

# JUICE RECIPES

|                                       |  |                                      |   |                                       |                            |     |  |                                      |
|---------------------------------------|--|--------------------------------------|---|---------------------------------------|----------------------------|-----|--|--------------------------------------|
| #2                                    | Celery<br>Parsley<br>Spinach   | 4 ozs.<br>2 ozs.<br>3 ozs.           | #34   | Carrot<br>Cabbage                     | 11 ozs.<br>5 ozs.          | #44 | Carrot<br>Cucumber                               | 12 ozs.<br>4 ozs.                    |
| #11                                   | Add juice of 1 lemon<br>to 4 ozs. horseradish,<br>ground but not pressed |                                      | #35   | Carrot<br>Cabbage<br>Celery           | 7 ozs.<br>4 ozs.<br>5 ozs. | #45 | Carrot<br>Dandelion                              | 12 ozs.<br>4 ozs.                    |
| #26                                   | Carrot<br>Beet   | 13 ozs.<br>3 ozs.                    | #36   | Carrot<br>Cabbage<br>Lettuce          | 8 ozs.<br>4 ozs.<br>4 ozs. | #46 | Carrot<br>Dandelion<br>Lettuce                   | 9 ozs.<br>3 ozs.<br>4 ozs.           |
| <b>Note:</b> Use beet tops and roots. |  |                                      | #37   | Carrot<br>Celery                      | 9 ozs.<br>7 ozs.           | #47 | Carrot<br>Dandelion<br>Spinach                   | 10 ozs.<br>3 ozs.<br>3 ozs.          |
| #27                                   | Carrot<br>Apple<br>Beet  | 7 ozs.<br>6 ozs.<br>3 ozs.           | <b>Note:</b> If celery tops (greens) are<br>used, change to 10 ozs.<br>Carrot, 6 ozs. Celery. |                                       |                            | #48 | Carrot<br>Dandelion<br>Turnip                    | 11 ozs.<br>3 ozs.<br>2 ozs.          |
| #28                                   | Carrot<br>Beet<br>Celery   | 7 ozs.<br>3 ozs.<br>5 ozs.           | #38   | Carrot<br>Celery<br>Endive (Escarole) | 9 ozs.<br>5 ozs.<br>2 ozs. | #49 | Carrot<br>Endive (Escarole)                      | 13 ozs.<br>3 ozs.                    |
| #29                                   | Carrot<br>Beet<br>Coconut  | 11 ozs.<br>3 ozs.<br>2 ozs.          | #39   | Carrot<br>Celery<br>Lettuce           | 7 ozs.<br>5 ozs.<br>4 ozs. | #50 | Carrot<br>Celery<br>Endive (Escarole)<br>Parsley | 7 ozs.<br>5 ozs.<br>2 ozs.<br>2 ozs. |
| #30                                   | Carrot<br>Beet<br>Cucumber   | 10 ozs.<br>3 ozs.<br>3 ozs.          | #40   | Carrot<br>Celery<br>Parsley           | 9 ozs.<br>5 ozs.<br>2 ozs. | #51 | Carrot<br>Green Peppers                          | 12 ozs.<br>4 ozs.                    |
| #31                                   | Carrot<br>Beet<br>Lettuce  | 9 ozs.<br>3 ozs.<br>4 ozs.           | #41   | Carrot<br>Celery<br>Radish            | 8 ozs.<br>5 ozs.<br>3 ozs. | #52 | Carrot<br>Lettuce                                | 10 ozs.<br>6 ozs.                    |
| #32                                   | Carrot<br>Beet<br>Lettuce<br>Turnip                                      | 7 ozs.<br>3 ozs.<br>4 ozs.<br>2 ozs. | #42   | Carrot<br>Celery<br>Spinach           | 7 ozs.<br>5 ozs.<br>4 ozs. | #53 | Carrot<br>Lettuce<br>Cucumber                    | 9 ozs.<br>4 ozs.<br>4 ozs.           |
| #33                                   | Carrot<br>Beet<br>Spinach  | 10 ozs.<br>3 ozs.<br>3 ozs.          | #43   | Carrot<br>Celery<br>Turnip            | 8 ozs.<br>6 ozs.<br>2 ozs. | #54 | Carrot<br>Lettuce<br>Cucumber                    | 7 ozs.<br>5 ozs.<br>4 ozs.           |

**NOTE:** Use tops *and* roots of beets, dandelions, radishes and turnips.

When preparing carrots, cut off the tops 1/2" below the ring where the green stems start, and snip off the tail of the carrot.

To remove sprays, etc., wash vegetables thoroughly with plenty of cold, running water, using a stiff brush when necessary.

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|-----|---|---------------------------------------|-----|--|---------------------------------------|-----|---|--------------------------------------|
| #55 | Carrot<br>Lettuce<br>Spinach                          | 8 ozs.<br>5 ozs.<br>3 ozs.            | #66 | Carrot<br>Alfalfa                        | 12 ozs.<br>4 ozs.                     | #78 | Celery<br>Dandelion<br>Spinach            | 8 ozs.<br>4 ozs.<br>4 ozs.           |
| #56 | Carrot<br>Lettuce<br>String Beans                     | 9 ozs.<br>4 ozs.<br>3 ozs.            | #67 | Carrot<br>Apple                          | 9 ozs.<br>7 ozs.                      | #79 | Celery<br>Endive (Escarole)<br>Parsley    | 11 ozs.<br>3 ozs.<br>2 ozs.          |
| #57 | Carrot<br>Lettuce<br>String Beans<br>Brussels Sprouts | 6 ozs.<br>4 ozs.<br>3 ozs.<br>3 ozs.  | #68 | Carrot<br>Fennel                         | 9 ozs.<br>7 ozs.                      | #80 | Celery<br>Lettuce<br>Spinach              | 7 ozs.<br>5 ozs.<br>4 ozs.           |
| #58 | Carrot<br>Lettuce<br>Turnip                           | 10 ozs.<br>4 ozs.<br>2 ozs.           | #69 | Carrot<br>Coconut                        | 13 ozs.<br>3 ozs.                     | #81 | Celery<br>Spinach<br>Parsley              | 10 ozs.<br>4 ozs.<br>2 ozs.          |
| #59 | Carrot<br>Parsley                                     | 12 ozs.<br>4 ozs.                     | #70 | Grapefruit<br>Lemon<br>Orange            | 6 ozs.<br>3 ozs.<br>7 ozs.            | #82 | Celery<br>String Beans                    | 12 ozs.<br>4 ozs.                    |
| #60 | Carrot<br>Radish                                      | 11 ozs.<br>5 ozs.                     | #71 | Carrot<br>Orange                         | 11 ozs.<br>5 ozs.                     | #83 | Brussel Sprouts<br>String Beans           | 7 ozs.<br>9 ozs.                     |
| #61 | Carrot<br>Spinach                                     | 10 ozs.<br>6 ozs.                     | #72 | Carrot<br>Pomegranate                    | 11 ozs.<br>5 ozs.                     | #84 | Carrot<br>Brussel Sprouts<br>String Beans | 6 ozs.<br>5 ozs.<br>5 ozs.           |
| #62 | Carrot<br>Spinach<br>Turnip<br>Watercress             | 10 ozs.<br>4 ozs.<br>2 ozs.<br>2 ozs. | #73 | Carrot<br>Beet<br>Pomegranate            | 9 ozs.<br>3 ozs.<br>4 ozs.            | #85 | Carrot<br>Asparagus<br>Lettuce            | 8 ozs.<br>4 ozs.<br>4 ozs.           |
| #63 | Carrot<br>Turnip                                      | 12 ozs.<br>4 ozs.                     | #74 | Carrot<br>Lettuce<br>Pomegranate         | 7 ozs.<br>5 ozs.<br>4 ozs.            | #86 | Carrot<br>Radish<br>Watercress            | 8 ozs.<br>4 ozs.<br>4 ozs.           |
| #64 | Carrot<br>Turnip<br>Watercress                        | 10 ozs.<br>3 ozs.<br>3 ozs.           | #75 | Cabbage<br>Celery                        | 5 ozs.<br>11 ozs.                     | #87 | Carrot<br>Parsnip<br>Potato<br>Watercress | 6 ozs.<br>4 ozs.<br>4 ozs.<br>2 ozs. |
| #65 | Carrot<br>Watercress                                  | 12 ozs.<br>4 ozs.                     | #76 | Celery<br>Cucumber<br>Parsley<br>Spinach | 10 ozs.<br>3 ozs.<br>2 ozs.<br>3 ozs. |     |   |                                      |
|     |   |                                       | #77 | Celery<br>Cucumber<br>Turnip             | 10 ozs.<br>4 ozs.<br>2 ozs.           |     |   |                                      |