



healthkick[®]

**FRUIT & VEG JUICING
RECIPE BOOK**

WELCOME

Fresh Fruit Juice is something most of us love, but vegetable juice, not so much. Fresh Fruit Juices taste wonderful, sweet, and delicious but when we think about Vegetable Juices, we tend to associate them with bad tastes.

Vegetable Juice is very nutritional, so here are some ways to make vegetable juicing taste good!

1. Adding fruits or carrots to your juicing recipes will give them a sweeter flavour while mellowing out some of the harsher veggie flavours like those of broccoli and spinach.
2. Selecting certain produce will also add benefits, example using a granny smith apple rather than other apples to juices, as these types of apples have the least amount of sugar in them. Lemons and limes are also great to add to any juice recipe as they tend to mask harsh flavours while adding a tang to your juice. You will have to experiment with your juice recipes and see what engages your palate and what tastes best to you.
3. Test out different fruits and vegetables and see what each one tastes like individually. Take a small or medium size slice of cucumber, and then juice it into a small glass. Do the same with other vegetables or fruits like kale, spinach, apples, carrot, celery, beetroot, artichokes, broccoli, mango, oranges, lemons, etc. Try a little sip from each one so you have a feel for how strong or sweet they are. Then start by mixing something strong with something sweet. Take the kale and mix in some apple, lemon, or carrot until you come to a happy medium with the flavours. This is a great way to test out different ideas or juice recipes without having to make a full juice that you don't like but force yourself to drink.
4. Always select the freshest and most organic fruits and vegetables for your juicing recipes. The fresher your produce, the better it will taste and the more nutritional value it will have.
5. The skins are where a lot of the nutritional value is. If you peel and skin them, you are throwing away very healthy nutrients. It's best to leave it on with the exception of butternut squash, pumpkin or super hardened produce.
6. Use a wide variety of ingredients in your juice recipes. Don't simply mix one fruit or one vegetable, go crazy and try mixing numerous things together. Remember, you are juicing for the health benefits and not so much for the taste itself. The more of a variety of vegetables and fruits you use, the more nutritious and healthy your juicing experience can and will be.
7. As a general rule, drink fruit juices mostly in the first half of the day, or at the start of your day as it provides the complex carbohydrates to fuel energy. For the later part of the day, drink juices that are less sweet, like partial or full green juices.

All juicing should always be done as part of a calorie controlled diet. Always consult your doctor before entering any form of diet.



STARTING YOUR JUICING

Step 1: Start with the more common produce first which are easier on your stomach, like carrots, apples, oranges or watermelons. They are gentle and mild on your taste bud and on your stomach.

Step 2: After juicing these a few times, you may feel ready to add something new to your menu. Use carrots and green apples as a base in most of juices, add other items to it to make great-tasting and healthy juice. This is when you begin to add some vegetables.

Step 3: The greener the vegetables, the more nutritionally valuable they are, and less palatable. When you think you are ready for green vegetables, remember your base (carrot and green apples), add any greens you fancy: broccoli, cauliflower, cabbage, celery, cucumber, lettuce, spinach, kale, swiss chard, etc. The more greens you have, you may want to add more green apples (up to 2-3 depending on how much you're juicing), and 1/4 or 1/2 slice of lemon to go with it for taste. Lemon is a super food that not only helps detoxify your system, it also multiplies your nutrients absorption rate up to 5 times. Juice it with the peel for its bioflavonoid and essential oils that make it a super immunity booster.

Step 4: You are well on your way when you have achieved Steps 1, 2 and 3 above. You may now start to experiment with all other kinds of fruits and vegetables.

Note: Beetroots are both powerful cleansers and builders of the blood and kidney therefore; its consumption should be limited to no more than one week if you're just starting.



MORNING GLORY

2 Apples
1 Cucumber
1 cup Blueberries
2 cups of Grapes
2 Kale Leaves
1" Ginger

JOLT JUICE

2 Apples
1 Orange
1 Cucumber
1/4 Lemon Peeled
4 Kale Leaves

MEAN GREEN

1 Granny Smith Apple
1 Cucumber
4 Stalks of Celery
4-6 Kale Leaves
1/4 Lemon Peeled
1" Ginger





BRUSHETTA TANG

- 2 Tomatoes
- 1-2 Garlic Cloves Peeled
- 1 Bunch of Basil (20 Leaves)
- 1/4 Lemon Peeled

SUNSET PASSION

- 1 Beet Sliced
- 1 Cucumber
- 1 Carrot
- 1 Granny Smith Apple
- 4 Kale Leaves
- 1/4 Lemon Peeled
- 1/4 Lime Peeled

GREEN MACHINE

- 4 Kale Leaves
- 2 Apples
- 2 Cups Spinach
- 1/2 Cucumber
- 2 Celery Stalks
- 1 Med Carrot
- 1" Ginger

BREAKFAST BLUES

- 1 Cup Blueberries
- 1 Cup Grapes
- 1 Carrot
- 2 Apples
- Large Handful of Spinach
- 1/2 Cucumber

SWEET START

- 2 Apples
- 3 Carrots
- 2 Celery Stalks
- 1 Orange Peeled

BANANA BOOSTER

- 1 small Banana
- 1 Granny Smith Apple
- 5 Mango Chunks
- 1 handful of Pomegranate Seeds
- 2 Full sized Carrots
- 2 Handfuls of Spinach
- 2 Celery Stalks
- 1 Cucumber





COOL CABBAGE

- 1 Cucumber
- 1 Carrot
- 2 Celery Stalks
- 1/4 head of Red Cabbage
- 1 Granny Smith Apple
- 1 Cup of Grapes
- 1/4 Lemon Peeled
- 1 inch of Fresh Ginger Root
- 1 big Handful of Spinach

GREEN GOOD MORNING

- 5 Romaine Lettuce Leaves
- 1 Cucumber
- 3 Celery Stalks
- 1 big handful of Spinach
- 2 Handfuls of Blueberries
- 3-5 Strawberries
- 1 Orange
- 1/2 Granny Smith Apple
- 1/4 Lemon
- 1/4-1/2 cup Pomegranate Juice

GREEN GIANT

- 1 whole head of Romaine Lettuce
- 3 big handfuls of Spinach
- 1 Cucumber (ends cut off)
- 2 stalks of Celery
- 1/2 Granny Smith Apple (cored)
- 1 whole Orange (peeled)
- 1/2 Lemon (peeled)
- 1 cup Pomegranate Seeds

GUNG HO MANGO

- 1 Orange
- 4 Mango Slices
- 3 Strawberries
- 1 Big Carrot
- 1 Handful of Spinach
- 1 Cucumber
- 3 Romaine Leaves

MELLOW TOM

- 2 Tomatoes (Medium)
- 1 Large Handful of Basil
- 1 large Handful of Parsley
- 4 Stalks of Celery
- 2 Carrots
- 2 Romaine Leaves
- 1 Cucumber
- ¼ Lemon (Peeled)

PURPLE POWER

- 2 Celery Stalks
- 1/2 Carrot
- 1 Cucumber
- 1 Handful of Spinach
- 1/2 Lemon Peeled
- 1 Beet Sliced
- 1 Granny Smith Apple
- 1/4 Head of Red Cabbage
- 1" of Fresh Ginger Root





SHOCK TOP

- 2 Carrots
- 4 Celery Stalks
- 1 Cucumber
- 1 Granny Smith Apple
- 1/4 Lemon Peeled
- 1-2" Fresh Ginger
- 1 Handful of Spinach

DOUBLE BERRY

- 1 Cup of Blackberries
- 3 Strawberries
- 1 Orange
- 2 big handfuls of Spinach
- 3 Celery Stalks
- 1 Cucumber
- 5 Romaine Lettuce Leaves
- 1/4 – 1/2 cup Pomegranate Juice
- 1/4 Lemon (peeled)

STRAWBERRY SHINE

- 3 Celery Stalks
- 5 Large Strawberries
- 1 Carrot
- 2 Granny Smith Apples
- 1 Cucumber
- 1-2 Cups of Grapes
- 2inch of Fresh Ginger Root

SUNRISE SURPRISE

1/2 butternut squash peeled, gutted,
and cubed
2 small apples gala, cored and
quartered
1-2 carrots
1" of ginger
1/4 lemon peeled

TORNADO JUICE

1 Orange
1 Apple
1/4 Lemon (peeled)
1 Inch of Fresh Ginger Root
1 Carrot of normal size
1 Big Handful of Spinach
2 Celery Stalks
1 Handful or Cup of Cherry Tomatoes
1 Full Size Cucumber





SUMMER LOVE

Packed with vitamins A and C for skin health and digestive enzymes for optimal gut function, this juice is the perfect addition to your healthy summer eating plan.

Ingredients

- 2 mango cheeks
- 1 orange
- 1 papaya, deseeded
- 1 cup of pineapple chunks
- 100-200ml mineral water

Method

Feed the mango, oranges and papaya alternatively through a juicer.

Feed in the pineapple chunks last.

Pour into a glass and top up with mineral water.

THE HANGOVER CURE

Ginger, fennel and mint are known intestinal calmatives to relieve stomach aches and nausea, so we've packed them into this yummy recipe.

Ingredients

- 2 green apples
- 2 celery stalks
- ¼ cup of fresh mint
- ½ fennel
- 2cm piece of ginger

Method

Feed all ingredients alternatively through a juicer and then serve over ice.

Look to substitute different fruits and vegetables to create your own new Juice.
The table below will assist in possible substitutions.

Main Ingredient	Substitution List
Apples	Beets, Blackberries, Carrots, Grapes, Oranges, Pears, Watermelon
Banana	Avocado
Basil	Cilantro, Parsley, Spinach
Beetroot	Apples, Carrots, Oranges, Red Cabbage, Radish, Tomatoes
Blueberries	Apricots, Blackberries, Cherries
Broccoli	Brussels Sprouts, Cabbage, Cauliflower, Cabbage, Celery, Kale, Spinach
Butternut Squash	Carrots, Mango, Pumpkin, Sweet Potato, Other types of Squash
Carrots	Apples, Beetroot, Oranges, Sweet Potatoes, Tomatoes
Celery	Cabbage, Romaine Lettuce, Zucchini
Cilantro	Basil, Parsley, Spinach
Cucumber	Cabbage, Romaine Lettuce, Zucchini
Ginger	Lemon, Radish
Grapefruit	Blood Oranges, Tangelo Oranges, Lemons, Raspberries, Pineapple
Green Peppers	Carrots, Red or Yellow Peppers, Red Cabbage, Romaine Lettuce

Kale	Broccoli, Romaine Lettuce, Spinach, Swiss Chard
Lemon	Ginger, Grapefruit, Lime, Raspberries, Strawberries
Lime	Ginger, Grapefruit, Lemon, Raspberries, Strawberries, Tangerine
Mango	Butternut Squash, Carrot, Kiwi, Papaya
Oranges	Apples, Carrots, Grapefruit, Mango, Watermelon
Parsley	Basil, Cilantro, Spinach
Peaches	Apples, Nectarines, Oranges, Plums
Pineapple	Apples, Grapefruit, Lemon, Lime, Oranges
Pomegranate	Lemon, Lime, Pineapple, Raspberries, Strawberries
Red Cabbage	Beetroot, Cabbage, Radish, Romaine Lettuce
Romaine Lettuce	Cabbage, Celery, Cucumber, Kale, Peppers, Spinach, Zucchini
Spinach	Broccoli, Kale, Romaine Lettuce, Swiss Chard
Strawberries	Apples, Blackberries, Grapefruit, Lemon, Lime, Oranges, Pomegranate, Raspberries
Swiss Chard	Arugula, Cabbage, Green Peppers, Kale, Romaine Lettuce, Spinach
Tomato	Beetroot, Carrot, Red Pepper, Yellow Pepper
Watermelon	Apples, Cantaloupe, Orange

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