

JUICES

Suggested combination of fruits and vegetables are to be run through a masticating juicer preferably (if not a standard juicer). It is recommended they are consumed right away in order to benefit fully of all nutrients present. The remainder can be kept however in the fridge in a glass or stainless steel bottle container. It must be closed tightly, and consumed within 24h the latest.

GREEN JUICE

- 2 green apples
- 3 stalks of celery
- 1 leaf of kale
- ½ bunch of spinach
- ¼ of cabbage
- 1 small broccoli
- 1 cucumber
- ½ lemon peeled

- 3 celery stalks
- 1 green apple
- 1 lemon peeled

APPLE KALE SPROUTS

- 2 green apples
- 2 cups of sunflower sprouts
- 1 small cucumber
- 1 kale leaf
- 1 cup daikon or other radish
- 1 lemon peeled (optional)

MEAN GREEN JUICE - Joe Cross

- 2 green apples
- 1 bunch kale
- 4 stalks of celery
- 1 cucumber
- 1cm ginger root
- ½ lemon peeled

APPLE GINGER

- 2 green apples
- 1cm ginger
- 1 cup spinach
- ½ lemon peeled

APPLE GINGER

- 2 green apples
- 1cm ginger
- 1 cup spinach
- ½ lemon peeled

CARROT FENNEL

- 2 green apples
- 2 fennel
- ½ lemon peeled

MY FAVORITE JUICE

- 2 green apples
- 4 carrots
- 1 small beetroot

CARROT BEET CABBAGE

- 2 carrots
- 1 small beetroot
- ¼ cabbage
- 1 cup watercress

MORNING GREEN GLORY

- 4-5 large kale leaves
- 1 large handful of spinach
- 3 romaine leaves
- 1 cucumber

CUCUMBER CABBAGE

- 1 medium cucumber
- 2 cups of cabbage
- 1 cup parsley
- ½ lemon peeled

PINEAPPLE MINT LIME

- 2-3 cups of pineapple
- ¼ cup of mint leaves
- 1 cup parsley
- 1 lemon peeled

PEACH PIE JUICE – Joe Cross

- 3 large sweet potatoes (peeled)
- 4 ripe peaches
- 2 golden apples
- Dash of cinnamon

Play to obtain the taste that suits you by adding different fruits and veggies. You can also find some great receipts on the web. Try some from Robyn **the raw chef from Australia that I met in Bahrain. She has some excellent and very tasty receipts for juices. <http://girlonraw.com/recipes/>

Please have min one juice containing dark leafy greens. I try to put them in most of my juices. Dark leafy greens are rich in chlorophyll, which is believed to have the power to regenerate, cleanse and reboot your body at the most basic cellular level. Increasing your consumption of chlorophyll also increases the number of red blood cells in your body, improving how effectively your body absorbs and uses oxygen, and that makes you healthier!

TIP: I find that you get more out of your leafy greens when you push them through with celery or cucumber. Roll them into small bunches and push them through with the cucumber. The spinach leaves also with the celery/cucumber or apple. The romaine lettuce often goes easily on its own.

Voila!