

# Juice ...Please

**Juicing is the fastest way of getting nutrition into the body.** The juice (full of phytonutrients, vitamins and minerals) is very easy for your body to absorb, which means it gets to your cells quickly to nourish and repair them.

Here's a few recipe ideas. Just throw into a blender and enjoy.



## Orange Juice

9 large carrots  
1 orange, rind removed  
1 apple, quartered  
1/4 cup fresh  
pineapple chunks  
1 lemon, rind removed  
1-inch turmeric root

## Green Juice

3 leaves kale stem removed and roughly  
chopped  
1 handful spinach leaves roughly  
chopped  
1 cup chopped romaine lettuce  
1 bunch parsley roughly chopped  
1 cup chopped cucumber  
2 sticks celery roughly chopped  
1 whole apple halved and seeds  
removed  
1 inch fresh ginger  
1 whole lemon rind removed

## Red Juice

1 apple, quartered  
2 red beets, quartered  
3 large carrots  
1 orange, rind removed  
1-inch piece of ginger  
1 handful fresh spinach

Enjoy~