

Juicing For Health

“5 Must Have Juice Recipes”



5 Must Have Juice Recipes

When it comes to juicing for health there are 5 key recipes that will serve as a foundation to health.

Before getting into the recipes it is good to know a little bit about the key ingredients that will serve as the foundation for your juicing routine.

The recipes that follow were selected for several reasons:

1. Easy to find ingredients
2. Long shelf life
3. Flexible variety of recipes
4. Key vitamins and minerals
5. Quick and easy to make

5 Tips to Get a Flat Stomach

***Did you know that crunches & situps actually do NOT flatten your abs effectively?**

***Did you know that there is a specific type of exercise that burns belly fat faster than cardio?**

***Did you know that certain foods such as soy proteins, "diet" drinks, and others can actually increase your stomach fat?**

More details in the article below.

[Click Here to Read the Article and Learn to Lose Stomach Fat](#)

Juicing like any other healthy regimen, is a habit that you build over time until it becomes second nature; a part of your daily routine. Eventually you will make juices without even thinking of what vegetables go together or what are the right quantities and proportions.

When you are still in the learning stages of juicing you want to start with simple, quick and easy recipes. If you go with recipes with too many steps or hard to find ingredients you will get off track as soon as you are missing ingredients or you are having a busy day.

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For this reason the recipes in this report focus on the following ingredients:

- Apples
- Beets
- Carrots
- Celery
- Cucumber

All of the above ingredients will serve as a foundation for more sophisticated recipes such as you will find in the [Juice Suggester](#), but they also help you get started in several ways.

When you go to the grocery store to shop for your produce you will not need a list. Just remember your ABC's. Apples, Beets, Carrots, Celery, Cucumber.

All of the above ingredients have a pretty decent shelf life. You will need fewer trips to the grocery store and will have the ingredients there when you are ready.

The 5 must have juices are either 2 ingredient or 3 ingredient recipes. This will teach you the flavors of the different vegetables and how they mix together, allowing you to eventually experiment on your own.

Let's start with carrots:

Carrots are a great base for your juice recipes. They provide a lot of liquid volume when juiced and are slightly sweet. When you find yourself in the mood for more of a sweet juice go with carrots, or apples, or both!

Carrots also provide an excellent source of nutrition. An eight ounce glass of carrot juice has more than 10 times the recommended daily allowance of vitamin A as well as the equivalent vitamin C of a couple

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of bananas.

Strong in beta-carotenes, some researchers suggest that carotenes provide anti-cancer properties.

Of course you can start with just juicing a couple of carrots in your juicer (and I recommend that you do) just to get the taste.

Must Have Juice Recipe #1

Carrot- Apple Juice

6 Carrots

1 Apple

Wash and core you apple

Wash and cut of the carrot tips

Juice Away!

This juice is perfect for afternoon “pick me up” when you might normally reach for that candy bar or other sweet treat. It will serve as a healthy substitute.

Organic vs. Conventional

When possible go with organic especially for carrots. A large amount of the nutrients lie right under the vegetable skin. By choosing organic you will only have to wash your carrots before juicing.

Conventional produce runs the risk of a pesticide covered surface that should really be peeled before juicing, causing you to miss out on the full benefits.

How about them apples?

You have heard about the old expression that “an apple a day keeps the doctor away” - well the next recipe “Doctor's Secret” combines

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apples with two other key ingredients.

Must Have Juice Recipe #2

Doctor's Secret

1 Apple

1 Carrot

1 Celery Stalk

Wash all vegetables

Core the apple

Cut the tips off of the carrots and celery

Caution: Avoid purchasing apples that have been waxed. The wax can trap pesticides on the surface of the skin of the fruit making it very difficult to remove harmful substances. Again... organic is better if your budget allows.

Beets

Beets have been used as medicine and nutrition going back to ancient Greek and Roman times. The greens from beets can be used in your recipes and contains many important minerals. Try juicing both with and without the greens to see which taste you prefer.

It is important to get the proportions correct with some vegetables and most juicing experts recommend keeping a 1:4 ratio of beets other vegetables. For example 1 beet for every 4 carrots, ¼ beet for every carrot.

The following recipe keeps this proportion. It also contains cucumber which is very cooling and refreshing when juice solo or in combination with other vegetables. Long used as a treatment for eyes in solid form the juice is said to be very good for your skin.

Must Have Juice Recipe #3

Street Beet

4 Carrots

½ Cucumber

1 Beet

Wash all vegetables

Cucumbers can be covered in a layer of wax, if so peel before juicing

Peel the beets also to avoid the bitterness of the skin

Cut the tips off of the carrots

Slice and quarter your beets and cucumber

Celery

Low in calories, but high in sodium, celery is a great way to add more of a savory taste to your juices. The following two recipes use celery to balance out the sweetness of the other ingredients.

This recipe is a great one when you are pressed for time.

Must Have Juice Recipe #4

Afternoon Delight

1 stalk of celery

1 apple

Wash all vegetables

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Core apple. Celery greens can be juice with the stalk

Must Have Juice Recipe #5

The Stalker

¼ beet

2 celery stalks

2 carrots

Wash vegetables

Skin beets

Cut carrot and celery tips

So there you have it! Five fundamental juice recipes to get you started juicing. You will be able to quickly and easily jump start your juicing.

What's next?

Depending on your goals... Weight Loss, Detox, Increased Energy - you are ready to add to your arsenal of delicious juice recipes.

Now it is time to incorporate other fruit and vegetables into your daily juicing routine.

You will want to experiment with dark green, and other vegetables that are packed with different vitamins and minerals.

- Kale
- Red and Green Cabbage
- Chards
- Radish

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- Spinach

These dark leafy greens are most important to give you the additional minerals that your body needs for maximum health.

If you want more variety and are looking to take your juicing to the next level then the new easy to juice [Juice Suggester](#) will get you there. This one of a kind juice recipe software uses over 40 different fruits and vegetables.

THE EASY TO JUICE "JUICE SUGGESTER"



There are over 100 delicious healthy juice recipes giving you the variety and capacity to meet your health goals. With the "Juice Suggester" you will be able to quickly find new recipe ideas just by punching in the available ingredients in your refrigerator.

[Click here to see a video demonstration of the "Juice Suggester" in action](#)