Juice Recipes

Green Machine.

Improved digestion, aids weight loss , reduce inflammation and boost immunity

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| **Ingredients**  Bunch of Kale  2 Green Apples  1 Cucumber  2 Sticks of Celery  Pinch of fresh Parsley  **Instructions**  Juice it all up |  |

Carrot Energizer

Refreshing and healthy carrot apple ginger juice is not only energizing but easy to prepare as well. This fruit and vegetable juice is rich in multivitamins, beta-carotenes and antioxidants that cleans digestive system from toxins as well as helps body fight against cancer and many other diseases.

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| **Ingredients**  3 Carrots  2 Apples  1 Inch of Ginger  **Instructions**  Juice it all up | Chart, funnel chart  Description automatically generated |

Cleanser

Apple ginger juice is one such healthy recipe which combines the best of both the worlds. The body warming effect of ginger gives your body an **immunity** to fight with common flu and cold while apple gives healthy dose of dietary **fiber**, which helps prevent absorption of dietary LDL **cholesterol**.

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| **Ingredients**  ½ Lemon  2-3 Apples  1 Inch of Ginger  **Instructions**  Juice it all up | A picture containing indoor, fruit, apple, vegetable  Description automatically generated |

Fired up

**Apple** will perk you up with its sweetness and nutrients, **Beetroot** is a great blood cleanser and great for the heart and **Celery** is full of nutrients to help rehydrate the body again.

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| **Ingredients**  2 Red Apples  2 Sticks Celery  2 Raw Beetroots  **Instructions**  Juice it up | A picture containing indoor, beverage, fruit drink  Description automatically generated |

Detox

**Green juice**  **cleanses** and detoxifies the body and provides the body with oxygen.

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| **Ingredients**  2 large handfuls of Spinach  Handful of Kale  3 Pears  ½ Lemon  1 Cucumber  Pinch of fresh Parsley  ½ Inch Ginger  **Instructions**  Juice it up |  |

Tropical

**Pineapple** and **Kale Juice Benefits** Fresh **kale** provides vitamin A, vitamin K, C, B6, calcium, potassium and magnesium just to name a few. Some of the best **pineapple juice benefits** are: anti-inflammatory properties, vitamin C, gut and heart health.

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| **Ingredients**  ½ Pineapple  Handful of Kale  2 Pears  2 Sticks of Celery  Slice of Banana  **Instructions**  Juice it up |  |