

10 Great Tasting Green Juice Recipes with Amazing Health Benefits



Juicing is a fantastic way to up and restore your nutrients, especially if you have a weakened immune system, nutrient deficiencies, suffer from health conditions, or simply desire to prevent predisposed health conditions.

****Please note****

In order to gain the full health benefits of juicing, it is recommended to consume juice in addition to a healthy balanced whole foods diet. Even though juice does contain a lot of sugars, you get a lot of essential vitamins and minerals that restore your nutrient needs. Juice does not replace meals and juice cleanses can do more harm than good since you are stripping away the fibre and not getting essential carbohydrates, fats, and proteins from foods.

Juice does contain a lot of sugars, so it is important to maintain an overall balanced diet and consult a medical physician before consuming large quantities of juice.

Juice Preparation

Try to use Organic produce whenever possible. Greens should be washed taking care to rinse off sand or soil that is often present at the base of the leaves. Shake off water or put in salad spinner to remove excess moisture. Cut off bottom portion of stems of chard or any other fibrous leaves -this avoids raising temperature of pulp and killing enzymes.

The green juice is much more active than carrot, apple or citrus juices and should be consumed immediately. It is not recommend to store the green juice for any length of time before consumption as it deteriorates rapidly.

1. Celery-Apple

- Celery – 3-4 stalks
- Green apple – 1 whole apple with skin, cored
- Parsley – 3-4 stems

2. Spinach-Pear

- Celery – 2-3 stalks
- Spinach – 1 cup
- Pear – 1 whole pear with skin, cored

3. Celery-Ginger-Cilantro

- Cilantro – 1½ cups
- Celery – 3-4 stalks
- Ginger

4. Cucumber-Mint

- Cucumber – 1 medium with skin
- Baby Kale & Arugula blend – 1 ½ cups
- Fresh mint – a few sprigs
- lime – 1 peeled lime

5. Cucumber-Kale-Citrus

- Cucumber – 1 medium with skin
- Kale – 1 cup
- Spinach – 1 cup a few sprigs
- Ginger
- Orange – 1 peeled
- Lemon – 1 peeled
- Green apple – 1 whole apple with skin, cored

6. Romaine-Celery-Basil

- Dark green lettuce – 1/4 to 1/2 of a head of romaine
- Fresh basil – ½ cup
- Celery – 3-4 stalks
- Lime – 1 peeled

7. Dark Green Punch

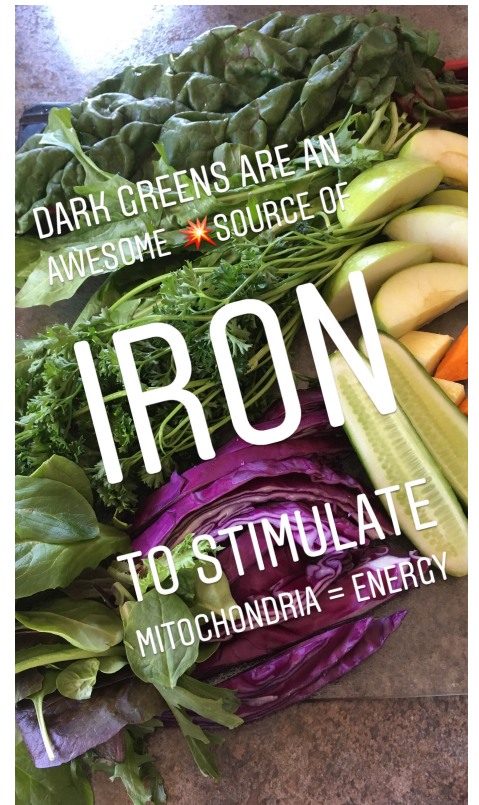
- Swiss Chard – 1 leaf stem included
- Red Chard – 1 leaf stem included
- Spinach – 1 cup
- Honey Dew Melon – 1 cup

8. Garden Vegetable Juice

- Green bell pepper – ½ cup
- Carrot – 2 medium carrots (do not peel, cut off tips of both ends)
- Celery – 2-3 stalks
- Cucumber – ½ medium with skin
- Dark green lettuce – 1/4 of a head of romaine
- Red cabbage – 2 or 3 leaves

9. Bitter Sweet Energy Immunity

- Dark green lettuce – 1/4 of a head of romaine
- Beet tops (young inner leaves) – 2 to 3 leaves
- Beets – 1 medium beet (cut off the tops and leave the skin on)
- Lemon – ½ peeled lemon
- Ginger
- Turmeric



10. The Anti-Cancer Gerson Green Juice

This Juice is part of the Gerson Therapy, a proven nutritional program to fight cancer and other illnesses. For more information visit: <https://gerson.org/gerpress/>

Ingredients:

- Dark green lettuces – 1/4 to 1/2 of a head of romaine (depending on the size of the lettuce): you can also sometimes substitute red and green leaf lettuces and endives. **Note: Iceberg is useless - do not use**
- Escarole – 2 or 3 leaves
- Beet tops (young inner leaves) – 2 to 3 leaves
- Red cabbage – 2 or 3 leaves
- Green bell pepper – 1/4 of a small to medium pepper
- Swiss chard – 1 leaf stem included.
- Green apple – 1 whole apple with skin, cored
- Watercress – 5 or 6 leaves

