

002 JUICER JUICES

Juicer Juices

Apple Lemonade

4 Golden delicious apples
½ lemon, including peel.

Quiet time Fruits

1 peach, pitted
1 pear (on the hard side)
1 apple

Your Own V-8 Special

2 carrots, unpeeled
1 c. spinach
½ tomato
1 celery stalk
1 green pepper
¼ cucumber (incl. Skin & seeds)
½ c. cabbage

Morning Tonic

¼ pineapple
½ grapefruit, peeled

Veggie Hair Helper

¼ c. alfalfa sprouts
1/3 c. lettuce juice
1/3 c. spinach juice
½ c. carrot juice
1 tbsp. parsley juice
½ c. apple juice

Beet Red

1 whole beet
4 golden delicious apples
¼ lemon