servings 8)

Ingredients

1. 4 tea bags
1. 6 cups boiling water
1. 4 orange tea bags
1. 1/2 lemon, juiced
1. 1/2 cup honey
1. 1-inch ginger root, peeled and sliced
1. Cold water, as needed

Directions

1. Place tea bags and boiling water in a large-sized jar; then, steep about 30 minutes.
2. Remove tea bags and stir in remaining ingredients.

3. Lastly, allow to chill in the refrigerator. Serve well chilled over ice and enjoy!

Cherry Iced Tea

(Ready in about 10 minutes | Servings 8)

Ingredients

1. 3 (11.5-ounce) bottles cherry nectar
1. 2 quarts brewed green tea
1. 1/4 cup fresh lemonade
1. Agave nectar, to taste

Directions

1. Stir all the above ingredients in your pitchers or bottles. Then, transfer tea to a fridge.
2. Serve well chilled and garnished with lemon wedges if desired.

Berrylicious Iced Tea

(Ready in about 15 minutes | Servings 6)

Ingredients

1. 6 cup water
1. 2 black tea bags
1. 4 mixed berry tea bags
1. Agave syrup, as per taste
1. 1 tablespoon orange juice
1. 3 tablespoons fresh mint leaves

Directions

1. Bring water to a boil. Pour boiled water over tea bags in the pitcher; steep tea bags for about 10 minutes.
2. Then, discard tea bags. Chill covered for about 2 hours.
3. Stir in agave, orange juice, and mint leaves. Serve well chilled and enjoy!

Blackberry Iced Tea

(Ready in about 15 minutes | Servings 6)

Ingredients

1. 5 cups water
1. 5 strawberry tea bags
1. 2 cups frozen blackberries
1. 1/3 cup honey

Directions

1. Steep strawberry tea bags in 5 cups of water for 8 to 10 minutes. Allow to chill overnight.
2. In a blender, mix 2 cups of frozen blackberries, 1 cup of steeped tea and honey.
3. Add blackberry puree to the steeped tea, stir, and pour into glasses.

Strawberry Lemon Iced Tea

(Ready in about 20 minutes | Servings 10)

Ingredients

1. 10 tea bags
1. 1 cup strawberries
1. 1 cup fresh lemon juice
1. 1/2 cup agave syrup
1. 3 cups sparkling water
1. Berries for skewers

Directions

1. Bring 10 cups of water to boil. Turn off burner and add tea bags; now allow to steep completely. Pour tea into a pitcher and allow to chill completely.
2. Put the strawberries and lemon juice into your food processor or a blender; purée until smooth. Then, strain puréed mixture in order to discard strawberry seeds.
3. Add strawberry purée to the tea in the pitcher. Stir in agave syrup and

sparkling water. Stir to combine well. Garnish with fruit skewers.

Tropical Iced Tea

(Ready in about 20 minutes | Servings 12)

Ingredients

1. 12 cups boiling water
1. 12 tea bags
1. 1 cup pineapple
1. 1 cup fresh orange juice
1. 1/2 cup agave syrup
1. 3 cups lemon soda

Directions

1. Place boiling water and tea bags in a teapot; now allow it to steep. Place in a refrigerator until it is completely chilled.
2. Put the pineapple and orange juice into your blender; purée until the mixture is uniform and smooth. Add pineapple purée to the pitcher.
3. Lastly, add agave syrup and lemon soda. Stir and serve well chilled.

Jasmine Tea with Almond Milk

(Ready in about 20 minutes | Servings 8)

Ingredients

1. 8 jasmine tea bags
1. 1/4 cup honey
1. 1/4 cup heavy cream
1. 1/4 cup unsweetened almond milk
1. Lime slices, for garnish

Directions

1. Bring 6 cups water to a boil and add the tea bags. Turn off burner and let the tea steep about 5 minutes.
2. Add honey, heavy cream, and almond milk. Garnish with lime slices. Lastly, refrigerate until cold. Serve the tea over crushed ice.

Tea with Coconut Milk

(Ready in about 20 minutes | Servings 4)

Ingredients

1. 4 tea bags
1. 4 cups simmering water
1. Maple syrup, to taste
1. 3/4 cup full-fat coconut milk
1. 1/4 teaspoon grated nutmeg

Directions

1. Place 1 tea bag in each mug. Pour simmering water over your tea bag; let it steep for about 5 minutes. Allow to cool completely. Stir in maple syrup.
2. Meanwhile, froth coconut milk using a hand blender.
3. Then, gently pour frothed milk over the tea. Sprinkle with grated nutmeg and serve.

Sparkling Cranberry Iced Tea

(Ready in about 15 minutes | Servings 12)

Ingredients

1. 4 cups water
1. 1/2 cup maple syrup
1. 2 tea bags
1. 3 cups fresh cranberry juice
1. 4 cups sparkling water
1. Orange rind strips, for garnish

Directions

1. First of all, bring 4 cups of water to a boil. Add maple syrup and cook until it is completely dissolved, stirring periodically.
2. Pour maple water over tea bags. Then, let stand covered for about 5 minutes. Now discard tea bags, add cranberry juice, and cool it completely.
3. Pour in sparkling water, divide among serving glasses, and garnish with orange rind. Enjoy!

Sparkling Apple Tea

(Ready in about 15 minutes | Servings 12)

Ingredients

1. 4 cups boiling water
1. 4 tea bags
1. 1/2 cup honey
1. 3 cups fresh apple juice
1. 4 cups sparkling water
1. Apple slices, for garnish

Directions

1. Combine boiling water with tea bags. Let it steep for a few minutes.
2. Now discard tea bags, add honey and apple juice; stir to combine and cool it completely.
3. Lastly, add sparkling water. Serve garnished with apple slices. Enjoy!

Lemongrass Iced Tea

(Ready in about 15 minutes | Servings 2)

Ingredients

1. 2 stalks lemongrass, chopped
1. Zest of 1 lemon
1. 1 tablespoon honey
1. 1 cup brewed black tea, cooled

Directions

1. Put lemongrass and lemon zest into a heatproof pitcher. Pour 2 cups of boiling water over it; let steep for 15 to 20 minutes. Strain and add honey.
2. Divide prepared liquid among two ice-filled glasses. Top with black tea and serve chilled.

Ginger and Mint Iced Tea

(Ready in about 15 minutes | Servings 2)

Ingredients

1. 6 ounces fresh ginger root, peeled
1. 6 mint tea bags
1. 8 cups boiling water
1. 2 tablespoons agave nectar
1. Mint sprigs

Directions

1. In a teapot, combine ginger, tea bags, and boiling water. Let steep for 8 to 10 minutes.
2. Pour it through a sieve to discard solids. Stir in agave nectar. Allow to cool in a refrigerator.
3. Serve over ice garnished with mint sprigs. Enjoy!

Lemongrass Iced Tea

(Ready in about 10 minutes | Servings 1)

Ingredients

1. 1 cup iced tea
1. 1 ½ tablespoons lemongrass juice
1. 2 lemon slices
1. Sugarcane syrup, to taste
1. 1 stick lemongrass

Directions

1. Place iced tea and lemongrass juice in your mixer; shake well, and pour into glasses over crushed ice.
2. Add lemon slices and sweeten with sugarcane syrup.
3. Garnish with 1 stick of lemongrass. Serve well chilled.

Rocket Mint Iced Tea

(Ready in about 10 minutes | Servings 1)

Ingredients

1. 1 tablespoon freshly squeezed lime juice
1. 4 baby rocket leaves
1. 6 mint leaves
1. 1 tablespoon agave syrup
1. 1/2 cup brewed green tea, well-chilled

Directions

1. In a glass, muddle lime juice together with rocket leaves, mint leaves, and agave syrup.
2. Then, pour in a chilled tea.
3. Stir and serve well chilled.

Sparkling Blueberry Tea

(Ready in about 15 minutes | Servings 6)

Ingredients

1. 6 cups boiling water
1. 6 green tea bags
1. 1/2 cup agave nectar
1. 3 cups blueberry juice
1. 4 cups sparkling water

Directions

1. Pour boiling water over tea bags. Let it steep for 5 to 10 minutes.
2. Then, discard tea bags; add agave nectar and blueberry juice; stir to combine and transfer to a refrigerator in order to cool.
3. Afterwards, add sparkling water. Serve well chilled.

Strawberry Tangerine Tea

(Ready in about 15 minutes | Servings 8)

Ingredients

1. 8 black tea bags
1. 2 cups strawberries, hulled and sliced
1. 3 tangerines, peeled
1. 1 can frozen lemonade concentrate

Directions

1. Pour 8 cups of boiling water over tea bags in a pitcher. Let it steep for a few minutes,
2. Puree strawberries and tangerine in your blender until the mixture is smooth. Add this pureed mixture to the steeped tea.
3. Add lemonade concentrate and stir to combine. Serve over ice cubes and enjoy!

Raspberry Basil Iced Tea

(Ready in about 20 minutes | Servings 8)

Ingredients

1. 8 tea bags
1. 1 pound raspberries
1. 1 cup water
1. 1/4 cup agave nectar
1. 1 cup fresh basil leaves
1. Ice cubes, for serving

Directions

1. Bring 6 cups of water to a boil in a medium pan. Turn off burner, add tea bags, and let steep for 5 to 10 minutes.
2. Place raspberries in a bowl. Bring 1 cup of water to a boil. Remove from heat, and add agave nectar and basil; let steep for 10 to 12 minutes.
3. Pour it over raspberries and discard basil leaves. Allow to cool; add to prepared tea.

4. Refrigerate until chilled and serve over ice cubes.

Ginger Pineapple Iced Tea

(Ready in about 10 minutes | Servings 4)

Ingredients

1. 4 cups water
1. 4 tea bags
1. 1 cup unsweetened pineapple juice
1. 3 tablespoons honey
1. 1 tablespoon lime juice
1. 2 tablespoons fresh ginger, minced

Directions

1. In a large-sized saucepan, bring water to a boil. Then, turn off burner.
2. Add the tea bags and leave it to steep approximately 5 minutes. Then, discard your tea bags; add the remaining ingredients.
3. Chill for a few hours before serving. Serve over ice cubes and enjoy!

Cinnamon Pear Iced Tea

(Ready in about 10 minutes | Servings 6)

Ingredients

1. 6 cups water
1. 1 cinnamon stick
1. 6 black tea bags
1. 1 ½ cups unsweetened pear juice
1. 2 ½ tablespoons agave nectar
1. 1 tablespoon lemon juice
1. 2 tablespoons fresh ginger, minced

Directions

1. In a saucepan, bring water to a boil. Then, turn off burner and add cinnamon stick and tea bags.
2. Now leave it to steep for 5 to 7 minutes. Then, discard tea bags and add the rest of ingredients.

3. Chill at least 2 hours before serving. Serve well chilled.

Peach and Mango Iced Tea

(Ready in about 10 minutes | Servings 10)

Ingredients

1. 12 cups purified water
1. 6 white tea bags
1. 2 peaches, pitted and diced
1. 1 cup mango, chopped

Directions

1. Bring water to a boil. Then, pour boiling water over tea bags. Now turn off burner and leave it to steep for about 7 minutes.
2. Add peaches and mango to a large pitcher. Pour in prepared tea and stir to combine. Serve.

Pomegranate Iced Tea

(Ready in about 10 minutes | Servings 10)

Ingredients

1. 4 cups boiling water
1. 6 tea bags
1. 1/2 pomegranate
1. 2 tablespoons honey

Directions

1. Pour boiling water over tea bags in a teapot. Cover and brew for about 5 minutes.
2. Add pomegranate and honey and stir to combine.
3. Pour over ice cubes. Enjoy!

Tangerine and Lavender Iced Tea

(Ready in about 15 minutes | Servings 12)

Ingredients

1. 2 quarts water
1. 8 tea bags
1. 1 tangerine, peeled and sliced
1. 1 ½ teaspoons dried lavender
1. Honey to taste

Directions

1. Bring water to a boil. Add tea bags and steep for 5 minutes; strain tea into a heat-proof pitcher.
2. Add the remaining ingredients.
3. Cool completely and serve over crushed ice.

Tangerine Strawberry Iced Tea

(Ready in about 15 minutes | Servings 6)

Ingredients

1. 6 cups water
1. 6 tangerine herbal tea bags
1. 4 strawberry herbal tea bags
1. 1 cup pomegranate juice
1. Strawberries, for garnish
1. Ice cubes

Directions

1. Pour water into a medium-large stock pot. Then, bring water to a boil. Add the tea bags and let sit for about 30 minutes. Discard tea bags.
2. Now transfer tea to the large pitcher. Add pomegranate juice and stir to combine. Lastly, sweeten your tea as desired. Serve garnished with strawberries and ice cubes.

Sparkling Apple Iced Tea

(Ready in about 15 minutes | Servings 6)

Ingredients

1. 2 green tea bags
1. 1 cup boiling water
1. 3/4 cup apple juice
1. 1/4 cup sparkling water
1. 2-3 mint sprigs
1. Ice cubes

Directions

1. Steep tea bags in boiling water about 5 minutes. After that, remove tea bags.
2. Add the rest of ingredients. Serve well chilled.

Blueberry and Lavender Iced Tea

(Ready in about 15 minutes | Servings 6)

Ingredients

1. 6 cups boiling water
1. 6 tea bags
1. 1/2 cup blueberry
1. 2 tablespoons dried lavender
1. 1 tablespoon lemon juice

Directions

1. In a pitcher, place a boiling water and tea bags. Let stand for a few minutes.
2. Gently squeeze tea bags and discard them. Add the rest of the ingredients.
Enjoy!

Citrus and Rosemary Iced Tea

(Ready in about 15 minutes | Servings 4)

Ingredients

1. 4 cups boiling water
1. 2 green tea bags of your choice
1. 1 orange, peeled and sliced
1. 3 small sprigs rosemary
1. Juice of 1 fresh lime
1. 2 tablespoons agave nectar

Directions

1. Place all the above ingredients in a large pitcher.
2. Stir to combine and serve over ice cubes. Enjoy!

Smoothie recipes

Grape Guava Shake

(Ready in about 5 minutes | Servings 2)

Ingredients

1. 1 cup grapes of choice
1. 1 cup watermelon
1. 1 cup raspberries
1. 1 guava, peeled
1. 1/2 cup coconut milk
1. Coconut flakes for garnish

Directions

1. In a blender, process grapes, watermelon, raspberries, guava and coconut milk until nice and smooth.
2. Pour into the glasses and sprinkle the coconut over the top.

Fruit Mint Smoothie

(Ready in about 5 minutes | Servings 2)

Ingredients

1. 1 cup cherries, pitted
1. 4 sprigs mint
1. 1/2 small cucumber, quartered
1. 1 cup raspberries
1. 1 apple, cored and quartered
1. 1/2 cup coconut water

Directions

1. In a blender, combine ingredients and purée until the mixture develops the desired consistency.
2. Serve immediately, poured into tall glasses and garnished with cherries.

Detox Vegetable Juice

(Ready in about 5 minutes | Servings 4)

Ingredients

1. 6 carrots
1. 3 large tomatoes
1. 2 green bell peppers
1. 2 cloves garlic
1. 4 stalks celery
1. 1 cup watercress
1. 1 cup loosely packed spinach

Directions

1. Blend all ingredients until smooth.
2. Drink immediately.

Exotic Mango Breakfast

(Ready in about 5 minutes | Servings 2)

Ingredients

1. 1/2 mango, pitted and peeled
1. 3 sprigs mint
1. 1 cup pomegranate seeds
1. 1/4 papaya, seeded and peeled
1. 1/2 cup almond milk

Directions

1. Blend all five ingredients together.
2. Pour into two glasses and sprinkle chopped almonds on top (optional).

Vitamin Berry Lemon Smoothie

(Ready in about 5 minutes | Servings 2)

Ingredients

1. 1 cup cherries, pitted
1. 1 cup blueberries
1. 1 cup raspberries
1. 1/2 lemon, peeled

Directions

1. In a blender, process berries and lemon until the mixture is nice and smooth.
2. Pour into the glasses and enjoy.

Fizzy Cherry, Apple and Mint

(Ready in about 5 minutes | Servings 2)

Ingredients

1. 1 apple, cored and quartered
1. 1 cup sour cherries, pitted
1. 2 sprigs mint
1. 2 ounces seltzer water

Directions

1. Blend the apple, cherries, and mint.
2. Add the seltzer water to the blender, and pulse once or twice.
3. Pour into the glasses and serve.

Avocado Gazpacho Smoothie

(Ready in about 15 minutes | Servings 4)

Ingredients

1. 1/2 cup water
1. 2 cloves garlic, peeled
1. 1 cucumber, quartered
1. 1 avocado, pitted and peeled
1. 1 green bell pepper, seeded
1. 1 medium zucchini, quartered
1. 2 scallions
1. Salt to taste

Directions

1. Add the water, garlic, cucumber, and avocado to the blender.
2. Pulse a few times and then add the pepper, zucchini, scallions and salt.

3. Blend until the mixture is smooth and thick. Pour into 4 glasses and serve.

Carrot Orange Smoothie

(Ready in about 5 minutes | Servings 1)

Ingredients

1. 4 medium carrots
1. 1 medium orange, peeled
1. 1 cup kale
1. 1/2 medium avocado

Directions

1. Toss all ingredients into the blender. Cover and blend till nice and smooth.
2. Pour into a glass and drink.

Asparagus Vitality Smoothie

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 4 stalks asparagus tips, tender halves only
1. 1 apple, cored and quartered
1. 1/2 cup water
1. 2 cups romaine lettuce, chopped
1. 1 cup grapes

Directions

1. Add the asparagus, apple, and water to the blender, and process until the ingredients are broken into small chunks.
2. Then add remaining ingredients and purée until the mixture becomes smooth and thick.
3. Pour into two glasses and enjoy.

Pre-workout Snack Smoothie

(Ready in about 5 minutes | Servings 2)

Ingredients

1. 1 cup green grapes
1. 2 kiwis, peeled
1. 1 banana, peeled

Directions

1. In a blender, process all ingredients until a smooth consistency develops.
2. Pour into two chilled glasses and drink. If you feel it's needed, you can add a water.

Tropical Breakfast Smoothie

(Ready in about 5 minutes | Servings 2)

Ingredients

1. 1/4 medium pineapple, peeled
1. 1/4 cantaloupe, peeled and seeded
1. 1 cup spinach
1. 1 orange, peeled
1. 1 cup pomegranate seeds

Directions

1. Combine all five ingredients in your blender.
2. Cover and blend till the smoothie reaches your desired consistency.
3. Pour into two chilled glasses and enjoy this smoothie which is an excellent breakfast for your brain.

Carrot Coconut Smoothie

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1 yellow beet
1. 1 carrot with greens
1. 1 orange, peeled
1. 1/2 cup coconut water

Directions

1. In your blender, process the beet and the carrot.
2. Then add the orange and coconut water and pulse a few times until the mixture reaches the desired consistency.
3. Pour into glasses and sprinkle coconut flakes on top (optional).
4. Enjoy this excellent smoothie as a source of beta-carotene and antioxidants.

Potato Pineapple Smoothie

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1 red potato, cooked
1. 1/4 inch ginger slice
1. 1/4 pineapple, peeled and chopped
1. 2 kiwis, peeled
1. A dash of grated nutmeg

Directions

1. Process the potato and ginger in a blender.
2. Then add the pineapple and kiwi and pulse a few times until the mixture is thick and smooth.
3. Pour into glasses. This super healthy drink is good for your digestion.

Cranberry Lemonade Smoothie

(Ready in about 10 minutes | Servings 4)

Ingredients

1. 1 cup cranberries
1. 2 lemons, peeled
1. 3 cups water

Directions

1. In a blender container, combine ingredients and purée until the smoothie develops the desired consistency.
2. Pour into four glasses.
3. This smoothie is a high-quality drink for your kidneys.

Banana Coffee Shake

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 2 frozen bananas, peeled
1. 1 ½ cups skim milk
1. 1 cup low-fat coffee yogurt
1. ¼ teaspoon ground cinnamon
1. ⅛ teaspoon ground cloves
1. ⅛ teaspoon ground nutmeg
1. Fresh mint leaves for garnish

Directions

1. In your blender, combine frozen bananas, milk, yogurt, cinnamon, cloves and nutmeg.
2. Cover and blend until nice and smooth. Garnish with fresh mint leaves and serve in chilled glasses.

Banana Vanilla Shake

(Ready in about 10 minutes | Servings 3)

Ingredients

1. 1 banana, sliced
1. 1/2 cup yogurt
1. 2 cups milk
1. 2 teaspoons pure vanilla essence

Directions

1. Put banana, yogurt, 1/2 cup of milk and vanilla essence into a blender. Process till the banana is mashed.
2. Add remaining milk and blend until smoothie consistency is reached.
3. Pour into chilled glasses and drink immediately.

Banana Strawberry Shake

(Ready in about 5 minutes | Servings 2)

Ingredients

1. 2 frozen bananas
1. 1 cup frozen or fresh strawberries
1. 1 cup vanilla rice milk
1. 1 teaspoon vanilla extract
1. 2 tablespoons maple syrup
1. 1/8 teaspoon grated nutmeg
1. 1/8 teaspoon cinnamon

Directions

1. In a blender container, combine ingredients and purée till your smoothie develops the desired consistency.
2. Pour into glasses and serve immediately.

Apple Berry Smoothie

(Ready in about 5 minutes | Servings 4)

Ingredients

1. 1 cup apple juice
1. 1 1/2 cups lemonade
1. 1 cup frozen raspberries
1. 1/2 cup frozen strawberries
1. 1 cup raspberry sherbet

Directions

1. Add all liquid ingredients to the blender. Then add all frozen ingredients.
2. Blend at mix setting for 30 seconds, then blend at smooth setting. Blend until smooth and frothy.
3. Pour into prepared glasses and drink immediately.

Berry Blast Smoothie

(Ready in about 5 minutes | Servings 1)

Ingredients

1. 1/2 cup frozen strawberries
1. 1/2 cup frozen blueberries
1. 1/2 cup frozen raspberries
1. 1/2 cup apple juice
1. 1/2 cup nonfat frozen yogurt
1. 1/2 cup ice

Directions

1. Combine ingredients in a blender or a food processor and mix until smooth.
2. Pour into chilled glass and enjoy!

Peachy Red Smoothie

(Ready in about 5 minutes | Servings 2)

Ingredients

1. 1/2 cup apple juice
1. 1/2 cup nonfat vanilla yogurt
1. 1 cup fresh peaches, pitted
1. 1/2 cup frozen raspberries
1. 1 1/2 cups ice chips

Directions

1. Combine ingredients in a blender and mix until smooth.
2. Pour into two glasses and serve.

Berry Vitality Smoothie

(Ready in about 5 minutes | Servings 1)

Ingredients

1. 1/4 cup blueberries
1. 1/4 cup blackberries
1. 1 banana
1. 1/2 cup apple juice
1. 1/3 cup raspberry sorbet

Directions

1. Put all ingredients into your blender.
2. Mix until smooth and frothy.

Black Cherry Smoothie

(Ready in about 5 minutes | Servings 1)

Ingredients

1. 1/2 cup yogurt
1. 1/2 cup frozen black cherries
1. 1 teaspoon honey
1. 1/2 teaspoon vanilla extract

Directions

1. Place ingredients in your blender or a food processor, cover and purée until smoothie consistency is reached.
2. Transfer to the glass, garnish with cherries and drink immediately.

Apricot Orange Smoothie

(Ready in about 5 minutes | Servings 2)

Ingredients

1. 1 cup vanilla yogurt
1. 1 cup apricots, pitted
1. 1/4 cup wheat germ
1. 1/2 cup orange juice
1. 1/2 cup ice cubes

Directions

1. Add all ingredients to the blender or a food processor and mix until the smoothie reaches the desired consistency.
2. Pour into tall glasses, garnish with orange wedges and drink immediately.

Punch Style Smoothie

(Ready in about 5 minutes | Servings 1)

Ingredients

1. 10 ounces apple cider
1. 4 slices peach
1. 4 strawberries
1. 1 banana
1. 1/8 teaspoon cardamom
1. 1/8 teaspoon grated nutmeg
1. 1/8 teaspoon ground cinnamon

Directions

1. Combine all ingredients in an electric blender or a food processor.
2. Mix well until smoothie consistency is reached.
3. Transfer to the tall glass and drink at once.

Chocolate Peanut Butter Smoothie

(Ready in about 5 minutes | Servings 2)

Ingredients

1. 1/2 cup soy milk
1. 1/2 cup silken tofu
1. 1/3 cup creamy peanut butter
1. 2 frozen bananas
1. 2 tablespoons chocolate syrup
1. 4 ice cubes

Directions

1. Combine soy milk, tofu, and peanut butter in a blender or a food processor.
2. Add bananas, chocolate syrup, ice cubes.
3. Mix until smooth and thick.

Pear Ginger Smoothie

(Ready in about 5 minutes | Servings 1)

Ingredients

1. 1 ½ cup pears, diced
1. 1/2 cup yogurt
1. 1/2 cup pear nectar
1. 1 teaspoon lemon juice
1. 1/4 teaspoon fresh ginger, grated
1. 1/2 teaspoon vanilla extract
1. 4 ice cubes
1. A dash of ground cinnamon

Directions

1. Toss all ingredients into a blender or a food processor.
2. Cover and blend until thick and smooth.

3. Pour into a tall glass. Sprinkle the cinnamon on top and drink.

Pear Walnut Smoothie

(Ready in about 5 minutes | Servings 2)

Ingredients

1. 1 ripe pear, peeled and quartered
1. 3 tablespoons lemon juice
1. 1/4 cup walnut kernels, chopped
1. 1 cup buttermilk
1. 1 tablespoon honey

Directions

1. Combine all ingredients and purée with an electric blender or a food processor.
2. Transfer to the tall glasses and serve.

Pina Colada Smoothie

(Ready in about 10 minutes | Servings 4)

Ingredients

1. 5 tablespoons coconut milk
1. 2 ½ cups pineapple juice
1. 1/2 cup vanilla ice cream
1. 1/2 frozen banana, quartered
1. 1 ½ cups frozen pineapple chunks

Directions

1. Pour all liquid ingredients into your blender first. Then add all frozen ingredients.
2. Blend at mix setting for 30 seconds, then blend at smooth setting.
3. Pour into the tall glasses and drink immediately.

Cocoa Pina Colada Smoothie

(Ready in about 5 minutes | Servings 1)

Ingredients

1. 1 cup frozen pineapple chunks
1. 1 tablespoon coconut flakes
1. 1 teaspoon raw cocoa powder
1. 1/2 cup coconut water
1. 1/2 cup almond milk

Directions

1. Put all ingredients into your blender.
2. Mix well until smoothie consistency is reached.
3. Pour into chilled glass and serve.

Mango Pina Colada Smoothie

(Ready in about 10 minutes | Servings 4)

Ingredients

1. 1 mango, peeled and seeded
1. 2 tablespoons maple syrup
1. 1 ¼ cups pineapple juice
1. 1/2 cup heavy cream
1. 1 (14-ounce) can coconut milk
1. 1 ¼ cups ice cubes

Directions

1. Combine all ingredients and purée with an electric blender or a food processor.
2. Pour into four tall glasses and serve chilled.

Pineapple Buttermilk Smoothie

(Ready in about 10 minutes | Servings 3)

Ingredients

1. 20 ounces unsweetened pineapple chunks
1. 1 cup buttermilk
1. 1 tablespoon vanilla extract
1. 1 tablespoon honey
1. Mint leaves for garnish (optional)

Directions

1. Drain pineapple. Reserve 1/2 cup of juice and freeze the pineapple chunks.
2. Place pineapple juice, buttermilk, vanilla, honey and frozen pineapple into a blender or a food processor. Mix until smooth and thick.
3. Transfer to the glasses and garnish with mint if desired.

Pineapple Berry Smoothie

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1 cup orange juice
1. 1/4 cup pineapple juice
1. 2 pineapple rings
1. 6 fresh or frozen strawberries
1. 13-14 frozen raspberries
1. 13-14 frozen blueberries
1. 1 teaspoon vanilla extract
1. 3 ounces yogurt
1. Ice cubes to taste

Directions

1. Put all ingredients into an electric blender or a food processor. Process until the smoothie consistency is reached. Pour into glasses and drink

immediately.

Spinach Strawberry Smoothie

(Ready in about 10 minutes | Servings 4)

Ingredients

1. 2 cups frozen spinach
1. 2 cups frozen strawberries
1. 1 frozen banana
1. 2 tablespoons maple syrup
1. 1/2 cup ice

Directions

1. Place all ingredients into your blender, cover and purée until smoothie consistency is reached.
2. Transfer to the glass, garnish with strawberries and enjoy!

Spiced Pumpkin Smoothie

(Ready in about 5 minutes | Servings 4)

Ingredients

1. 2 cups pumpkin puree
1. 2 cups milk
1. 1/4 cup brown sugar
1. 1 teaspoon ground cinnamon
1. 1/2 teaspoon vanilla extract
1. 1/2 teaspoon grated nutmeg

Directions

1. Combine all ingredients in your blender.
2. Blend well until smoothie consistency is reached.
3. Transfer to the tall glasses and serve. Dust with a little cinnamon powder (optional).

Yam Banana Smoothie

(Ready in about 15 minutes | Servings 4)

Ingredients

1. 1 medium yam
1. 1 ½ cups vanilla yogurt
1. 1/2 cup milk
1. 1 cup ice cubes
1. 1 teaspoon sugar
1. 1 ripe frozen banana

Directions

1. Prick the yam with a fork. Microwave the yam for 8 to 10 minutes, until fork tender.
2. Allow it to cool, and then peel the yam.
3. Combine the yam with remaining ingredients in the container of a blender. Blend until smooth.

Zucchini Orange Smoothie

(Ready in about 5 minutes | Servings 3)

Ingredients

1. 1 zucchini, cubed
1. 5 ice cubes
1. 1 cup orange juice
1. 2 tablespoons sucralose sweetener
1. 3/4 teaspoon vanilla extract

Directions

1. Place all five ingredients into your blender.
2. Cover, and mix until the smoothie reaches the desired consistency.
3. Serve in the tall glasses.

Cocoa Zucchini Shake

(Ready in about 10 minutes | Servings 4)

Ingredients

1. 1 cup frozen zucchini, grated
1. 2 large frozen bananas, peeled
1. 2 tablespoons cocoa powder
1. 1/4 cup peanuts, chopped
1. 1/2 cup sugar
1. 1 cup half-and-half

Directions

1. Place all of the ingredients into your blender or a food processor.
2. Cover, and mix until the smoothie reaches the desired consistency.
3. Serve immediately.

Cantaloupe Yogurt Smoothie

(Ready in about 10 minutes | Servings 1)

Ingredients

1. 1 ripe frozen banana, partially thawed and cut into chunks
1. 1/4 ripe cantaloupe, seeded and cut into chunks
1. 1/2 cup low-fat yogurt
1. 2 tablespoons skim milk powder
1. 1 tablespoon orange juice
1. Honey to taste (optional)

Directions

1. Combine all ingredients in a blender and process until smooth and uniform.
2. Pour into a chilled and a tall glass and drink immediately.

Cantaloupe Raspberries Smoothie

(Ready in about 5 minutes | Servings 2)

Ingredients

1. 1/2 cantaloupe, peeled, seeded and cut into chunks
1. 1/2 cup plain yogurt
1. 1 cup raspberries
1. 2 tablespoons maple syrup

Directions

1. In a blender, combine all four ingredients.
2. Mix until a smooth consistency develops.
3. Pour into two glasses and serve.

Cherry Cantaloupe Smoothie

(Ready in about 5 minutes | Servings 1)

Ingredients

1. 1/2 cantaloupe, peeled, seeded, and sliced
1. 1/2 cup apricot juice
1. 3-4 pitted cherries
1. 1/4 cup blackberries
1. 3-4 ice cubes

Directions

1. Put all five ingredients into a blender.
2. Blend until smoothie consistency is reached.
3. Pour into a glass and serve.

Carrot Apple Smoothie

(Ready in about 5 minutes | Servings 2)

Ingredients

1. 2 cups carrot juice
1. 1/2 cup apple juice
1. 6 ounces plain yogurt, frozen
1. 1 banana

Directions

1. In a blender or a food processor, process all ingredients until the mixture is nice and smooth.
2. Pour into the glasses and enjoy.

Vegan Vanilla Cherry Smoothie

(Ready in about 5 minutes | Servings 1)

Ingredients

1. 1/4 cup cherry sugar-free syrup
1. 1/4 cup vanilla sugar-free syrup
1. 2 scoops Vege Fuel
1. 1 ½ cups crushed ice

Directions

1. Purée all ingredients in a blender until smooth and uniform.
2. Pour into a chilled tall glass and enjoy.

Chocolate Banana Smoothie

(Ready in about 5 minutes | Servings 1)

Ingredients

1. 1 frozen banana -- peeled
1. 6 ounces light frozen cherry yogurt
1. 2 tablespoons chocolate syrup
1. 1/2 cup non-fat milk

Directions

1. Combine all four ingredients and purée with an electric blender or a food processor.
2. Transfer to a glass and drink immediately.

Chocolate Dream Smoothie

(Ready in about 5 minutes | Servings 2)

Ingredients

1. 1 milk chocolate bar
1. 2 scoops chocolate ice cream
1. 1/2 cup milk
1. Ice cubes to taste

Directions

1. In a blender, process milk chocolate bar first.
2. Add ice cream, milk and ice cubes and pulse until the mixture is creamy, nice and smooth.

Blueberry Yogurt Smoothie

(Ready in about 5 minutes | Servings 2)

Ingredients

1. 6 ounces frozen fat-free blueberry yogurt
1. 1 cup blueberries, fresh
1. 1 cup nonfat milk

Directions

1. Combine all three ingredients and purée in order to make a mixture smooth and creamy.
2. Transfer to the chilled glasses and serve.

Cantaloupe Vanilla Yogurt Smoothie

(Ready in about 5 minutes | Servings 2)

Ingredients

1. 1/2 ripe cantaloupe, peeled, seeded, and cut into chunks
1. 1 cup milk
1. 1 cup vanilla fat-free yogurt
1. 1 cup crushed ice
1. 2 tablespoons sugar
1. Ground cinnamon to taste
1. Ground nutmeg to taste
1. Ground cloves to taste

Directions

1. Combine all ingredients in a blender and purée to the consistency you prefer.
2. Pour into glasses and serve.

Anti-aging Smoothie

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1/2 cup water
1. 1 plum, pitted
1. 2 kiwis, peeled
1. 2 cups spinach
1. 1 teaspoon ginger, grated
1. Fresh mint leaves for garnish

Directions

1. Add the water, plum, and kiwis to the blender first. Pulse for a few seconds.
2. Add the spinach and ginger, and pulse until the mixture is thick and smooth.
3. Garnish with the mint leaves and serve in the tall glasses.

Multivitamin Smoothie

(Ready in about 10 minutes | Servings 3)

Ingredients

1. 1 cup carrot, thinly sliced
1. 1 banana
1. 1 kiwi, peeled
1. 1 apple, peeled, cored, and sliced
1. 1 cup pineapple, peeled and cut into chunks
1. 1 cup crushed ice
1. 1 tablespoon chia seeds

Directions

1. Toss all ingredients into your blender. Cover and blend until the mixture is nice and smooth.
2. Pour into the glasses and enjoy.

Italian Style Smoothie

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1 tomato
1. 1 clove garlic
1. 1 green bell pepper, seeded
1. A few basil leaves
1. A dash of oregano
1. 2 kale leaves

Directions

1. Place all ingredients into a blender and process until the smoothie reaches your desired consistency.
2. If you feel it's needed and if this smoothie is too thick, you can add a water.
3. Pour into the glasses and serve. You can serve this smoothie as a chilled soup, too.

Carrot Mint Smoothie

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1 carrot with greens
1. 1 green apple, cored and quartered
1. 1/2 cup water
1. 1 small cucumber, quartered
1. 1/2 teaspoon grated ginger
1. 8 mint leaves

Directions

1. Combine the carrot, apple and water in your blender. Blend on the “chop” setting.
2. Then add the cucumber, ginger and 4 mint leaves. Blend until smooth and uniform.
3. Pour into two glasses. This amazing drink naturally improves a good eyesight and digestion.

Beet Cranberry Smoothie

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1 beet, with greens
1. 1 cup cranberries
1. 1 cup watermelon
1. 1/2 cup water

Directions

1. In a blender or a food processor, pulse the beet first.
2. Then add the rest of ingredients and blend until the smoothie reaches your desired consistency.
3. Pour into tall chilled glasses and serve.

Rejuvenating Detox Smoothie

(Ready in about 10 minutes | Servings 3)

Ingredients

1. 1 small sweet potato, cut into chunks

1. 1 beet, with or without greens

1. 1 carrot with greens

1. 1 cucumber, quartered

1. 1 tablespoon chia seeds

Directions

1. In a blender, process the sweet potato and beet first. Then add the carrot and cucumber.

2. Pour into the glasses and enjoy this great smoothie that fights wrinkles.

Spinach and Fruit Smoothie

(Ready in about 10 minutes | Servings 4)

Ingredients

1. 2 cups baby spinach
1. 2 pears, peeled, cored, and quartered
1. 2 bananas, quartered
1. 1 cup carrots, chopped
1. 1 cup orange juice
1. 1 cup fresh blueberries
1. 1 cup crushed ice

Directions

1. Blend all ingredients until smooth and thick, or 1 to 2 minutes.
2. Pour into tall glasses and drink immediately.

Frosty Vegan Smoothie

(Ready in about 10 minutes | Servings 1)

Ingredients

1. 1 cup soy milk
1. 1/2 cup baby spinach
1. 1/2 cup water
1. 1/2 cup frozen banana, cut into chunks
1. 1/2 cup frozen pineapple, chopped

Directions

1. In a blender, combine soy milk and baby spinach first. Mix until the spinach leaves are puréed.
2. Then add water, banana, and pineapple.
3. Blend until the smoothie reaches your desired consistency. Pour into a glass and drink immediately.

Energy-Boosting Smoothie

(Ready in about 10 minutes | Servings 1)

Ingredients

1. 1 cup water
1. 1/2 mango
1. 1 cup baby spinach
1. 1/3 cup baby carrots
1. 1/2 cup cauliflower florets
1. 1/4 cup blueberries, or to taste
1. 1 stalk celery
1. 1/2 orange, peeled
1. 1 tablespoon honey

Directions

1. Combine all ingredients in your blender.

2. Blend on high speed until smooth and uniform.

Pumpkin Greek Yogurt

(Ready in about 5 minutes | Servings 1)

Ingredients

1. 4 cubes ice
1. 1 cup milk
1. 1/3 cup pumpkin puree
1. 1/3 cup Greek yogurt
1. 1/2 frozen banana, cut into chunks
1. 1 pinch ground cinnamon
1. 1 pinch ground nutmeg
1. 1 teaspoon vanilla extract

Directions

1. Place all ingredients in your blender.
2. Cover and blend until the smoothie reaches your desired consistency.

3. Pour into a glass and serve immediately.

INFUSED WATER RECIPES

Strawberry Infused Water

(Ready in about 15 minutes | Servings 4)

Ingredients

1. 4 cups water
1. 4 tablespoons molasses
1. 6 cups strawberries, hulled
1. 2 limes, squeezed

Directions

1. Combine water and molasses, and stir thoroughly until it is well combined.
2. Mix strawberries in a blender.
3. Add strawberry puree to molasses mixture; add lime juice.
4. Lastly, stir well and serve. The water helps you improve overall health

Cooling Orange Delight

(Ready in about 15 minutes | Servings 4)

Ingredients

1. 2 cups cold water
1. 1 cup fresh orange juice
1. 1 tablespoon ground fresh ginger
1. 3 cups sparkling water
1. Orange slices, for garnish

Directions

1. Combine water, orange juice, and fresh ginger in your blender; process until everything is well blended.
2. Strain mixture over a pitcher. Pour in sparkling water just before serving.
3. Serve over ice and garnish with orange slices.

Citrus Sunrise

(Ready in about 15 minutes | Servings 4)

Ingredients

1. 1 small-sized orange, peeled and sliced.
1. 6 strawberries, quartered, frozen.
1. Pre-steeped Chamomile leaves
1. Water

Directions

1. Mix all the ingredients in your blender until it is smooth and uniform.
2. Add water to a pitcher until full just before serving.
3. You can add new water when your bottle or a pitcher is half-way empty.
4. This water can ease a stress and calm headache. Enjoy!

Vanilla Strawberry Water

(Ready in about 15 minutes | Servings 4)

Ingredients

1. 4 frozen strawberries, hulled and quartered.
1. 2 vanilla beans, sliced lengthwise
1. 1 cup water

Directions

1. Mix strawberries in your blender. Transfer to your bottle. Add vanilla beans and water. Allow to stand in a fridge.
2. You can add new water when the bottle is half-way empty.
3. This water can help you to maintain normal blood sugar level.

Spicy-Cool Zesty Water

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1 cucumber, peeled and sliced lengthwise
1. 1 lemon, sliced
1. 1 teaspoon fresh ginger root, slivered
1. 4 fresh mint leaves, gently scrunched
1. 2 cups water

Directions

1. Combine all the above ingredients.
2. Note: You should be able to refill your bottle with flavored water for 1 to 3 times before needing to replace ingredients. Enjoy!

Cucumber Spearmint Water

(Ready in about 10 minutes | Servings 4)

Ingredients

1. 1 small-sized lemon, peeled and sliced.
1. 1 small-sized cucumber, peeled and sliced
1. 6 fresh leaves spearmint gently scrunched
1. Filtered water

Directions

1. Simply add the lemon and cucumber to the glass; mash and breakdown them using your wooden spoon.
2. Then, gently bruise the spearmint leaves to release the natural extracts.
3. Lastly, add filtered water and drink!
4. Spearmint is loaded with vital nutrients, vitamins, and antioxidants.

Herby Grapefruit Water

(Ready in about 10 minutes | Servings 4)

Ingredients

1. 1 grapefruit, peeled and sliced
1. 2 tablespoons sage
1. 1 sprig rosemary
1. 1 tablespoon mint
1. 1 tablespoon basil
1. 2 cups sparkling water

Directions

1. Place grapefruit in the glass; mash it with your spoon.
2. Then, mash the herbs and add to the prepared grapefruit.
3. Lastly, add sparkling water and serve over ice!

Citrus and Cilantro Treat

(Ready in about 10 minutes | Servings 4)

Ingredients

1. 1 lemon, peeled and sliced
1. 1 lime, peeled and sliced
1. 1 grapefruit, peeled and sliced
1. 2 tablespoons fresh cilantro

Directions

1. Place the ingredients in a large jar with lid. Fill up the jar with filtered water.
2. Now keep it in the fridge; allow your water to stand for a few hours.
3. Drink well chilled and enjoy. The water helps you improve overall health

Citrus and Pear Water

(Ready in about 10 minutes | Servings 4)

Ingredients

1. 1 Meyer lemon
1. 1 tangerine
1. 1 pear, cubed
1. Fresh cilantro, to taste

Directions

1. Place the ingredients in a large glass bottle. Fill it up with cold water and transfer to a refrigerator.
2. Pour the water into serving glasses and enjoy!
3. You can refill the water a few times.

Fennel and Lemon Drink

(Ready in about 15 minutes | Servings 4)

Ingredients

1. 1 bunch of fennel seeds
1. 1 lemon, peeled
1. A few mint leaves

Directions

1. Simply smash fennel seeds; add lemon and mint leaves.
2. Infuse the mixture in 1 liter of boiling water for about 10 minutes. Allow to cool and keep in a refrigerator. Serve well chilled and enjoy!

Apple Cinnamon Water

(Ready in about 15 minutes | Servings 4)

Ingredients

1. 1 red apple, cored, and diced
1. 2 cinnamon sticks
1. 1 vanilla bean

Directions

1. Simply infuse the ingredients in boiling water for 5 to 10 minutes. Let it cool and transfer to a fridge.
2. Pour the fruit infused water into a jar and leave in the fridge overnight.

Orange Basil Water

(Ready in about 15 minutes | Servings 4)

Ingredients

1. 1 blood orange, peeled and sliced
1. 1-inch ginger, peeled
1. 1 tablespoon basil

Directions

1. Add the ingredients to a 1/2 gallon glass jar, and fill it up with filtered water.
2. Stir to combine and place in refrigerator for 4 to 5 hours. Enjoy!

Sage and Mint Cucumber

(Ready in about 15 minutes | Servings 4)

Ingredients

1. 1 cucumber, sliced
1. 2 lemons, peeled and sliced
1. Fresh mint, to taste
1. Sage, to taste

Directions

1. Add the ingredients to a gallon size glass jar.
2. Pour in filtered water and stir gently.
3. Refrigerate overnight in order to develop flavors. Enjoy!

Minty Watermelon Drink

(Ready in about 15 minutes | Servings 4)

Ingredients

1. 1 cup fresh or frozen watermelon, rind removed and cubed
1. 1 lime, peeled and sliced
1. 1 tablespoon fresh mint leaves, minced

Directions

1. Add cubed watermelon to a bottle. Add lime, mint leaves, and filtered water to fill.
2. Keep in a fridge at least 4 hours to infuse. Enjoy!

Vanilla Peach Water

(Ready in about 10 minutes | Servings 4)

Ingredients

1. 1 peach, pitted and cubed
1. 2 vanilla beans, sliced lengthwise
1. Sparkling water

Directions

1. Add the ingredients to a bottle and store in a fridge until ready to drink.
2. You should be able to refill your bottle with sparkling water for a few times before needing to replace your ingredients. Stay hydrated!

Pineapple Cherry Water

(Ready in about 10 minutes | Servings 4)

Ingredients

1. 1/2 pineapple
1. 1 apple, cored
1. 5-6 cherries, pitted

Directions

1. Remove rind from your pineapple and cut it into cubes. Transfer to a gallon-size glass jar. Add the apple and cherries.
2. Add filtered water and mix well to combine.
3. Serve over ice cubes and enjoy! The water helps you improve neurological health.

Summer Berry Delight

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 5-6 strawberries, hulled and quartered
1. 5-6 blackberries, gently scrunched brambles
1. 5-6 blueberries, halved
1. Sparkling water

Directions

1. First, simply add the berries to a large-sized glass; mash it using a muddler.
2. Lastly, add sparkling water and drink!
3. Berries are loaded with antioxidants so this water has amazing anti-cancer properties. The water may help keep your memory sharp with aging.

Blueberry and Apple Water

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1/2 cup blueberries, gently scrunched
1. 1 green apple, cored and quartered
1. Filtered or sparkling water

Directions

1. Add the fruits to a glass bowl or a pitcher. Add water and stir with your wooden spoon.
2. Let your fruit infused water stand at least 4 hours in a refrigerator. The longer it stands, the better your water will be. Serve well chilled with bendy straws.
3. This drink is powerful brain booster.

Tropical Island

(Ready in about 10 minutes | Servings 4)

Ingredients

1. 1 fresh sprig mint
1. 1 tangerine, peeled
1. 1/2 mango, peeled and diced
1. Filtered water

Directions

1. Add the mint, tangerine, and mango to a glass pitcher. Then, fill it up with filtered water. Allow to stand at least 2 hours in a refrigerator.
2. Pour into serving glasses and serve.
3. You will be able to refill the water a few times. Enjoy!

Aromatic Summer Drink

(Ready in about 10 minutes | Servings 4)

Ingredients

1. 1 cup cubed pineapple
1. 1 cucumber, sliced
1. Cloves, to taste
1. A few cinnamon sticks
1. Filtered water

Directions

1. Put the ingredients into a pitcher. Then, mix well to combine.
2. Store in a fridge in order to cool before drinking.
3. The water is great for your skin and nails.

Favorite Autumn Drink

(Ready in about 10 minutes | Servings 4)

Ingredients

1. 1 apple, cored
1. 1 cinnamon
1. 4-5 cloves

Directions

1. Place the ingredients in a bottle. Fill it with water.
2. Serve chilled and enjoy!
3. Cinnamon is a popular spice worldwide. It is rich in antioxidants and it has a great anti-diabetic effect.

Cranberry Grapefruit Water

(Ready in about 10 minutes | Servings 4)

Ingredients

1. 1 grapefruit, cut into wedges
1. 1 apple, cored
1. 4-5 fresh cranberries
1. 1 sprig fresh mint
1. Water

Directions

1. Place the ingredients in a jar or a bottle.
2. The longer your water sits, the more flavorful it will be.

Blackberry, Kiwi and Lemon

(Ready in about 10 minutes | Servings 4)

Ingredients

1. 1 kiwi, peeled and quartered
1. 1 lemon, cut into wedges
1. 3-4 blackberries

Directions

1. Transfer the ingredients to a gallon-size glass jar.
2. Pour in filtered water and mix to combine well. Serve over ice cubes and enjoy!
3. Blackberries may help us lower cholesterol levels and they also support our digestive tract. Enjoy!

Orange and Lavender

(Ready in about 10 minutes | Servings 4)

Ingredients

1. 1 orange, peeled
1. 2 fresh sprigs lavender, gently scrunched

Directions

1. Place all the ingredients in a glass bottle. Fill with water. Stir with a wooden spoon and transfer to a refrigerator before serving.
2. This flavored water is full of nutrition for your body, mind, and soul.

Pear and Raspberry Booster

(Ready in about 10 minutes | Servings 4)

Ingredients

1. 1/2 orange, cut into wedges
1. 1 pear, cored and quartered
1. 4-5 raspberries
1. 1 tablespoon fresh sage

Directions

1. Put your ingredients into the jar or bottle. Add the water and stir well.
2. Serve well chilled or over ice cubes.
3. This water contains immune system boosting fiber. Enjoy!

Green Tea with Grapes

(Ready in about 10 minutes | Servings 4)

Ingredients

1. 2 cups grapes
1. 1-inch ginger root, peeled
1. Pre-steeped Green tea leaves

Directions

1. Put all the ingredients into a jar or a bottle. Pour in water.
2. The longer your water sits in a fridge, the more flavorful it will be.
3. Green tea improves brain functions and physical performance, as well as increases fat burning. Enjoy!

Herby Spring Drink

(Ready in about 10 minutes | Servings 4)

Ingredients

1. 6 strawberries, hulled
1. 3-4 fresh basil leaves
1. 1/2 small-sized cucumber, peeled and sliced
1. 1 tablespoon fresh mint
1. Sparkling water

Directions

1. Put the ingredients into a large glass bottle or a jar. Fill it up with water.
2. Serve right away or keep it in the fridge.
3. Mint does more than add flavor to your juice. This amazing herb has many mind-body benefits. It is good for your skin, hair, digestion, oral health, *etc.*

Delicious Rosemary and Fruit

(Ready in about 10 minutes | Servings 4)

Ingredients

1. 1/2 grapefruit, cut into wedges
1. 1/2 kiwi fruit, peeled and sliced
1. 1 fresh sprig rosemary, gently scrunched

Directions

1. Put the ingredients into a large jar or a pitcher. Pour in coconut water and stir to combine.
2. Lastly, refrigerate overnight for best flavor. The water can be stored in a mason jar, water bottle, *etc.*

Cantaloupe and Grape Agua Fresca

(Ready in about 10 minutes | Servings 4)

Ingredients

1. 1/2 cup cantaloupe, cubed
1. 5-6 grapes, gently scrunched
1. 1-2 cinnamon sticks
1. 1 vanilla bean
1. Filtered water

Directions

1. Put the ingredients into a mason jar or a gallon jug. Stir gently in order to combine well.
2. Keep in your refrigerator for up to a week. Stay cool and hydrated!

Summer on The Beach

(Ready in about 10 minutes | Servings 4)

Ingredients

1. 1/2 cup watermelon, cubed
1. Pre-steeped Hibiscus tea leaves
1. Filtered watermelon

Directions

1. Combine all the above ingredients in a glass bottle or a mason jar.
2. Fill it with water and stir to combine well.
3. Keep in a refrigerator before serving. Enjoy!

Fresh Start

(Ready in about 10 minutes | Servings 4)

Ingredients

1. 1 cup strawberries, hulled and quartered
1. 1/2 thinly English cucumber, sliced
1. 1-2 wedges orange
1. 2 quarts of water

Directions

1. Add the ingredients to your pitcher.
2. Refrigerate at least 3 hours in order to allow the ingredients to infuse. After that, strain and discard the solids.
3. Serve with plenty of ice. Keep refrigerated for up to 2 days.

Herbed Tomato Water

(Ready in about 10 minutes | Servings 4)

Ingredients

1. 1 tomato, diced
1. 2 sprigs basil
1. 1 sprig rosemary
1. 2 quarts water

Directions

1. In a pitcher, place tomato, herbs, and 1 quart of seltzer. Stir to combine and refrigerate for 2 to 4 hours.
2. Next, strain well, discarding the solids. Add the second quart of water just before serving.
3. This is a source of amazing anti-inflammatory compounds. Food scientists have discovered that rosemary may help prevent brain aging.

Orange, Blueberry and Cilantro

(Ready in about 10 minutes | Servings 4)

Ingredients

1. 1 orange
1. 5-6 blueberries
1. 1 tablespoon fresh cilantro
1. Water

Directions

1. Add the ingredients to a mason jar. Pour in filtered water and stir gently.
2. Refrigerate overnight to allow the ingredients to infuse. Enjoy!

Berry, Rose Petal and Vanilla

(Ready in about 10 minutes | Servings 4)

Ingredients

1. 5-6 fresh or frozen blackberries
1. 1 large vanilla bean, sliced lengthwise
1. 7-8 dried pink rose petals

Directions

1. Put your ingredients into a pitcher and fill with cold filtered water.
2. Allow your water to refrigerate overnight.
3. Strain the water and keep the pitcher in the fridge. Use within a few days.

Vanilla and Cardamom Orange

(Ready in about 10 minutes | Servings 4)

Ingredients

1. 1 large-sized orange, sliced
1. 1 tablespoon cardamom
1. 2-3 cloves
1. 1 vanilla bean, sliced lengthwise

Directions

1. Put the ingredients along with filtered water into your pitcher. Place in a refrigerator and use within a few days.
2. It is good to know that cardamom is great for our cardiovascular health, and it is a powerful anti-depressant. Enjoy!

Blueberry Lavender Infused Water

(Ready in about 40 minutes | Servings 8)

Ingredients

1. 1/2 cup blueberries
1. Lavender edible flowers
1. 4 cups water

Directions

1. Add the ingredients to a pitcher.
2. Then, chill the water for at least 30 minutes.
3. Strain, pour over ice cubes, and serve.

Peppermint Lemongrass Water

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1/4 cup fresh peppermint, chopped
1. 1 stalk lemongrass, crushed slightly
1. 1 vanilla bean, sliced lengthwise

Directions

1. Add the ingredients to a glass bowl or a pitcher. Pour in water and stir with a wooden spoon.
2. Lemongrass is used for treating high blood pressure, convulsions, pain, rheumatism, cough, *etc.*

Honeydew Agua Fresca

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1 honeydew melon, cut into half
1. 4 cups water
1. 3 limes
1. 1 cup blackberries

Directions

1. Remove seeds from honeydew melon; cut flesh into chunks. Mash it and replace to a sieve.
2. Then, squeeze the juice and pour into a large pitcher; add water and stir. Cut the lime into thin slices. Add the lime slices to the pitcher.
3. Pour into serving glasses and garnish with blackberries.

Watermelon Coconut Water

(Ready in about 10 minutes | Servings 4)

Ingredients

1. 1/2 small-sized seedless watermelon, cubed
1. 1 quart coconut water
1. 1 medium lime, squeezed

Directions

1. Mix the watermelon in a blender. Then, pour the pureed watermelon through the sieve.
2. Pour in coconut water and lime juice.
3. Serve well chilled over crushed ice.

Green Tea and Tangerine

(Ready in about 10 minutes | Servings 6)

Ingredients

1. 8 cups green tea, brewed
1. 1 tangerine, sliced
1. 10 mint leaves

Directions

1. Combine your ingredients in a large pitcher or a bottle.
2. Stir well, and let the drink stay in a refrigerator overnight for the flavors to fuse together.
3. This delicious infused water boosts metabolism. Enjoy!

Peppery Cucumber Refresher

(Ready in about 10 minutes | Servings 4)

Ingredients

1. 2 cucumbers, thinly sliced
1. 1 jalapeno pepper, seeded and sliced
1. Water

Directions

1. Place the ingredients in a large pitcher.
2. Pour over the ice.
3. Jalapeno peppers contain capsaicin, which has significant anti-inflammatory effects.

Cherry and Mint Water

(Ready in about 10 minutes | Servings 4)

Ingredients

1. 1 lemon, thinly sliced
1. 10 pitted cherries, cut in halves
1. 6 mint leaves
1. 1 quart water

Directions

1. Put all the ingredients into a mason jar.
2. The longer your water stands in a refrigerator, the more flavorful your drink will be.

Mango and Mint Water

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1/2 mango, peeled and cut into large chunks
1. 2 sprigs of mint
1. Soda water

Directions

1. Put your ingredients into a mason jar or a bottle.
2. Serve over ice cubes if desired.

Cherry and Mint Drink

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 8 fresh cherries, pitted and halved
1. 1/4 cup mint leaves
1. Water

Directions

1. Mash the cherries and transfer to a mason jar. Fill the jar with water; give it a good shake.
2. Serve well chilled and enjoy!

Melon and Blueberry Seltzer

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 6 cups melon
1. 1 lemon, cut into wedges
1. 1/4 cup blueberries

Directions

1. Combine all the above ingredients in a glass bottle. Fill it with seltzer and stir to combine.
2. This delicious drink is rich in vitamin C and vitamin K, as well as in several important minerals. Enjoy!

Kiwi and Sage Water

(Ready in about 10 minutes | Servings 6)

Ingredients

1. 1 cucumber, peeled and sliced
1. 4 kiwis, peeled and quartered
1. 1 tablespoon fresh sage
1. 6 cups water

Directions

1. Place cucumber, kiwi, sage and four cups water in a pitcher. Then, stir to combine and replace to a refrigerator.
2. Add remaining two cups of water just before serving. Stir and serve well chilled. Enjoy!

Fruit and Rosemary Infusion

(Ready in about 10 minutes | Servings 6)

Ingredients

1. 1/2 grapefruit, sliced
1. 1/2 lime, sliced
1. 2-3 rosemary sprigs
1. Water

Directions

1. Place the grapefruit, lime, and rosemary sprigs in a bottle.
2. Cover with water; let your drink stand overnight.
3. Add some ice right before serving and enjoy!

Orange and Black Tea

(Ready in about 10 minutes | Servings 4)

Ingredients

1. 3 mandarin oranges, peeled and cut into half
1. 1 black tea bag
1. Water

Directions

1. Add the ingredients to a bottle. Pour in filtered water; let it infuse at room temperature at least 3 hours.
2. After that, chill in a refrigerator before serving.
3. Black tea may lower your risk for kidney stones, diabetes, and high cholesterol. Enjoy!

Pom Berry Water

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1/4 cup fresh raspberries
1. 1/2 cup pomegranate
1. Water

Directions

1. Place your ingredients in a pitcher. Mash them with a spoon.
2. Fill up the pitcher with fresh water. Stir to combine and replace to your fridge.
3. You can freely enjoy this heart-healthy and anti-aging drink all day long!

Secret Detox Drink

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1/2 cup pomegranate
1. 1 cucumber, sliced
1. 1 lime, sliced
1. Water

Directions

1. Place the ingredients in a pitcher or a mason jar.
2. Let steep in your fridge at least 2 hours.
3. This fruit infused water makes a great hydrating detox drink.

Grapefruit and Lavender Agua Fresca

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1 grapefruit, peeled and sliced
1. 2 fresh sprigs lavender, gently scrunched
1. 5 fresh mint leaves, gently scrunched

Directions

1. Put the ingredients into a large glass bottle. Fill it up with water.
2. Let your water stand in a fridge at least 3 hours to allow the flavors to infuse.
3. Serve well chilled or with ice cubes.

Cilantro, Cucumber and Melon

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1 cucumber, sliced
1. 1/2 cup melon, cubed
1. 3-4 cardamom pods
1. 1 tablespoon fresh cilantro
1. 1 tablespoon fresh parsley
1. Filtered water

Directions

1. Place the ingredients in a glass bottle. Let sit for a few hours in a fridge.
2. Cilantro is a natural water purifier. This water has antibacterial effects, so go for it!

Hibiscus Pineapple Infusion

(Ready in about 10 minutes | Servings 4)

Ingredients

1. 1/2 cup pineapple, cubed
1. 2 carrots, sliced
1. A few hibiscus petals

Directions

1. Place the ingredients in your bottle. Cover with water and stir to combine well.
2. Serve well chilled and enjoy!
3. Hibiscus can lower blood pressure and it is also a gentle laxative.

Apple, Pear and Ginger Refresher

(Ready in about 10 minutes | Servings 4)

Ingredients

1. 1 apple, cored and diced
1. 1 pear, cored and diced
1. 1-inch fresh ginger root, peeled and chopped

Directions

1. Simply add ingredients to the bottle and then fill it up with filtered or seltzer water.
2. Now keep it in your refrigerator. You will be able to refill the water a few times. Enjoy!

Citrus and Cranberry Drink

(Ready in about 10 minutes | Servings 4)

Ingredients

1. 1/2 cup cranberries
1. 1/2 lime, sliced
1. 1/2 orange
1. 16 ounces water

Directions

1. Add the ingredients to a bottle. Let sit for about 1 hour.
2. This tasty drink will improve your mood and flush toxins from your body.

Peppermint Fruit Detox

(Ready in about 10 minutes | Servings 4)

Ingredients

1. 1 ½ cups water
1. 1/2 grapefruit
1. 1 tangerine, sliced
1. 2 peppermint leaves
1. Water

Directions

1. Drop the ingredients in your pitcher.
2. Top with ice cubes and let sit for a few hours in a refrigerator.
3. You can refill your pitcher up to 4 times. Enjoy!

Cooling Mint and Apricot Water

(Ready in about 10 minutes | Servings 4)

Ingredients

1. 1 sprig mint
1. 4 apricot halves, pitted
1. 8 peach slices
1. Water

Directions

1. Simply drop the ingredients in a bottle.
2. Allow to chill in a refrigerator for at least three hours.
3. You will be able to refill your pitcher up to 6 times.
4. Apricot is a good source of vitamin C and beta-carotene. It also contains many powerful antioxidants.

Citrus Mint Soda

(Ready in about 10 minutes | Servings 4)

Ingredients

1. 1 cup fresh mint leaves
1. 1 lemon, sliced
1. 1 grapefruit, sliced
1. 8 cups club soda

Directions

1. Place mint leaves in a pitcher and squeeze them. Add lemon slices and grapefruit slices.
2. Cover with club soda and transfer to a refrigerator. Allow to sit for a few hours before serving.

Ginger and Mango Refresher

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1-inch ginger root, peeled and sliced
1. 1 cup mango, sliced
1. 3 cups cold filtered water

Directions

1. Throw your ingredients into a pitcher. Stir and transfer to a refrigerator.
2. Serve well chilled in a pretty glass. Enjoy!

Day Spa Mint Pineapple

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1/2 cup pineapple chunks
1. 1/2 peach, sliced
1. 1-2 sprigs mint

Directions

1. Place all the above ingredients in your pitcher. Pour in cold water and stir.
2. You will be able to refill it for about 5 times until the flavor dissipates.
3. To serve: You can add a couple of frozen pineapple chunks for ice cubes.

Raspberry Coconut Water

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1 handful raspberries
1. 2 cups coconut water
1. 1 small bunch mint

Directions

1. Add fresh raspberries to a bottle or a pitcher.
2. Muddle the raspberries to release flavor; add coconut water and mint.
3. Shake to mix the flavors and serve.

Cherry Cucumber Cooler

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1 handful cherries
1. 1 cucumber, peeled and sliced
1. 1 tablespoon fresh cilantro
1. 3 cups water

Directions

1. Place your ingredients in a pitcher. Let sit for a few hours to release flavors
2. Serve well-chilled and enjoy all day long!

Cucumber Lavender Cooler

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1 cucumber, peeled and sliced
1. 2 fresh lavender sprigs
1. 2 quarts spring water

Directions

1. Add the ingredients to your mason jar.
2. Now refrigerate until cold and serve.
3. Lavender treats premenstrual emotional symptoms.

Cherry Limeade

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 2 limes, thinly sliced
1. 1 cup fresh cherries, pitted
1. Agave syrup, to taste

Directions

1. Place the ingredients in your mason jar.
2. Lastly, serve well chilled.
3. This refreshing drink hits the spot on a hot day!

Spring Cantaloupe Water

(Ready in about 10 minutes | Servings 4)

Ingredients

1. 1 cup raspberries, hulled and quartered
1. 1 cup cantaloupe, cubed
1. 2 quarts spring water

Directions

1. Add the raspberries and cantaloupe to a mason jar or your pitcher.
2. Pour spring water over it and refrigerate for several hours. Serve over ice cubes.
3. If you like your beverage sweet, add a bit of agave nectar.

Cinnamon Melon Refresher

(Ready in about 10 minutes | Servings 4)

Ingredients

1. 1 cup watermelon, cubed
1. 1 cup cantaloupe, cubed
1. 1 cup honeydew, cubed
1. 2 quarts filtered water
1. 2 sticks cinnamon

Directions

1. Add your ingredients to a mason jar or a bottle. Let sit for a few hours in your fridge.
2. Serve over ice or well chilled.

Tangerine and Melon Water

(Ready in about 10 minutes | Servings 4)

Ingredients

1. 1 tangerine, thinly sliced
1. 1 mango, pitted and sliced
1. 2 quarts filtered water
1. 3 basil leaves, roughly chopped

Directions

1. Add your tangerine, mango, filtered water, and basil leaves to a pitcher.
2. Pour the water over top and chill before serving.
3. Serve over ice cubes.

Raspberry and Date Water

(Ready in about 10 minutes | Servings 4)

Ingredients

1. 1 cup raspberries
1. 8 cups filtered water
1. 1 lemon, sliced
1. 2 dried Medjool dates

Directions

1. Add the ingredients to a 1-gallon clean glass jar with lid.
2. Transfer this amazing beverage to your refrigerator and let infuse for a few hours. Enjoy!

Tangerine and Ginger Cocktail

(Ready in about 10 minutes | Servings 4)

Ingredients

1. 1/2 cup tangerine, peeled and sliced
1. 1/2 cup pineapple, crushed
1. 1-inch piece ginger, peeled and sliced
1. 2 quarts filtered or spring water

Directions

1. Add the ingredients to your pitcher.
2. Serve over ice if desired.
3. This beverage is a rich sources of vitamin C and antioxidants.

Piquant Tomato Water

(Ready in about 10 minutes | Servings 4)

Ingredients

1. 2 tomatoes, quartered
1. 2 tablespoons fresh parsley leaves
1. 1/2 cup fresh basil leaves
1. 2 tablespoons fresh cilantro leaves
1. 2 shallots, chopped
1. 2 tablespoons white wine vinegar
1. 1 teaspoon kosher salt

Directions

1. Puree the ingredients in a food processor until they're coarsely chopped.
2. Line a sieve with cheesecloth and set it over a bowl.
3. Transfer tomato mixture to the prepared sieve. Cover and chill overnight.

4. Afterwards, discard solids and serve well chilled.

Day Spa Grapefruit and Pineapple Water

(Ready in about 10 minutes | Servings 6)

Ingredients

1. 1/2 grapefruit
1. 1/2 apple
1. 1/2 pineapple
1. Fizzy water

Directions

1. Add the ingredients to your pitcher.
2. Then, refrigerate overnight for best flavor.
3. This beverage helps your body release fat cells naturally.

Autumn Flavored Water

(Ready in about 10 minutes | Servings 4)

Ingredients

1. 1 pear thinly sliced
1. 1 tangerine, peeled and cut into slices
1. 2 tablespoons dried cherries
1. 1 teaspoon All Spice Berries

Directions

1. Place your ingredients in a pitcher.
2. Then, fill up with water; let sit for about 3 hours before drinking.
3. This fruit infused water improves your mood and flushes harmful toxins out of your system. Serve and enjoy!

Winter Day Spa

(Ready in about 10 minutes | Servings 4)

Ingredients

1. 1 grapefruit, peeled and sliced
1. 1 tablespoon lavender
1. 1 tablespoon mint
1. Tea bag

Directions

1. Add all ingredients to a large-sized pitcher. Stir to combine and place in a refrigerator until serving time.
2. Serve in wine glasses and enjoy!

Strawberry Pineapple Water

(Ready in about 10 minutes | Servings 6)

Ingredients

1. 4 cups water
1. 1 lemon, peeled and sliced
1. 1/2 cup pineapple chunks
1. 1 cup frozen strawberries

Directions

1. Add all ingredients to a bottle. Stir to combine.
2. Serve with frozen strawberries as ice cubes and enjoy!

Berry and Orange Fruit Infused Ice Cubes

(Ready in about 10 minutes | Servings 6)

Ingredients

1. 2 mandarin oranges
1. 4 cups water
1. 2 tablespoons dried raisins
1. 1 cup frozen cherries

Directions

1. Peel your mandarin oranges.
2. In a pan, bring mandarin orange peel and water to a boil. Set aside to cool.
3. Then cut mandarin oranges into small cubes. Transfer them to silicone ice cube trays. Add raisins and cherries. Fill the ice cube trays with reserved water.
4. Place the trays into the freezer until the cubes frozen. Put the cubes into glasses, fill with water and enjoy!

Carrot and Ginger Water

(Ready in about 10 minutes | Servings 6)

Ingredients

1. 2 carrots, chopped
1. 1 sprig rosemary
1. 1-inch ginger root, peeled and sliced
1. Sparkling plain water

Directions

1. Place all the above ingredients in a pitcher.
2. You can refill the pitcher a few times.

Key Lime and Plum Water

(Ready in about 10 minutes | Servings 4)

Ingredients

1. 1 key lime, sliced
1. 4-5 plums
1. Stevia, to taste

Directions

1. Place your ingredients in a mason jar or a pitcher.
2. Use a spoon to slightly mash the ingredients.
3. Lastly, pour in sparkling plain water. Stir to combine and serve well-chilled. This beverage can be stored in airtight glasses.

Vanilla Plum Water

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1-2 red plums, cut into chunks
1. 2-3 cloves
1. 1/2 teaspoon vanilla extract
1. 2 cups sparkling water

Directions

1. Put plum, cloves, and vanilla into a cocktail shaker. Then, mash them with a muddler.
2. Pour in sparkling water, and allow it to chill before serving.
3. Plums protect your heart and lower blood sugar. Enjoy!

Papaya Mango Water

(Ready in about 10 minutes | Servings 4)

Ingredients

1. 1/2 cup papaya chunks
1. 1/2 cup mango chunks
1. 1/2-inch ginger root, peeled and sliced

Directions

1. Put the ingredients into a large pitcher. Mash with a back of spoon.
2. Then, fill the pitcher with water. Serve well-chilled. You can refill a few times. Enjoy!

Orange and Apple Detox

(Ready in about 10 minutes | Servings 4)

Ingredients

1. 2 tablespoons apple cider vinegar
1. 1 fresh orange juice
1. 1 vanilla bean, sliced lengthwise
1. 1 medium-sized apple, sliced
1. 16 ounces filtered water

Directions

1. Simply throw all ingredients into your pitcher. Stir to combine.
2. Keep refrigerated before serving. Enjoy!

Aloe Lemon Water

(Ready in about 10 minutes | Servings 4)

Ingredients

1. 4 tablespoons Aloe gel
1. 1 lemon, squeezed

Directions

1. Mix all ingredients in your blender or a food processor. Serve over ice and enjoy!
2. Aloe Vera gel contains important antioxidants; Aloe Vera reduces dental plaque and it can slow aging of our skin.

Maple Cranberry Drink

(Ready in about 10 minutes | Servings 4)

Ingredients

1. 1 pint filtered water
1. 2 tablespoons cranberries
1. Key lime, sliced
1. 3 tablespoons maple syrup

Directions

1. Put all the ingredients into a bottle or mason jar.
2. The longer this beverage stands in a fridge, the more flavorful it will be.

Mango and Sugarcane Infused Water

(Ready in about 10 minutes | Servings 4)

Ingredients

1. 1 pint filtered water
1. 1 handful mango chunks
1. 2 sticks sugarcane

Directions

1. Mix the ingredients in a pitcher.
2. Allow the beverage to chill in the fridge at least 2 hours. Enjoy!

Black Currant Water

(Ready in about 10 minutes | Servings 4)

Ingredients

1. 1 pint water
1. 6-7 black currants
1. 1/2 cup pineapple
1. 1 tablespoon apple cider vinegar
1. 4 basil leaves

Directions

1. Put all the ingredients into your pitcher or a mason jar. Transfer to a refrigerator.
2. The longer your drink sits, the better it tastes! It is great to drink when you're stressed out.

Lemongrass Apple Water

(Ready in about 10 minutes | Servings 4)

Ingredients

1. 2 stalks of lemongrass
1. 1 cup ice cubes
1. 1 green apple, cored and sliced
1. 1 stick sugarcane
1. 1 stick cinnamon
1. 3-5 quarter sized coins of peeled ginger
1. 1 pint filtered water

Directions

1. Place all ingredients in a pitcher or a mason jar. Stir to combine.
2. Lemongrass is used for treating stomach ache, rheumatism, digestive tract spasms, *etc.*

Strawberry-Mint Sparkling Water

(Ready in about 10 minutes | Servings 4)

Ingredients

1. 3 strawberries, sliced
1. 1 small-sized cucumber, sliced
1. 5 fresh mint leaves
1. Sparkling water

Directions

1. Combine the ingredients in a large mason jar. Then, stir well.
2. Allow your drink to sit in a refrigerator overnight.
3. This delicious sparkling water boosts metabolism. Enjoy!

Lime, Tea and Agave Detox

(Ready in about 10 minutes | Servings 4)

Ingredients

1. 1 pint water for boiling
1. 2 green tea bags
1. 1 lime, sliced
1. 1 tablespoon agave nectar

Directions

1. Bring water to a boil. Then, add tea bags and lime.
2. Remove the tea bags and add agave nectar. Transfer to a fridge.
3. Serve chilled and enjoy.

Jalapeno Cilantro Lemonade

(Ready in about 10 minutes | Servings 4)

Ingredients

1. 1 pint boiling water
1. 2 jalapenos, seeded and chopped
1. 1/2 cup cilantro, washed and chopped
1. 1 ½ cups fresh lemon juice
1. Honey to taste

Directions

1. First of all, pour boiling water over jalapenos and cilantro.
2. Allow to chill for about 4 hours.
3. Add lemon juice and honey to taste. Enjoy!

Peppermint Citrus Detox

(Ready in about 10 minutes | Servings 4)

Ingredients

1. 1 pint filtered water
1. 1 cucumber, sliced with peels
1. 1 lime, sliced
1. 1 orange, sliced
1. 1 tablespoon freshly grated ginger
1. A few peppermint leaves

Directions

1. Mix all of these components in a bottle or a pitcher; refrigerate for a few hours or overnight.
2. Serve well chilled and stay hydrated all day long!

Grape and Blood Orange Water

(Ready in about 10 minutes | Servings 4)

Ingredients

1. 1/4 cup grapes
1. 1/2 medium blood orange
1. 1 teaspoon grated ginger root
1. Water

Directions

1. Add all of these components to your pitcher or a mason jar. Stir well to combine.
2. Place in a refrigerator for a few hours. Stir before serving.
3. Serve well chilled and enjoy!

Sage Blackberry Water

(Ready in about 10 minutes | Servings 4)

Ingredients

1. 1/2 cup blackberry
1. 1 tablespoon sage
1. 1/2-inch ginger root

Directions

1. Add all ingredients to your pitcher or a mason jar.
2. Pour in your favorite spring water or coconut water.
3. Stir your fruit infused water, cover with a lid and transfer it to the refrigerator; let sit overnight for the best flavor. You should drink it within 2-3 days. Enjoy!

Rosemary Watermelon Cocktail

(Ready in about 10 minutes | Servings 4)

Ingredients

1. 1/4 cup watermelon chunks
1. 1 sprig rosemary
1. 1 sprig mint
1. 5-6 raspberries

Directions

1. Combine all the above ingredients in a large glass jar. Fill the jar with spring water of choice.
2. Let sit for 30 minutes before enjoying. Serve over ice cubes. Stay hydrated!

Tropical Dream

(Ready in about 10 minutes | Servings 4)

Ingredients

1. 1/2 mango, diced
1. 1 kiwi fruit, peeled and sliced
1. 1 vanilla bean, sliced lengthwise

Directions

1. Add the mango, kiwi and vanilla bean to a 64-ounce pitcher.
2. Add the filtered water or coconut water.
3. Then, refrigerate until cold and serve.
4. Get rid of sleep problems and lower blood pressure with this delicious beverage. Enjoy!

Kiwi and Lychee Soda

(Ready in about 10 minutes | Servings 4)

Ingredients

1. 3 tablespoons kiwi slices
1. 2 tablespoons lychee crush
1. 3 cups soda

Directions

1. In your blender or a food processor, blend kiwi slices and lychee crush along with 1 cup of soda.
2. Add remaining soda water and mix to combine well. Serve over ice cubes.
3. Juicy lychee is an excellent source of vitamin C and B-complex vitamins. It also carries a significant amount of minerals such as copper and potassium.

Pineapple and Cantaloupe Water

(Ready in about 10 minutes | Servings 4)

Ingredients

1. 1/2 cup pineapple chunks
1. 1/4 cup cantaloupe chunks
1. 1 tablespoon fresh mint leaves
1. 1 tablespoon fresh sage leaves

Directions

1. Add the ingredients to a mason jar. Add the filtered water.
2. Serve well chilled and enjoy!

Spring Strawberry Refresher

(Ready in about 10 minutes | Servings 4)

Ingredients

1. 1 sprig fresh mint
1. 1/2 cup mango, chunks
1. 4-5 strawberries, hulled and halved

Directions

1. Place mint leaves in a pitcher and squeeze them with the back of a regular spoon. Add mango and strawberries.
2. Cover with spring water or coconut water; transfer to a refrigerator for a few hours before serving.

Raspberry and Fig Limeade

(Ready in about 10 minutes | Servings 4)

Ingredients

1. 8 cups spring water
1. 1 cup raspberries
1. 3 basil leaves, roughly chopped
1. 1 lime, sliced
1. 2 dried figs, roughly chopped

Directions

1. Simply drop all ingredients in your glass jar; now place the lid on top.
2. Place your water in the refrigerator and let infuse at least 1 hour.

Honeydew Date Water

(Ready in about 10 minutes | Servings 4)

Ingredients

1. 1 cup honeydew, diced
1. 1 cucumber, sliced
1. 1 tablespoon fresh mint
1. 1 tablespoon fresh cilantro
1. 1-2 tablespoons dried dates, pitted and roughly chopped

Directions

1. Mix the honeydew, cucumber, mint, cilantro and dates in a blender or a food processor. Then, pour the pureed mixture through the sieve.
2. Pour in filtered water. Serve well chilled.
3. Date is a rich source of dietary fiber, potassium, polyphenols, *etc.*

Rose Cantaloupe Refresher

(Ready in about 10 minutes | Servings 2)

Ingredients

1. 1 cup cantaloupe pieces
1. 1/2 fennel bulb, thinly sliced
1. 1 tablespoon tarragon
1. A few edible rose petals
1. 2 quarts filtered water

Directions

1. Add the ingredients to large glass bottles.
2. You can refill your water a few times, and then, allow it to infuse over again.
3. Enjoy this fragrant and refreshing beverage!

Raspberry Peach Cooler

(Ready in about 10 minutes | Servings 4)

Ingredients

1. 2 quarts spring water
1. 5-6 raspberries
1. 1 small-sized peach, pitted and diced
1. A few cinnamon sticks

Directions

1. Add the ingredients to a pitcher. Now chill it at least 30 minutes.
2. To serve: pour it over ice cubes in serving glasses. After that, keep your water in the fridge until serving time.

Rhubarb and Apple Water

(Ready in about 10 minutes | Servings 4)

Ingredients

1. 1 rhubarb, sliced
1. 1 Granny Smith apple, cored and sliced
1. 1 stick cinnamon
1. Anise seed, to taste
1. 1 vanilla bean, slice lengthwise

Directions

1. Place the ingredients in a carafe and fill with water. Refrigerate until ready to serve.
2. Keep it for about 2 days in the refrigerator. Refill a few times until flavor dissipates.
3. It is good to know that cinnamon is one of the greatest boosters of metabolism. Enjoy!

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