

# **Juicing Recipes**

**Compiled by  
Dr. Sarah L. Sjovold, B.Sc., N.D.**

## Introduction

This package contains a variety of delicious juicing recipes for you to make at home. Use these recipes to help nourish your body on a regular basis, as well as during times when you need to boost your energy, or when chewing, swallowing, or digesting solid food is difficult.

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# The Ins and Outs of Juicing

Juicing is an excellent way to increase your overall energy. It is best to consume juices before a meal, and/or during times when chewing, swallowing, and digesting solid food is difficult (e.g. post chemotherapy treatment, radiation to the head and neck, bouts of diarrhea, or cases of mouth, throat, esophageal, stomach, or colon cancer (ostomy)). It is recommended that you juice 2-4 times per day.

## **Why Juice:**

- Juicing removes the fibre, allowing for easy digestion and fast absorption of nutrients.
- Juicing is the best way to obtain vitamins, minerals, enzymes, and other key nutrients. Nutrients work synergistically, therefore, when combined naturally in food, they work much more effectively than when singled out in a pill form.
- Juicing provides the highest yield of nutrients as opposed to bottled, canned, or frozen juices. There are no added chemicals and preservatives. The juice is not subjected to high heat for pasteurization which ultimately destroys many important nutrients.

## **Purchasing a Juicer:**

There are a variety of juicers on the market that range in cost and juicing capabilities. A good quality juicer will extract a smooth, enzyme-rich juice and expel a moisture-free pulp. The drier the pulp, the more juice in the glass. A good test is how well a juicer juices fine, leafy greens. The following is a list of essential features to look for when purchasing a juicer:

- Centrifugal force (it juices most fruits and vegetables with the exception of wheatgrass)
- Automatic pulp ejection
- A quiet, powerful motor ( $\frac{1}{3}$  to  $\frac{3}{4}$  horsepower)
- Stainless steel bowl, blade, and basket
- Large feeder or hopper tube
- Removable parts that are easy to clean and quick to reassemble
- Rubber feet
- 2-5 year warranty

To assist you in making the right choice for your needs, the following list of good quality juicers and their corresponding website addresses have been provided. Also check out [www.juicerville.ca](http://www.juicerville.ca) and [www.discountjuicers.com](http://www.discountjuicers.com).

<b>Juicer Type</b>	<b>Website</b>
Angel	<a href="http://www.angel-juicer.com/en">www.angel-juicer.com/en</a>
The Juice Fountain Crush BJS600XL	<a href="http://www.breville.ca">www.breville.ca</a>
#2Green Star	<a href="http://www.greenstar.com">www.greenstar.com</a>
Hurum Slow Juicer	<a href="http://www.hurum.com">www.hurum.com</a>
Juiceman JM-480S	<a href="http://www.juiceladycherie.com/Juice">www.juiceladycherie.com/Juice</a> <a href="http://www.juiceman.com">www.juiceman.com</a>
L'Equip 221	<a href="#">Google</a> or <a href="#">YouTube</a>
#1 Norwalk	<a href="http://www.norwalkjuicers.com">www.norwalkjuicers.com</a>
Omega 4000, 8006	<a href="http://www.omegajuicers.com">www.omegajuicers.com</a>
Wheateena (for wheat grass only)	<a href="#">Google</a> or <a href="#">YouTube</a>

### **Juicing Ingredients:**

- If possible, use fresh, local, organic, or unsprayed produce to reduce exposure to pesticide and herbicide residues. If this is not possible, you may wish to peel the produce.
- Use a variety of fruits and vegetables on a regular basis to maximize your nutrient intake. Please refer to the **Juicing Ingredient List** for ideas, as well as the recipes in this booklet.
- Try to use fruits and vegetables that have a low and or medium Glycemic index listing. Please refer to the **Glycemic Index Chart handout** on p.7 of this booklet.
- Drink at least as much vegetable juice as fruit juice to avoid getting too much fruit sugar.

## **Juicing Tips:**

- Before juicing, wash all produce well and remove moldy, bruised, or other damaged portions of the fruits and vegetables.
- All pits must be removed before juicing, but seeds can remain and be placed in the juicer, **except** for apple seeds which contain small amounts of cyanide.
- Peel all citrus fruits, melons, and pineapples. These peels are bitter and hard on the juicer motor and blades.
- Include stems and leaves along with fruits and vegetables, **except** for carrot and rhubarb greens which contain toxic substances.
- Most fruits and vegetables need to be sliced or cut into chunks or sticks to accommodate the size of the juicer.
- Most fruits and vegetables have high water content (e.g. apples, broccoli, carrots, celery, cucumber, parsnips, and pears) and therefore are best juiced, not blended. Fruits and vegetables that contain little water (e.g. bananas, avocados) cannot be placed in the juicer. When using them in your recipe, juice all other fruits and vegetables first, transfer the juice to a blender, and then add the drier produce.
- Always juice a higher-water content ingredient after a leafy green vegetable (e.g. beet greens, cabbage, cilantro, kale, parsley, spinach, swiss chard) to flush the concentrated juice from the juicer.
- As a general rule, start the juicing sequence with the ingredients that have the highest concentration of flavour and end with more neutral ingredients. This method will ensure that strong, pungent flavours (e.g. beets, garlic, ginger, parsley, peppers, spinach) will be flushed out by the more neutral ingredients (e.g. celery, cucumber, carrots) guaranteeing that your next juice will not be tainted.
- Choose one neutral juice ingredient and two stronger flavoured ingredients to begin with. Build on it by adding more ingredients using the same ratio.
- It is always best to drink freshly squeezed juice right after you make it rather than making large batches and storing the juice for future use - the flavour, colour, and potency will decline quickly.

# Juicing Ingredient List

## **Fruit (fresh)**

- \*Apples
- Asian pear
- Citrus fruits** (\*clementine's, \*\*grapefruit, \*lemon, lime, mandarin, \*orange, pomelo)
- Grapes (\*red)
- Kiwi
- \*Mango
- Melons** (cantaloupe, honeydew, watermelon)
- \*Nectarine
- \*Papaya
- \*Peach
- Pears
- \*Pineapple
- Rhubarb

## **Herbs & Spices (organic, non-irradiated)**

- \*Cayenne
- \*Cilantro
- Dill
- \*Garlic
- Ginger root
- Horseradish
- Mint
- \*Nutmeg
- \*Parsley
- \*Turmeric root
- Wasabi root

## **Vegetables (fresh)**

- Asparagus
- \*Beet
- \*Broccoli
- \***Cabbage** (red, green, savoy)
- \*Carrots
- Cauliflower
- Celery
- Chinese broccoli/kale (Gai Lan)
- Chinese/Nappa cabbage
- Chinese mustard cabbage (Gai Choy)
- Cucumber
- Fennel bulb
- Leafy greens** (beet greens, \*bok choy, \*collard greens, dandelion greens, \*kale, kohlrabi greens, \*mustard greens, \*swiss chard, turnip greens)
- Leafy salad greens** (arugula, \*endive, chicory, escarole, frisee, radicchio)
- Lettuce** (butterhead, green/red leafy, iceberg, mixed, romaine)
- Nightshade family** (\*peppers, \*tomatoes)
- \***Onions** (globe, green/\*scallions, knob, pearl, \*red, \*shallot, spanish, sweet)
- \***Radishes** (black, red, white, Daikon)
- Rapini (broccoli raab)
- Rutabaga
- Parsnip
- \*Spinach
- Sprouts** (alfalfa, bean, broccoli, sunflower)
- \*Turnip
- \*Watercress
- Wheatgrass

**\*Note:** an asterisk (\*) indicates foods that contain anti-cancer properties

**\*\*Note:** Many drugs are impacted by consumption of grapefruit or grapefruit juice. Grapefruit is known to contain properties that inhibit a cytochrome P450 metabolizing enzyme, which in turn increases drug bioavailability (i.e. increases risk of drug toxicity). If you are taking any medications, please avoid this fruit or leave a 4 hour gap between taking the medication and consuming grapefruit.

# Glycemic Index Chart

The Glycemic Index (GI) is a scoring of carbohydrates on a scale from 0 to 100 based on the extent to which they raise blood sugar. The type of carbohydrate a food contains, as well as the presence of protein, fat, and fibre, helps to establish the food ranking. The higher the GI of a food, the faster it will raise blood sugar. Therefore, it is best to choose complex carbohydrates in the low to medium columns of the chart. Please note that the more processed a food, generally the higher its GI.

## Some things to note:

- **Vegetables:** Cooking vegetables raises their GI and reduces their nutrient content. Therefore, use as little water as possible and cook only until they are tender, or try eating them raw.
- **Legumes/Beans:** These are rich in protein and fibre, and low in fat. Canned beans are more convenient than dried beans, but the canning process significantly raises their GI rating.
- **Nuts & Seeds:** These are an excellent source of good fats and protein, but eat them in limited quantities because of their high calorie content (approx. 8-12 nuts/serving).
- **Breads:** Choose breads made from 100% sprouted whole grains.

LOW Glycemic Index (lowest→highest) 7-45	MEDIUM Glycemic Index (lowest→highest) 45-60	HIGH Glycemic Index (lowest→highest) 60-115
<p><u>Protein &amp; Dairy</u></p> <p><b>Cheeses</b> (cow, goat, sheep)  <b>Plain yogurt</b> (cow, goat)  <b>Milk</b> (cow, goat)  Miso  Tempeh</p> <hr/> <p><u>Nuts</u></p> <p><b>Nuts</b> (almonds, cashews, hazelnuts, macadamias, pistachios)  Seeds</p> <hr/> <p><u>Beans</u></p> <p>Black beans  Black-eyed peas  Butter beans  Chick peas/Garbanzo beans</p>	<p><u>Nuts</u></p> <p><b>Nuts</b> (brazil, peanuts, pecans, walnuts)</p> <hr/> <p><u>Grains &amp; Rice</u></p> <p>Brown Rice  Buckwheat/Kasha (roasted)  Bulgur  Corn  Kamut  Oat bran  Oatmeal (large flake, steel cut)  Popcorn  Quinoa  Spelt  White rice  Wild rice</p>	<p><u>Beans</u></p> <p>Broad (fava) beans</p> <hr/> <p><u>Grains &amp; Rice</u></p> <p>Arborio rice  Instant rice  Jasmine rice  Millet  Short grain rice  Sticky rice  Tapioca</p> <hr/> <p><u>Fruit &amp; Dried Fruit</u></p> <p>Cantalope  <b>Dried fruit</b> (dates, figs, mango, papaya, pineapple, raisins)  Honeydew  *Pineapple</p>

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<p style="text-align: center;"><b><u>Beans cont.</u></b></p> <p>Haricots Kidney beans Lentils Lima beans Mung beans Navy beans Pinto beans Romano beans Split peas</p>	<p style="text-align: center;"><b><u>Fruit &amp; Dried Fruit</u></b></p> <p>Apricot Banana Coconut <b>Dried fruit</b> (apricots, cranberries, prunes, sultanas) Kiwi fruit *Mango *Papaya Passion fruit Pomegranates</p>	<p style="text-align: center;"><b><u>Fruit &amp; Dried Fruit cont.</u></b></p> <p>Watermelon</p>
<p style="text-align: center;"><b><u>Grains &amp; Rice</u></b></p> <p>Barley (pearled) Basmati rice Buckwheat Long grain rice Rice bran Wheat berries Wheat bran Wheat germ</p>	<p style="text-align: center;"><b><u>Vegetables</u></b></p> <p><b>Artichokes</b> (regular, Jerusalem) *Beets Cassava *Carrots (raw, boiled) Corn <b>Peas</b> (snow peas, sugar snap) Squash Taro root Yam</p>	<p style="text-align: center;"><b><u>Vegetables</u></b></p> <p>Breadfruit Parsnips Plantain <b>Potatoes</b> (baked, boiled white potatoes, mashed, steamed) Pumpkin Rutabaga Sweet potato Turnip</p>
<p style="text-align: center;"><b><u>Fruit &amp; Dried Fruit</u></b></p> <p>*Apples Asian pears Avocado Berries (blackberry, blueberry, cranberry, raspberry, strawberry) Cherries (1 cup) <b>Citrus fruit</b> (*clementine, **grapefruit, *lemon, lime, *orange, mandarin, tangerine, pomelo) <b>Dried fruit</b> (apples) *Grapes Guavas *Nectarine *Peach Pear Plum Rhubarb</p>		

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<p style="text-align: center;"><u>Vegetables</u></p> <p>Asparagus</p> <p><b>Beans</b> (Chinese long; flat, French, or string green; striped; yellow wax)</p> <p>*Broccoli</p> <p>Brussel sprouts</p> <p>Cauliflower</p> <p><b>Cabbage</b> (red, green, savoy, Chinese/Napa, Chinese mustard/Gai Choy)</p> <p>Chinese broccoli/kale (Gai Lan)</p> <p>Celery &amp; celery root/Celeriac</p> <p>Cucumber</p> <p>Eggplant</p> <p>Fennel bulb</p> <p>Fiddleheads</p> <p>*Garlic</p> <p>Ginger</p> <p>Herbs</p> <p>Horseradish</p> <p>Kohlrabi</p> <p><b>Leafy greens</b> (beet greens, *bok choy, *collard greens, dandelion greens, *kale, *mustard greens, turnip greens, *swiss chard)</p> <p><b>Leafy salad greens</b> (arugula, endive, chicory, escarole, frisee, radicchio)</p> <p>Leek</p> <p><b>Lettuce</b> (butterhead, green/red leafy, iceberg, mixed, romaine)</p> <p>Mushrooms</p> <p>New potatoes</p> <p>Okra</p> <p>Onions</p> <p>*Peppers</p> <p>*<b>Radishes</b> (black, red, white)</p>		

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<p><b><u>Vegetables cont.</u></b></p> <p>Radishes (Daikon)  Rapini (broccoli raab)  <b>Seaweed</b> (arame, hijiki, kelp,  kombu, nori)  <b>Sprouts</b> (bean, broccoli,  sunflower)  *Tomato  *Watercress  Zucchini</p>		

Resources: <http://www.diabetes.ca/files/Long%20list%20Dec%202005.pdf>

# Juicing Recipes

## **Brazilian Immune Boost**

### **Ingredients:**

- 2 beets, small
- ½ inch fresh ginger root
- ⅓ lemon, peeled
- 6 oranges, peeled

**Instructions:** Push the beets, ginger, lemon, and oranges through hopper.

*\*This recipe is borrowed from Fresh at Home: Everyday Vegetarian Cookbook, Ruth Tal Brown & Jennifer Houston. 2004.*

## **Calcium-Rich Cocktail**

### **Ingredients:**

- 3 kale leaves
- small handful parsley
- 4-5 carrots, greens removed
- ½ apple, seeded

**Instructions:** Bunch up kale and parsley, and push through hopper with carrots and apple.

*\*This recipe is borrowed from Juicing for Life: A Guide to the Health Benefits of Fresh Fruit & Vegetable Juicing, Cherie Calbom & Maureen Keane.*

## **Cherie's Cleansing Cocktail**

### **Ingredients:**

- ¼ inch sliced ginger root
- 1 beet
- ½ apple, seeded
- 4 carrots, greens removed

**Instructions:** Push ginger, beet, and apple through hopper with carrots.

*\*This recipe is borrowed from Juicing for Life: A Guide to the Health Benefits of Fresh Fruit & Vegetable Juicing, Cherie Calbom & Maureen Keane.*

## **Chlorophyll Cocktail**

### **Ingredients:**

- 3 beet tops
- handful parsley
- handful spinach
- 4 carrots, greens removed
- ½ apple, seeded

**Instructions:** Bunch up beet tops, parsley, and spinach, and push through hopper with carrots and apple.

*\*This recipe is borrowed from Juicing for Life: A Guide to the Health Benefits of Fresh Fruit & Vegetable Juicing, Cherie Calbom & Maureen Keane.*

## **Cool Green Cucumber**

### **Ingredients:**

- 1 long English, or 2 field cucumbers (if organic, leave unpeeled)
- 1 pear or granny smith apple
- 2 cups chard, spinach, or kale
- ¼ lime, peel removed
- ¼- ½ cup fresh mint

**Instructions:** Bunch up leafy greens and mint, and push through hopper with cucumber, apple and lime.

*\*This recipe is borrowed from EcoParent: The Greener Play Issue, Summer.*

## **Evening Regulator**

### **Ingredients:**

- 2 apples, seeded
- 1 pear

**Instructions:** Alternate pushing apple and pear slices through hopper.

*\*This recipe is borrowed from Juicing for Life: A Guide to the Health Benefits of Fresh Fruit & Vegetable Juicing, Cherie Calbom & Maureen Keane.*

## **Garlic Express**

### **Ingredients:**

- handful parsley
- 4 carrots, greens removed
- 1 garlic clove
- 2 stalks celery

**Instructions:** Bunch up parsley and push through hopper with carrots, garlic, and celery.

*\*This recipe is borrowed from Juicing for Life: A Guide to the Health Benefits of Fresh Fruit & Vegetable Juicing, Cherie Calbom & Maureen Keane.*

## **Ginger Hopper**

### **Ingredients:**

- ¼ inch sliced ginger root
- 4-5 carrots, greens removed
- ½ apple, seeded

**Instructions:** Push ginger through hopper with carrots and apple.

*\*This recipe is borrowed from Juicing for Life: A Guide to the Health Benefits of Fresh Fruit & Vegetable Juicing, Cherie Calbom & Maureen Keane.*

## **In the Raw**

### **Ingredients:**

- 6 apples
- 1 cup sunflower sprouts
- 1 banana, peeled
- 1 Tbsp hulled hemp seeds
- 3 cubes ice

### **Instructions:**

- 1) Push the apples through hopper.
- 2) Blend the apple juice with sunflower sprouts, banana, hulled hemp seeds, and ice until smooth.

*\*This recipe is borrowed from Fresh at Home: Everyday Vegetarian Cookbook, Ruth Tal Brown & Jennifer Houston. 2004.*

## **Kidney Tonic**

### **Ingredients:**

- 4 medium carrots
- 1 handful spinach
- 3 dandelion leaves
- 2 apples
- ½ cucumber
- ½ lemon, peeled

**Instructions:** Push the dandelion leaves and spinach through hopper with carrots, cucumber, lemon, and apples.

*\*This recipe is borrowed from Fresh at Home: Everyday Vegetarian Cookbook, Ruth Tal Brown & Jennifer Houston. 2004.*

## **Orange Fennel Sunrise**

### **Ingredients:**

- 2 carrots
- ½ bulb of fennel (about ¼ cup, can include stalk)
- 1 celery stalk
- 1 apple
- 1 orange, peeled
- ¼ lemon, peel removed (optional)

**Instructions:** Push the carrots, fennel, celery, apple, orange, and lemon through hopper.

*\*This recipe is borrowed from EcoParent: The Greener Play Issue, Summer.*

## **Out of My Head**

### **Ingredients:**

- ½ inch fresh ginger root
- 3 parsnips
- 6 apples, seeded
- 1 shake cinnamon

### **Instructions:**

- 1) Push the ginger, parsnips, and apples through hopper.
- 2) Warm in a saucepan without letting the liquid come to a boil.
- 3) Garnish with cinnamon.

*\*This recipe is borrowed from Fresh at Home: Everyday Vegetarian Cookbook, Ruth Tal Brown & Jennifer Houston. 2004.*

## **Potassium Broth**

### **Ingredients:**

- handful parsley
- handful spinach
- 4-5 carrots, greens removed
- 2 stalks celery

**Instructions:** Bunch up parsley and spinach leaves, and push through hopper with carrots and celery.

*\*This recipe is borrowed from Juicing for Life, A Guide to the Health Benefits of Fresh Fruit & Vegetable Juicing, Cherie Calbom & Maureen Keane.*

## **Red Ginger**

### **Ingredients:**

- 1 small beet
- 3 carrots
- 2 oranges, peeled
- ½ inch piece of ginger

**Instructions:** Push the beet, carrots, oranges, and ginger through hopper.

*\*This recipe is borrowed from EcoParent: The Greener Play Issue, Summer.*

## **Tropical Squeeze**

### **Ingredients:**

- 1 firm papaya, peeled
- ¼ inch slice ginger root
- 1 pear

**Instructions:** Juice the papaya. Push ginger through hopper with pear.

*\*This recipe is borrowed from Juicing for Life: A Guide to the Health Benefits of Fresh Fruit & Vegetable Juicing, Cherie Calbom & Maureen Keane.*

## **Very Veggie Cocktail**

### **Ingredients:**

- handful wheatgrass
- ½ handful parsley
- handful watercress
- 4 carrots, greens removed
- 3 stalks celery
- ½ cup chopped fennel
- ½ apple, seeded

**Instructions:** Bunch up wheatgrass, parsley, and watercress, and push through hopper with carrots, celery, fennel, and apple.

*\*This recipe is borrowed from Juicing for Life: A Guide to the Health Benefits of Fresh Fruit & Vegetable Juicing, Cherie Calbom & Maureen Keane.*

## **Wheatgrass Express**

### **Ingredients:**

- handful wheatgrass
- 2 mint sprigs
- 3 inch slice pineapple

**Instructions:** Bunch up wheatgrass and mint, and push through hopper with pineapple.

*\*This recipe is borrowed from Juicing for Life: A Guide to the Health Benefits of Fresh Fruit & Vegetable Juicing, Cherie Calbom & Maureen Keane.*