

# NATURAL JUICING RECIPES

Delicious Juices For Health & Vitality



By Emma Deangela

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Delicious Juices For  
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[www.AlkalineCook.com](http://www.AlkalineCook.com)

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## Prologue

### Natural Juicing Recipes

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If you wish to achieve a more energetic, healthier and slimmer body, then the juices in this Natural Juicing Recipes that we will specially written is for you.

Packed with 50 delicious juice, and smoothie recipes, this book shows you how easy it is for you to achieve alkalinity in the body - kick-start the way to a pH balanced diet, shed the excess weight, and boost your energy level!

Whether you're looking to spearhead your slimming regime but don't know exactly how, in which case the Lightning Alkaline Starter Juice Program is the perfect way to start it with a bang. You will be able to enjoy the benefits just by consuming the juices over a short weekend.

If you're looking at stretching the juice diet to a week, try the Alkaline Juicing Week. There are 10 delicious juices to help you to rid of acidity in your body and you'll feel more energized!

Perhaps you are looking for a long time alkalizing and slimming goal - that would be the Intensity Juice Program that helps you to alkalize and lose weight. The juices are designed to help you sustain the alkaline cleansing and focused on ridding your body of toxins and shifting the excess weight.

Under this long-term juicing program, you can look forward to improving 3 aspects of your health - youthfulness, energetic and increased immunity, all this can be easily achieved with our beauty juices, power juices and immunity juices.

These 50 juices and smoothies are awesome healing, detoxing, and alkalizing solution for you. You will be feeling fabulous in no time!



# Lightning Alkaline Starter Juice Program

An intensive juicing fast, it should be ideally performed over the weekends. Remember, you wouldn't want to waste your effort by indulging in unhealthy food or snacks in between the juices - combine it with our Alkaline Salad Recipes to keep your metabolism engine up and running. The ingredients used focus on highly alkaline fresh ingredients that cleanse toxins and channel nutrients to your body for optimal digestion and liver function.



# Go Green! Detoxifying Smoothie



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## HEALTH BENEFITS

Kale, which is considered to be one of the healthiest vegetables, is a good source of vitamins C and K, carotenoids, calcium, and iron. It is also rich in glucosinalates, which are potent detoxifiers known to effectively flush out toxins from the body. In addition to that, kale contains powerful phytochemicals, such as sulforaphane, which helps prevent cancers. This leafy vegetable is also good for those who want to lose weight as it also aids in the elimination of excess fats.



## Go Green! Detoxifying Smoothie

Loaded with pectin, chlorophyll, potassium, and vitamin C, this nutritious drink will help speed up the body's ability to eliminate toxins. It's a great addition to any weight loss plan, as it also aids in getting rid of excess fats and shedding out those extra pounds.

### INGREDIENTS:

2 sticks celery, chopped

3 pcs. large-sized organic kale leaves, chopped (romaine lettuce may also be used)

2 medium-sized green apples, peeled and sliced

Juice of 2 limes

4 thin green apple slices

### DIRECTIONS:

1. In a food processor, put all the ingredients. Turn the processor on and allow it to blend the ingredients thoroughly.
2. Pour into glasses and garnish with thin green apple or lime slices.

## Zesty Green Smoothie

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### HEALTH BENEFITS

Celery and watercress are known to relieve bloating to its highly-effective diuretic properties. The latter is also loaded with pyridoxine, or vitamin B6, and other nutrients that promote the health of the liver.

Including them in your diet will help in detoxification and elimination of cancer-causing compounds from the body.

## Zesty Green Smoothie

This nutritious, refreshing smoothie is an effective way to expel toxins from the body. It is also a good source and antioxidants and phytonutrients that help maintain the health of the liver. Drinking this smoothie also aids in the elimination of excess fats, which therefore promotes weight loss.

### INGREDIENTS:

2 sticks celery, chopped

1 cucumber, diced

Watercress leaves

2. pears, peeled and cored

### DIRECTIONS:

1. Combine all ingredients in a food processor. Process the ingredients, until smooth. Pour into glasses and serve.



## HEALTH BENEFITS

The flavonoids in red grapes and apples act as powerful antioxidants, keeping the cancer and aging miles away from you. Carrots and cabbage add some glow to your skin and hair, helping to maintain its youthfulness. Flaxseed oil, as well as cabbage contain essential minerals and the former is also a great source of healthy fatty acids which keep your brain functioning and fat burning. Fibre found in apples and cabbage will help you prevent constipation and experience the feeling of full stomach for longer.

## Scarlet Blitz

A refreshing juice mix for the whole body and mind boost. Cabbage, red grapes, apples and carrots will work wonders with your body and the flaxseed oil helps to maintain the top performance for your brain!

### INGREDIENTS:

150g red cabbage

A handful of seedless red grapes

1 large red apple, deseeded

2 medium carrots

1 tbsp of flaxseed oil

Ice

### DIRECTIONS:

1. Juice the vegetables and fruit.
2. Mix well with the flaxseed oil. Serve with ice.



## HEALTH BENEFITS

Apples contain antioxidants and can improve your blood because of the rich content of vitamins and minerals. Pineapple is a vitamin and mineral bomb which also strengthens your bones, being rich in manganese.

Aloe vera guarantees smooth skin, moisturising it and speeding up the healing of any scratches, whereas fennel will provide you with vitamin C and fibre. This will help you look good. Last but not least, ginger is a natural painkiller, sure to make you forget about any pain you might have and help you perform at your top. The vitamin C boost from different contents will certainly wake you up!



## Green Health Fizz

An ideal accompaniment on a hot summer day. Adds the spark to your lazy day and refreshes your senses. Look sharp with this juice.

### INGREDIENTS:

100g of pineapple slices

2 medium green apples, deseeded

1 fennel bulb

2cm ginger root, peeled

100ml aloe vera juice

Sparkling water

A slice of lime

Ice

### DIRECTIONS:

1. In a juicer, mix the pineapple, apples, fennel bulb, and ginger root.
2. Put ice in a tall glass and pour over with the juice.
3. Add aloe vera juice and as much sparkling water as needed to fill the glass. Serve with a slice of lime.

# Green Tangy Spring Detox

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## HEALTH BENEFITS

Pectin, found in apple skin, is a powerful detox agent, purifying the body instantly. The cleansing effect is enhanced by celery, cucumber, and horseradish that act as diuretics, relieving you of excess fluids.

## Green Tangy Spring Detox

This green juice contains many components that help getting rid of the poisonous substances in your body. The surprising and very beneficial ingredient, horseradish, adds a zing, spicing the cocktail up.

### INGREDIENTS:

- 1 large green apple, deseeded
- 3 sticks of celery
- 1 medium cucumber
- 3cm piece of horseradish, peeled
- A handful of parsley
- Ice

### DIRECTIONS:

1. Juice the components in a juicer.
2. Pour over ice in a tall glass and enjoy.



## Digestion Boost

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### HEALTH BENEFITS

Malic and tartaric acid in the apple improve the digestion process whereas mint has a soothing effect on the digestion tract, coming handy in case of upset stomach. Pineapple provides fiber which has good effect on your metabolism.



## Digestion Boost

If you are facing constipation, bloating, irritable bowel syndrome, or other stomach discomforts, then this simple juice can help to reduce the symptoms.

### INGREDIENTS:

150g of pineapple slices

2 sticks of celery

1 large apple, deseeded

A handful of mint leaves

### DIRECTIONS:

1. Juice the ingredients in a juicer and drink immediately.

# Alkaline Juicing Week

As the title suggest, you're going to be undergoing this juices and smoothies daily for a week. Couple it with light alkaline meals to achieve optimal weight loss and remove toxins. The juices and smoothies under this section are great to reduce hunger pangs, cleanse your body, and keep the blood sugar level stable. You'll be motivated and even bursting with excitement (no kidding!) by the delicious juices and smoothies up next!



## Fruity Wake-up Booster Juice

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### HEALTH BENEFITS

The cantaloupe melon is a good source of protein, vitamins C, E, and K, as well as iron and phosphorus. This is complemented by vitamin C and other nutrients found in mango and lemon, as well as a healthy dose of protein from the whey protein powder.

# Fruity Wake-up Booster Juice

Mix the cantaloupe melon's juiciness with the sweetness of ripe mango, add vanilla whey protein powder and other ingredients, and voila! You have a zesty, nutrient-packed early morning treat!

## INGREDIENTS:

- 1 piece medium-sized cantaloupe melon, ripe, peeled, and pitted
- 1 piece lemon, ripe and squeezed
- 1 piece medium-sized mango, ripe and peeled, seed removed
- 2 cups vanilla whey protein powder

## Optional Ingredients:

- 1 tbsp. ground flaxseed
- 5 g leaf parsley, washed

## DIRECTIONS:

1. Prepare the cantaloupe melon and the mango so they can be ready for the juicer. Peel then pit or remove their seeds.
2. Slice the lemon and extract its juice.
3. In a juicer, put together the cantaloupe melon and mango flesh.
4. Pour the lemon juice over the fruits and add ground flaxseed or leaf parsley to taste. Add the vanilla whey protein powder.
5. Cover and blend at high speed until smooth and frothy.

## Liver Green

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### HEALTH BENEFITS

Cucumber and broccoli are rich in sulphur and therefore they help to purify the liver, boosting the detox process. The latter is further increased with the help of tasty asparagus spears. The fiber from pineapple also helps to maintain a healthy liver.



## Liver Green

This sparkling-looking green juice is beneficial for your liver because it will help with detox, cleansing you from the inside and getting rid of any harmful substances that have stacked up in your body. Pineapple adds some fiber boost and enhances the taste.

### INGREDIENTS:

100g of asparagus spears

A handful of broccoli florets

1 medium cucumber

100g of pineapple slices

### DIRECTIONS:

1. Cut asparagus and broccoli into smaller pieces for easy juicing.
2. Juice the components in a juicer.
3. Garnish with parsley and enjoy!

## Dark Delight

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### HEALTH BENEFITS

Plums and prunes give you the extra shot of fibre you need for healthy digestion. Furthermore, as great sources of vitamin C, plums and prunes act as highly valued antioxidants; not to mention cherries, which are considered to be one of the most antioxidant-packed fruit. Benzoic and quinic acids, found in prunes also have laxative effect, giving your bowel movement a boost. Flaxseed, full of essential fatty acids, has multiple health benefits, including increasing the speed of fat burn. Soya supplies the smoothie with protein and vital amino acids.

## Dark Delight

A comforting, rich smoothie with plums and cherries for a dark winter night. Definitely will boost your spirits as well as metabolism and energy levels (includes vitamin C!).

### INGREDIENTS:

100g red plums, ripe and pitted

3 prunes

A handful of dried cherries

100ml soya yoghurt

150ml soya milk

1 tbsp. Flaxseed oil

1 tsp. Ground flaxseed

1 tbsp cocoa powder

1 tsp cinnamon (optional)

### DIRECTIONS:

1. In a juicer or food processor, blend all the ingredients, except the cocoa powder (and cinnamon).
2. Pour in a tall glass and sprinkle with cocoa powder (and cinnamon) to give your smoothie some extra chocolate-taste!

# Tropical Protein Shake

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## HEALTH BENEFITS

Vitamin C from the fruit, especially oranges and lemon, invigorates tired body after a strenuous workout and protein from tofu builds up the muscles, resulting in a faster recovery. Papaya, rich in fiber, ensures a full feeling for longer while vitamin A and beta-carotene from apricots sharpen your vision and enhance healthy complexion.

# Tropical Protein Shake

Tofu adds creaminess and loads of protein to this tropical fruit shake. Bursting with healthy carbohydrates from the fruit and soy protein, this shake is perfect recovery drink after a workout.

## INGREDIENTS:

2 oranges, peeled

1 lemon, peeled

3 apricots, pitted

1 papaya, pitted

50g of organic tofu

## DIRECTIONS:

1. Juice the fruit in a juicer and then mix with tofu in a food processor.
2. Serve in a tall glass and enjoy!

## Emerald Detox

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### HEALTH BENEFITS

Vitamin-rich alfalfa is beneficial for digestive and urinary system and is also known to cleanse the liver and blood. Cucumber helps to excrete excessive fluids, while spinach contains antioxidants, that stop the free radicals, and vitamin K that improves bone health.

## Emerald Detox

This juice shows the green light to detox process because its components are powerful cleansers that help you get rid of all the toxins piling in your body. Great refresher in spring.

### INGREDIENTS:

1 large green apple, deseeded

1 medium cucumber

A handful of broccoli florets

A big handful of spinach leaves

A handful of kale leaves

A handful of alfalfa

### DIRECTIONS:

1. Juice all the ingredients in a juicer.

# Red Veggie Shake

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## HEALTH BENEFITS

Red onion and garlic are proved to fight the common cold and flu, bringing you a relief during chillier days. The red pepper is an effective painkiller that can relieve the symptoms if you already are infected. Also, it has a warming effect.



## Red Veggie Shake

This vegetable shake involves some surprising components, such as garlic and red onion but the strong taste is well hidden beneath other vegetables. The shake is spicy and invigorating, definitely a must during the cold and flu season.

### INGREDIENTS:

- 3 medium tomatoes
- 2 carrots, peeled
- 1 red onion
- 1 red pepper, deseeded
- 2 garlic gloves, peeled
- 1 tsp of sunflower seeds, roughly chopped

### DIRECTIONS:

1. In a juicer, juice the vegetables.
2. Pour in a glass and sprinkle with sunflower seeds.

## Wineless Mulled Wine

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### HEALTH BENEFITS

Cinnamon is a must on cold days because it pumps up your blood circulation and helps to prevent cold feet and hands. Star anise adds to the warming effect and it also comes handy when digesting all these heavy winter foods because it contains necessary digestive enzymes.

Cloves are packed with various nutrients, such as vitamin C and fiber which keep the diseases away and also help with digestion.

## Wineless Mulled Wine

A comforting and reviving hot drink for the dark winter days. Similar to mulled wine but as it contains no alcohol, it is definitely a healthier version of the popular drink.

### INGREDIENTS:

150g of seedless red grapes

150g of red plums, pitted

1 pomegranate

100g of black currants

3cm of ginger root, peeled and roughly chopped

1 cinnamon stick

3 cloves

1 star anise

### DIRECTIONS:

1. Juice the grapes, plumes, pomegranate and black currants in a juicer.
2. Place the juice in a saucepan with the spices and simmer for 15 minutes or until you can taste the spiciness. Do not boil, as this would result in loss of vitamins.
3. Drain the spices and enjoy while hot.

## Tangy Purifier

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### HEALTH BENEFITS

Cucumber and celery, due to their sodium and potassium content, are natural diuretics that help to excrete excess water and poisonous substances while grapefruit fills the body with antioxidants that help to prevent cancer. The selenium in the sunflower seeds also improves the detoxifying effect.

## Tangy Purifier

This bittersweet tangy juice comes handy when your body needs a detox. Also, it is colorful and therefore fun to drink. Try this vegetable-fruit mix to experience new, surprising tastes.

### INGREDIENTS:

1 large grapefruit, peeled

1 medium cucumber

3 sticks of celery

A big handful of lettuce leaves

A handful sunflower seeds, roughly chopped

### DIRECTIONS:

1. Juice the grapefruit and vegetables in a juicer.
2. Pour in a glass and sprinkle with sunflower seeds.

## Kiwi Green

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### HEALTH BENEFITS

Apples are beneficial in multiple ways, containing antioxidants and vitamin C. Kiwi is full of antioxidants and fiber, helping your digestive tract function properly. Lemon, a great alkalizer, also helps to get rid of any stomach disorders you may have and its citric acid also comes handy when trying to lose weight.

## Kiwi Green

This nicely smelling red fruit shake hides a little amount of beneficial maca root powder, a great health enhancer that boosts both your body and mind. Perfect for sporty people facing a busy working period.

### INGREDIENTS:

1 large green apple, deseeded

2 kiwis, peeled

1 medium cucumber

Half a lime, peeled, deseeded

A handful of spinach leaves

Ice

### DIRECTIONS:

1. Juice the ingredients and pour in a tall glass over ice cubes. Enjoy!

## Anti-Stress Relief

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### HEALTH BENEFITS

Banana and flaxseed tackle stress and strawberries, wheat germ and pear strengthen your immune system, which needs to be strong during stressful periods!



## Anti-Stress Relief

Packed with awesome goodness of Vitamin B to fight stress hormones and regulate blood pressure, this creamy mixture lifts you up when feeling low.

### INGREDIENTS:

100ml of almond milk

1 pear, ripe

1 banana, ripe and peeled

5 strawberries

1 tbsp of tahini

1 tbsp of wheat germ

1 tsp of flaxseed oil

### DIRECTIONS:

1. Remove the skin and seeds from the pear.
2. Mix the ingredients in a food processor. Serve and enjoy!

# Intensity Juice Program

This is a program with a long-term strategy to incorporate alkaline juices and smoothies into your daily life. Nourishment is the key as your body will be more aptly tuned to the rhythm of juices and smoothies as a healthy choice for breakfast, lunch or an alkaline snack.



## Creamy Mental Boost

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### HEALTH BENEFITS

Almond milk is a great source of calcium, beneficial for your bones and teeth! Bananas have numerous benefits, such as maintaining normal digestion process, minimising stress, improving eyesight, and boosting nerve function. Agave nectar strengthens the immune system, whereas cocoa will help lift the mood. Overall, this smoothie comes handy when facing stressful periods of mental work, helping you stay alert and healthy.

## Creamy Mental Boost

A necessary boost for periods of intense mental work, will help you stay sharp, not to mention the great creamy taste you can indulge in!

### INGREDIENTS:

- 150 ml almond milk
- 1 tbsp cocoa powder
- 1 large banana, ripe and peeled
- 1 tsp of vanilla extract
- 1 tsp of agave nectar
- 1 tsp of cinnamon
- 1 tbsp grated coconut

### DIRECTIONS:

1. In a blender or food processor, mix all the ingredients, except grated coconut.
2. Serve in a glass and sprinkle with coconut.

## Oriental Wolfberry Boost

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### HEALTH BENEFITS

The wolfberries provide you with beta-carotene that ensures a healthy skin and awesome eyesight. It also helps you look fresh, fighting fatigue. Vitamin C from orange juice and sharon fruit sharpens you up, while fiber from raspberries maintains normal digestion, making you feel great.

## Oriental Wolfberry Boost

A surprising mix of wolfberry, a common herb used by the Chinese and fruits will tinkle your tongue and refresh the whole body.

### INGREDIENTS:

3 medium oranges

1 sharon fruit, peeled and pitted

1 banana, ripe and peeled

A handful of raspberries

A handful of wolfberries

### DIRECTIONS:

1. Juice the oranges to get approximately 150 ml of orange juice.
2. Blend all the ingredients together in a food processor. Serve and enjoy.

## Purple Rain Shake

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### HEALTH BENEFITS

Oat milk, low in fat and packed with fiber, creates full feeling, helping you stay away from sweets and lose weight more effectively. Blueberries are proved to fight the belly fat. Also, the berries contain fiber, so after drinking this you'll be full of healthy dietary fiber, sure to keep your digestion going normally.

## Purple Rain Shake

This low-calorie shake is very colorful and fun to drink and it can also be drunk between the meals to avoid unnecessary snacking.

### INGREDIENTS:

100ml of oat milk

100ml of pomegranate juice

A handful of blueberries

A handful of raspberries

5 strawberries

### DIRECTIONS:

1. Juice the berries and mix well with the oat milk and pomegranate juice.



# Creamy Peach Smoothie

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## HEALTH BENEFITS

Peaches are a good source of nutrients including potassium, protein, and fiber, as well as carbohydrates and Vitamin C. Bananas are packed with nutrients and are a good source of potassium, magnesium, protein, and vitamin C for a stronger immune system.

# Creamy Peach Smoothie

Fresh in-season peaches coupled with banana and agave nectar make for a fruity, creamy, and healthy delight!

## INGREDIENTS:

- 3 pieces peaches, ripe and pitted
- 1 piece banana, ripe and peeled
- 1 tsp. vanilla extract
- 2 tbsp. almond butter
- 1 tbsp. agave nectar
- Ice cubes
- Cinnamon or mixed spice to taste

## DIRECTIONS:

1. In a juicer, mix almond butter and the fruit ingredients until smooth.
2. Add ice cubes, vanilla extract, and agave nectar to enhance the fruity sweetness.
3. Transfer to a tall glass and dust the frothy top with ground cinnamon and mixed spice. Serve.

## Creamy Flu Fighter

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### HEALTH BENEFITS

Strawberries and orange strengthen the immune system, making fighting with bugs easier. Wheat germs, almond milk and oatmeal enrich the drink with protein and fiber, resulting in feeling full for hours, sure to keep the cravings away!

# Creamy Flu Fighter

This creamy smoothie is an effective and tasty fighter against bugs and germs. A must during the flu season!

## INGREDIENTS:

100ml of almond milk

2-3 medium oranges

1 banana, ripe and peeled

5 strawberries

A handful of pecan halves

1 tbsp of oatmeal

1 tbsp of wheat germ

## DIRECTIONS:

1. Juice the oranges to get pure and fresh pulpy orange juice!
2. Mix the ingredients in a food processor or blender and serve right away.

## Crimson Boost with a Twist

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### HEALTH BENEFITS

Maca root contains essential minerals, such as zinc, calcium, magnesium, manganese, iron, and copper. It is known to increase energy levels and endurance and also build muscle. Memory and mental functions also get a boost from this amazing powder whereas pomegranate lowers cholesterol and blood pressure.

## Crimson Boost with a Twist

This nicely smelling red fruit shake hides a little amount of beneficial maca root powder, a great health enhancer that boosts both your body and mind. Perfect for sporty people facing a busy working period.

### INGREDIENTS:

1 large pomegranate, peeled

1 large red apple, deseeded

A handful of cherries, pitted

100ml of coconut water

1 tsp of grinded organic maca root powder (buy a fresh dried root and grind yourself)

### DIRECTIONS:

1. Juice the fruit except apple using a juicer.
2. Blend the coconut water, cherries, and maca powder into the juice mix. Enjoy!



## HEALTH BENEFITS

Pears are dense in nutrients, being rich in vitamins and minerals. They regulate blood pressure and lower cholesterol and also boost the immune system. Cranberries contain a number of phytonutrients, that prevent cancer, inflammation and can also protect gums and mouth.

## Ordinary Exotic Protector

Well-known fruits, such as pears and apples meet with more tropical ingredient coconut milk, creating a powerful protective juice. There's also one secret component – cranberries – that adds a lot to its beneficial properties.

### INGREDIENTS:

2 medium pears, deseeded

1 red apple, deseeded

A handful of cranberries

100 ml of coconut milk

### DIRECTIONS:

1. Juice the pears, apple, and cranberries in a juicer. Mix with coconut milk and stir well.





## HEALTH BENEFITS

The carotenoids from carrots and pepper ensure a healthy complexion and sharp eyesight. The pepper also works as a painkiller and antioxidant. Better health guaranteed!

## Pepper Passion

For a change, try juicing vegetables! Packed with goodness of different vitamins from colorful vegetables and made creamier with tahini paste.

### INGREDIENTS:

2 medium carrots, peeled

1 orange sweet potato, peeled

1 cooked beetroot, peeled

1 red pepper, deseeded

1 tbsp of tahini paste

A handful of sesame seeds

### DIRECTIONS:

1. Juice the vegetables in a juicer and then mix in the tahini paste. Serve with a sprinkle of sesame seeds!



### HEALTH BENEFITS

Papaya, a source of vitamin C and E, gives your immune system a boost and, containing vitamin A, also sharpens your eyesight. Celery comes handy on a hot day because it normalises your body temperature.

## Sunny Tropical

A refreshing mint drink, reminiscent of tropical sun, yet so familiar and homely because of the celery. Add some sunshine to your daily life!

### INGREDIENTS:

100g of pineapple slices

3 sticks of celery

A handful of mint leaves

1 peach, pitted

1 papaya, peeled, deseeded, and cut into chunks

Ice cubes

A slice of lime

### DIRECTIONS:

1. Juice the ingredients in a juicer and pour over ice in a tall glass. Garnish with a slice of lime and enjoy as a refreshment.



### HEALTH BENEFITS

Sage is scientifically proved to guarantee better memory and it also acts as an antioxidant. Oregano takes care of your body, improving digestion, boosting the immune system, making joints and muscles more flexible, and killing all viruses and bacteria.

## Herb Green

A perfect green vegetable juice, with a surprising salty taste, for a period of intense workouts and hard mental focusing (exams, for example). Enhances both mental and physical functions and also includes some protein (from Bragg liquid amino).

### INGREDIENTS:

5 sticks of celery

2 fennel bulbs

1 medium cucumber

A handful of spinach leaves

A handful of sage leaves

A handful of oregano sprigs

1 tbsp of Bragg's Liquid Aminos

### DIRECTIONS:

1. Juice all the ingredients in a juicer. Top it up with oregano sprigs. Enjoy!



## HEALTH BENEFITS

This smoothie is suitable for people who intend to lose weight and build muscle at the same time because cardamom seeds purify the body and mandarin helps with weight loss, while cashew nuts, rich in magnesium and healthy fatty-acids, support muscle growth.

## Mandarin Spice

A creamy tropical fruit smoothie that includes cardamom seeds that will tingle your palate. The protein from almond milk and cashews makes it a very filling snack.

### INGREDIENTS:

5 mandarins, peeled

1 peach, pitted

1 banana, ripe and peeled

100ml of almond milk

A handful of cashew nuts

½ tsp of cardamom seeds, ground

### DIRECTIONS:

1. Mix mandarin oranges and peach in a food processor.
2. Blend the mixture with the rest of the ingredients till it reaches a smooth texture.
3. Serve in a tall glass and enjoy!.



# Alkaline Immunity Juices

If your body is in optimal health, it is able to summon all the immunity-supporting nutrients and fight off infections. Eating more acidic food will cause the cells to absorb alkaline minerals from your body. The cells will become diseased and unable to fight bacteria and germs.

In this section you'll find a variety of alkaline immunity juices that will nourish your body using prevention and healing. The vitamins, minerals, and most importantly antioxidants can help to increase the production of antibodies and white blood cells to keep free radicals and germs at bay. Say cheers to a healthier and stronger body!



# Coco Loco Citrusy Coconut Drink

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## HEALTH BENEFITS

This coconut smoothies contains a lot of useful nutrients derived from coconut, such as lauric acid, which is known for its effects against bacteria, viruses, and fungi. Coconuts are also known to reduce bad cholesterol levels in the blood. They are also helpful in managing weight as they can help speed up metabolism. On the other hand, orange and passionfruit is reach in vitamin C which helps boost the immune system to effectively fight infections.

## Coco Loco Citrusy Coconut Drink

This cool, refreshing drink is loaded with vitamin C, as well as all the benefits that can be derived from eating coconuts. It is also recommended for those who want to lose weight, as it can help boost metabolism.

### INGREDIENTS:

2 tbsp coconut cream

¼ cup coconut water

½ cup orange juice

½ cup passionfruit juice

1 cup crushed ice

Thin orange or passionfruit slices (optional)

### DIRECTIONS:

1. Combine all ingredients in a food processor. Blend until thoroughly mixed.
2. Pour in cocktail glass and garnish with fruit slices before serving.

## Ginger Green Tea with a Citrus Twist

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### HEALTH BENEFITS

Ginger and green tea are two of the most effective weight loss aid due to their thermogenic property, or the ability to generate heat, which therefore helps burn excess body fats. This tasty tea is also ideal for those who have colds and sore throats, as it is loaded vitamin C.

## Ginger Green Tea with a Citrus Twist

Take a sip of this healthy, tangy tea that is packed with the benefits offered by ginger, green tea, and citrus fruits. It is recommended for those suffering from colds and sore throats, as well as for those who want to shed some extra pounds.

### INGREDIENTS:

Boiling water

Green tea bag

1 pc. small-sized grapefruit, juiced

1 pc. small-sized orange, juiced

1 pc. lemon, juiced

1 pc. ginger root, grated

Manuka honey to sweeten (optional)

Thin lemon slices or mint leaves for garnish (optional)

### DIRECTIONS:

1. Pour boiling water in tea cup/s.
2. Add in one tea bag each cup, and wait for 2-3 minutes to allow the flavor to seep before removing them.
3. Put in the grated ginger and citrus juices, and adjust the amount according to your preference (you may remove the ginger 5 minutes after if you don't want to swallow it).
4. For improved taste, manuka honey can be added to sweeten the tea.
5. Garnish it with lemon slices and/or mint leaves before serving, if desired.
6. You may also chill it first for a cold, invigorating drink.

## Creamy Lychee Smoothie

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### HEALTH BENEFITS

Lychees are beneficial for your health in many ways: rich in vitamin C they power you with energy and keep cold and flu away; also, they are packed with minerals, such as calcium and zinc, promoting your bone health. Lychees are also known to give strength and enrich the blood.

## Creamy Lychee Smoothie

A thick creamy mix that could easily replace a meal. Comes extremely handy if you don't have time to cook a whole big meal. Also, full of nutrients! The almond milk gives extra protein boost, leaving you feeling of fullness for longer.

### INGREDIENTS:

- 1 banana, ripe and peeled
- 5 lychees, peeled and pitted
- 1 medium peach, pitted
- 100ml of almond milk

### DIRECTIONS:

1. Blast the components together in a blender. Serve and enjoy!



# Mellow Fig Smoothie

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## HEALTH BENEFITS

Figs, rich in calcium and vitamin A, improve bone density and eyesight. Antioxidant-packed blueberries boost immunity and keep the colds away from you. Apples add some more vitamin C, strengthening the immune system. All in all, this juice strengthens you inside out.



## Mellow Fig Smoothie

This smoothie has a sweet creamy taste and can be also described with the word “calm”. It’s perfect when your disease-tortured body needs a little caressing, as it soothes and heals and gives some extra power.

### INGREDIENTS:

5 figs

2 large red apples

A handful of blueberries

100ml of almond milk

1tbsp of Manuka honey

### DIRECTIONS:

1. Juice figs, and apples.
2. Mix in almond milk and Manuka honey and blend until smooth. Serve!

## Creamy Cranberry Shake

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### HEALTH BENEFITS

Cranberries are considered to be one of the healthiest fruits out there. Loaded with antioxidants, this delicious fruit helps protect cells from the damage caused by free radicals. Moreover, cranberries are also proven to help treat urinary infections.

## Creamy Cranberry Shake

Take a sip of this refreshing shake loaded with the rich flavors of cranberries. Bursting with antioxidants, this is a healthy way to prevent cancers and other infections.

### INGREDIENTS:

1 cup fresh cranberries

1 cup cranberry juice

½ cup raspberry ice cream (yogurt can also be used)

¼ cup orange juice

Manuka honey to sweeten

Thin orange slices (optional)

### DIRECTIONS:

1. Put all ingredients in a food processor. Blend until well-mixed and smooth.
2. Pour in tall glasses and garnish with thin orange slices or fresh cranberries.

# Vegetable Immunity Boost

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## HEALTH BENEFITS

Tomatoes contain a large amount of lycopenes, which are powerful antioxidants in fighting free radicals. Watercress has multiple advantages from protecting your eyesight to lowering cholesterol and cleansing the blood. Overall, this juice purifies and strengthens the body, making it more resistant to colds and flu.

# Vegetable Immunity Boost

Vegetables are not only good in salads and as side dishes but they can be combined into great and healthy juices, just like this one here. This juice has just a few calories but many health benefits, being a great body enhancer.

## INGREDIENTS:

2 large tomatoes

2 celery sticks

2 medium carrots

A handful of watercress leaves

A glove of garlic (optional)

## DIRECTIONS:

1. Juice all the ingredients in a juicer.
2. Serve at room temperature or add some ice on a hot day!



### HEALTH BENEFITS

Coconut water is considered to help gain lean muscle mass. Wheatgrass, good at detox, purifies you inside, whereas broccoli and pear are rich in dietary fiber, helping you stay fuller for longer. Overall, this is a great formula for better body!

## Green Combo

This shake does not only look awesome and taste great but it also helps you edge closer to a perfect body.

### INGREDIENTS:

100ml of coconut water

1 tbsp wheatgrass juice

1 pear, ripe

100g of broccoli florets

3 lychees, peeled and pitted

Ice

A slice of lime



### DIRECTIONS:

1. Blast the shake together in a food processor or blender.
2. Pour in a tall glass over ice. Garnish with a slice of lime and enjoy.

## Orange Boost

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### HEALTH BENEFITS

Tamarillos and grapefruits are rich in vitamin C that is a powerful antioxidant and helps to keep colds away. Moreover, tamarillos fight microbes and grapefruits include limonoids that guarantees optimal health.



## Orange Boost

This juice may look like orange juice but it only has the orange color. It is a tropical fruit juice, packed with immunity boosting nutrients.

### INGREDIENTS:

- 2 tamarillos
- 1 large grapefruit, peeled
- 1 papaya, pitted
- 2 peaches, pitted

### DIRECTIONS:

1. Juice all the tamarillos and grapefruit in a juicer.
2. Pour the juice into the blender and process with papaya till smooth.

# Alkaline Beauty Juices

Your beauty care routine doesn't have to only consist of applying skin-care products or slapping on a facial mask. Do you know that internal cleansing of your complexion and firming up of skin cells are the factors that determine your outward radiance? Drinking one of the juices or smoothies a day will help you to retain the suppleness in your skin, because the antioxidants and other vitamins and minerals promote collagen formation, improves skin clarity, and rid toxins from the skin!

Besides the skin, these juices are packed with youth-boosting nutrients, and your hair and nails will benefit as well. Start your day with an Alkaline Beauty Juice and feel beautiful - inside and out!



# Apricot-Peach-Raspberry Surprise

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## HEALTH BENEFITS

Lecithin has long been known to help promote a healthy heart. And although it is not yet approved by the Food and Drug Administration, there are evidences that it is also useful in treating liver diseases. To further add to that, lecithin can prevent formation of gallstones since it has the ability to break down cholesterol and other fats, allowing them to be eliminated from the body faster.

# Apricot-Peach-Raspberry Surprise

Bursting with the rich flavor of apricot, peach, and raspberry, this great-tasting smoothie will be a great delight not only to your tummy, but to your liver and heart as well. This is because this nutritious drink is also loaded with lecithin, which is known to keep your heart and liver healthy.

## INGREDIENTS:

1 cup sliced apricots, frozen

1 cup sliced peach, frozen

1 cup raspberries, frozen

½ cup Silken tofu

1 tbsp lecithin granules

2 tsp. flaxseed oil

½ tsp. organic vanilla

1 cup crushed ice

## DIRECTIONS:

1. Add apricots, peach, raspberries, and crushed ice in the food processor. Blend until well-mixed.
2. Mix in lecithin granules, flaxseed oil, and vanilla until smooth. Lastly, put in silken tofu and blend again. Pour in tall glasses and serve.

## Spicy Guava Tropical

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### HEALTH BENEFITS

Guava is known for its high vitamin and antioxidant content and therefore comes across as a tonic for your skin. Nutmeg is against insomnia, so it improves your chances of benefiting from beauty sleep and healing broken tissues during your sleep.

## Spicy Guava Tropical

The tropical fruit meet somewhat surprising spices to create a tingling mixture. This juice bursts with vitamins and is definitely one of the keys to healthy-looking, glowing skin. Drink to boost your appearance.

### INGREDIENTS:

1 guava

1 papaya, pitted

1 peach, pitted

100 ml of coconut milk

1 tsp of grated nutmeg

½ tsp of ground cinnamon

1 lime, peeled

1 slice of lime (for garnish)

Ice

### DIRECTIONS:

1. Juice guava and lime.
2. Mix in coconut milk and spices. Pour it into a blender and process until smooth
3. Pour over ice in a tall glass and garnish with a slice of lime. Serve!

## Green Avocado Beauty

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### HEALTH BENEFITS

Avocado is bursting with healthy fatty acids and vitamin E that improve the appearance of skin. It also helps absorbing carotenoids, ensuring a healthy complexion. Kiwi is a powerful antioxidant, reducing oxidative stress and preventing premature aging.

## Green Avocado Beauty

The goodness of green fruit is mixed with oat milk, giving this beauty enhancer juice a creamy enjoyable taste. It is refreshing and yet so smooth. You can feel how much good you are doing to your body while drinking it.

### INGREDIENTS:

1 medium cucumber

2 kiwi fruits, peeled

1 ripe avocado, peeled and pitted

Half a lime, peeled

100ml of oat milk

### DIRECTIONS:

1. Juice kiwi fruits, cucumber and lime in the juicer.
2. Mix in the oat milk and avocado. Transfer to a blender and process till smooth.
3. Enjoy the creamy goodness.



## Spicy Red Apple Warmer

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### HEALTH BENEFITS

Apples as well as plums contain antioxidants that help to stop the free radicals and their harmful effects, thus helping you to maintain your beauty. The spices have a warming effect, sure to bring your rosy cheek back!

## Spicy Red Apple Warmer

If you are feeling tired and need a revitalizing boost, try this red spicy juice. Its warming effect will comfort you and vitamins hidden inside will boost your energy levels.

### INGREDIENTS:

- 3 large red apples, deseeded
- 4 red plums, pitted
- 2 cm of ginger root, peeled and cut into chunks
- 1 star anise
- 3 cloves
- 1 cardamom pod

### DIRECTIONS:

1. Juice the apples and ginger.
2. Pour the juice in a blender and add red plums. Process till creamy.
3. Place the juice in a saucepan with the spices and simmer until the taste is spicy.
4. Do not boil, retain the vitamins! Drink warm.



### HEALTH BENEFITS

Sweet potato gives you vitamin A boost, whereas melon supplies you with necessary potassium and vitamin C. Vitamin A has anti-aging properties that will control sebum production. Carrot maintains your eyesight. Fibre-rich broccoli enhances normal digestion processes and lowers blood cholesterol. Pepper refreshes your senses and diminishes all pain and pumpkin seeds provide a mineral boost, containing zinc, magnesium, manganese, and iron.

## Tangy Color Splash

A surprising mix of vegetables and fruit will tinkle your tongue and refresh the whole body.

### INGREDIENTS:

1 orange sweet potato, peeled

200g of cantaloupe melon, peeled and deseeded

1 medium carrot

1 small broccoli floret

1 red chili pepper, roughly chopped

A handful of pumpkin seeds, roughly chopped

### DIRECTIONS:

1. Juice the vegetables and fruit.
2. Blend the mixture with pumpkin seeds.
3. Pour in a glass and serve!

# Alkaline Power-Up Juices

Having troubles getting out of bed because the lethargy just weighs you down? Unable to focus during meetings and at work? If you experience any of the above, it is likely that your body is way too acidic. Alkaline Energy Juices is designed to cleanse your body, and power-packed it with alkaline nutrients for your body to generate energy. You will feel alert, have more physical strengths, and achieve greater efficacy when performing your daily tasks! With these vitality juices and smoothies to restore your energy, provide instant bursts of power, and remove acidic lethargy, this is a delicious and healthy way to put a spring back in your step!



## Go Nuts! Nutty Pear Smoothie

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### HEALTH BENEFITS

Pears are an excellent source of fibers, as well as vitamins A, C, E, and B complex. They are also rich in nutrients such as potassium, magnesium, calcium, sulfur, sodium, and iron. Pears also have antioxidant properties, which help the body get rid of harmful free radicals.

## Go Nuts! Nutty Pear Smoothie

This pear smoothie with a nutty twist is a perfect during hot summer days. Take it to cool down and feel invigorated.

### INGREDIENTS:

2 medium-sized pears, peeled and cubed

½ cup cashew nuts, crushed (almonds may also be used)

1 cup rice milk (or almond milk if using almonds)

¼ cup lemon juice

1 stick celery, chopped

1 cup spinach leaves

1 cup crushed ice

1 tbsp. flax seeds (optional)

Manuka honey (for added sweetness)

### DIRECTIONS:

1. Put rice milk, chopped celery, and spinach leaves in the food processor and blend until they are well-mixed.
2. Add in crushed ice, cubed pears, cashew nuts, lemon juice, and also flax seeds if desired. Adjust the sweetness according to your taste by adding manuka honey.
3. Mix altogether until smooth. Pour in tall glasses and serve.



### HEALTH BENEFITS

Both watermelon and tomatoes contain antioxidants that help fight free radicals. Watermelon is also known to maximise energy production because of its vitamin B content. Peaches, rich in vitamin A, improve heart and eye functions.



## Power of Three

This juice only has three ingredients but it is still full of nutrients and can give extra energy on a dull day. Use as a refresher and energizer on a lazy day when you need a simple but quick boost.

### INGREDIENTS:

150g of watermelon cubes

2 medium tomatoes

1 medium peach, pitted

### DIRECTIONS:

1. Juice watermelon and tomatoes in a juicer.
2. Pour juice in a blender and add peach. Process till smooth.

## Beets Carrot Invigorator

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### HEALTH BENEFITS

Beetroot is highly alkaline vegetable that is known to cleanse blood, protect the liver, and reduce oxidative stress. High in iron, it gives a boost when you're feeling low and tired. The boost is further intensified with vitamin C from apple and orange.

## Beets Carrot Invigorator

Vegetables and fruit meet in this colorful juice to create an energizing mixture. Fight the fatigue away with a glass of this juice. The taste is also pleasantly sweet.

### INGREDIENTS:

2 beetroots, peeled and cooked

2 carrots, peeled

1 red apple

1 large orange

A handful of cabbage leaves

Mint leaves, for garnish

### DIRECTIONS:

1. Juice all the ingredients in a juicer.
2. Garnish with mint leaves. Serve!

## Power Up! Hemp-Spinach Smoothie

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### HEALTH BENEFITS

Hemp seeds, the vegan counterpart of fish oils, are an excellent source of Omega 3 fatty acids, which are known to promote a healthy heart, improve memory, and boost immune function. These seeds are also rich in proteins-- they actually contains all the amino acids needed by the body to build healthy, strong muscles.

## Power Up! Hemp-Spinach Smoothie

This super healthy smoothie is loaded with omega-3 derived from hemp seeds. Include this healthy drink in your breakfast or snack to experience the myriad of benefits offered by this essential fatty acid.

### INGREDIENTS:

- 1 tbsp whole hemp seeds
- 1 cup fresh spinach leaves
- 1 Medium-sized banana, frozen and peeled
- 2 cups organic almond milk
- 1 cup diced mango, frozen
- 1 tbsp. agave nectar (to mask the aftertaste of the seeds)
- 1 cup crushed ice

### DIRECTIONS:

1. Put almond milk and spinach leaves in the food processor, and blend until they are well-mixed.
2. Add the remaining ingredients and blend together until creamy and smooth. Pour in tall glasses and serve.

# Butternut Squash Splash

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## HEALTH BENEFITS

Butternut squash is rich in vitamins and minerals. It is an excellent source of vitamins A, C, and B-vitamins like thiamin (B1), niacin (B3), pyridoxine (B6), pantothenic acid, and folate; and the nutrients manganese and potassium. Butternut squash is also known to help in the regulation of blood sugar levels, and is therefore helpful in preventing diabetes.

# Butternut Squash Splash

Loaded with energy-giving vitamins, minerals, and lots of fibers, this delightful smoothie is a great way to start your day. Enjoy it with other breakfast items such as toasts and cakes.

## INGREDIENTS:

1 cup butternut squash puree

½ cup orange

½ cup rice milk

½ tsp cinnamon, ground

½ tsp ginger, ground

½ cup pecan nuts

1 tsp organic vanilla extract

1 tbsp agave nectar

1 cup crushed ice

## DIRECTIONS:

1. Combine all ingredients in the food processor. Blend together until smooth and creamy. Pour in tall glasses and serve.



### HEALTH BENEFITS

Energy from fiber-rich oats, olive oil and healthy fat containing hazelnuts is released slowly, reducing cravings and providing the feeling of fullness. Raspberries, also full of fiber, slow the digestion and help with weight loss.



## Shake Snack

A perfect snack between meals, as it leaves with a feeling of fullness for hours. Hazelnuts and oat flakes will release energy slowly and provide protein to last you throughout the day!

### INGREDIENTS:

100 ml of rice milk

100g of frozen raspberries

3 red plums, ripe and pitted

1 tbsp of agave nectar

1 tbsp of oat flakes

1 tbsp of olive oil

A handful of hazelnuts, roughly chopped

A pinch of cinnamon

### DIRECTIONS:

1. Mix all the ingredients, except cinnamon and hazelnuts, together in a food processor.
2. Pour in a glass and sprinkle with hazelnuts and cinnamon.

## Midnight Madness

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### HEALTH BENEFITS

Grapes and blueberries are excellent sources of antioxidants. Antioxidants are chemicals that protect the tissues against oxidative damage by eliminating free radicals from the body. Aside from that, these two fruits, along with green apples, are rich in vitamin C, which helps the immune system become more efficient in fighting diseases.

## Midnight Madness

For berry lovers out there, you'll definitely love this tasty blend of grapes and blueberries. Get your daily dose of antioxidants and vitamin C by taking a sip of this healthy, great-tasting smoothie. It is a perfect fuel to keep you energized after an exercise.

### INGREDIENTS:

- 1 cup black grapes
- 1 medium-sized green apple, cubed
- 1 cup blueberries, frozen
- 1 cup rice milk
- 1 tsp vanilla extract
- 1 cup crushed ice

### DIRECTIONS:

1. Put all ingredients in the food processor. Blend until smooth and creamy. Pour in tall glasses and serve. Top it with blueberries, if desired.

## Red Athlete Shake

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### HEALTH BENEFITS

Healthy fatty acids and protein from coconut milk, flaxseed oil and pumpkin seeds ensures soothing the sore muscles after a tough workout, whereas carbs from the berries enhance the recovery process, providing the necessary energy.

## Red Athlete Shake

A perfect recovery drink after a straining workout, this easily digested smoothie will assist your body in maintaining high energy levels and increase your stamina after a workout.

### INGREDIENTS:

150ml of coconut milk

2 pomegranates, keep the flesh and seeds

5 strawberries

A handful of cherries

1tbsp of flaxseed oil

A handful of pumpkin seeds, roughly chopped

### DIRECTIONS:

1. Juice cherries and pomegranates.
2. In a blender, mix all the ingredients until creamy.
3. Pour in a glass and serve!

## Creamy Feel-Good Shake

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### HEALTH BENEFITS

Tahini paste, made of sesame seeds, promotes healthy body, increasing the rate of metabolism, ensuring healthy skin and helping tone up the muscles, whereas banana, packed with tryptophan, will boost your mood.

## Creamy Feel-Good Shake

A rich shake to be enjoyed after a workout or as a meal replacement.

### INGREDIENTS:

150ml of rice milk

1 banana, ripe and peeled

1tbsp of tahini paste

3 prunes

1 tbsp of organic raw cocoa powder

1 tbsp of agave nectar

A pinch of ground cinnamon and nutmeg

### DIRECTIONS:

1. In a blender, process all the ingredients until smooth and creamy.
2. Pour in a glass and sprinkle with cinnamon and nutmeg.

## Mind Enhancer



### HEALTH BENEFITS

Ginseng is beneficial in multiple ways: it beats the stress and anxiety, boosts mental functions, diminishes fatigue, and advances endurance. Flaxseed oil supplies the body with minerals and healthy fatty acids, also promoting eyesight. Bananas are also known to reduce stress levels.



## Mind Enhancer

A must-have drink during busy periods, for it increases mental performance levels, promoting the immune system too. Consume when feeling weak and having loads of work to do!

### INGREDIENTS:

150ml of almond milk or oat milk

1 banana, ripe and peeled

1 tbsp of agave nectar

1 tbsp of flaxseed oil

1 tbsp of powdered ginseng. Alternatively, use ginseng tincture.

### DIRECTIONS:

1. Mix the ingredients together in a blender. Serve and enjoy!

