

100

JUICE RECIPES



01.

BEET NIK



APPLE - 1 MEDIUM
BEETROOT - 1 MEDIUM
CARROTS - 8 MEDIUM
CELERY - 2 STALK, LARGE
SPINACH - 3 CUP

PROCESS ALL INGREDIENTS IN YOUR OPTIMUM 400 JUICER, SHAKE OR STIR AND SERVE.

JUICERECIPES.COM/RECIPES/BEET-NIK-79

02.

CREAMSICLE



APPLES - 2 MEDIUM
CELERY - 2 STALK, LARGE
PEARS - 2 MEDIUM
SWEET POTATO - 1, 5 INCHES LONG

PROCESS ALL INGREDIENTS IN YOUR OPTIMUM 400 JUICER, SHAKE OR STIR AND SERVE.

JUICERECIPES.COM/RECIPES/CREAMSICLE-86

03. FRESH BEET CARROT APPLE & GINGER JUICE



2 SMALL RAW ORGANIC BEETROOTS OR 1 LARGE BEET
5-6 ORGANIC CARROTS
2 SMALL ORGANIC APPLES
OPTIONAL - 1/2 LEMON

CUT THE INGREDIENTS TO FIT THE FEED TUBE. TURN ON THE OPTIMUM 400 JUICER. ADD INGREDIENTS, ONE AT A TIME. POUR THE FRESH JUICE INTO A GLASS AND ENJOY!

WITHSTYLEANDGRACEBLOG.COM/2012/01/30/MARKET-MONDAY-FRESH-ORGANIC-CARROT-APPLE-BEET-GINGER-JUICE-RECIPE

04. GREEN GOODNESS JUICE



2 CELERY STALKS
1/2 CUCUMBER
3-5 BIG PIECES OF DINO KALE
A HANDFUL OF PARSLEY
SOME FENNEL BULB OR STALK
A HANDFUL OF SPINACH LEAVES
1/4C SPRING WATER

PROCESS VEGGIES THROUGH YOUR OPTIMUM 400 JUICER AND RUN 1/4C SPRING WATER AT THE END TO EXTRACT REST OF THE JUICING LIQUID. POUR INTO A GLASS. SERVES ONE.

SUPERFOODS-FOR-SUPERHEALTH.COM/JUICING-RECIPES.HTML

05. SPICED APPLE JUICE



RED OR GREEN APPLES (ENOUGH TO MAKE 2L OF JUICE)

2 x 7CM CINNAMON STICKS, LIGHTLY CRUSHED

6 WHOLE CLOVES

4 STRIPS ORANGE PEEL

4 STRIPS LEMON PEEL

2 GRANNY SMITH APPLES, PEELED, CORED AND THINLY SLICED

ICE CUBES TO SERVE

TURN ON THE OPTIMUM 400 JUICER AND JUICE THE APPLES TO MAKE 2L OF JUICE. ADD ALL INGREDIENTS TO A LARGE JUG AND LET SIT FOR 30 MINUTES. POUR THE FRESH JUICE INTO A GLASS AND ENJOY!

TASTE.COM.AU/RECIPES/1822/SPICED+APPLE+JUICE

06. APPLE & STRAWBERRY JUICE



1 LARGE RED APPLE

250G (1 PUNNET) OF STRAWBERRIES

ICE CUBES

HALVE 1 LARGE RED APPLE AND REMOVE THE CORE. CUT EACH HALF INTO 4 WEDGES.

WASH THE STRAWBERRIES AND REMOVE HULLS. PROCESS THE FRUIT IN A OPTIMUM 400 JUICER. POUR THE JUICE OVER ICE CUBES IN SERVING GLASSES. SERVE IMMEDIATELY.

TASTE.COM.AU/RECIPES/12807/APPLE+AND+STRAWBERRY+JUICE

07. GREEN JUICE BLAST RECIPE



- 1 BUNCH ROCKET
- 1 BUNCH CILANTRO
- 1 BUNCH PARSLEY
- 1 CUCUMBER
- 1-3 INCHES OF GINGER ROOT
- 3 HABANEROS
- 2 APPLE
- 1 PEELED LEMON

THIS IS THE FAMOUS LEMON-GINGER GREEN JUICE BLAST MADE POPULAR BY LOU CORONA, A HOLISTIC HEALTH EDUCATOR AND JUICING GURU. IT IS A GREAT JUICE BLEND FOR ANY KIND OF CONGESTION OR MUCUS CONDITION AND IS A GREAT IMMUNE SYSTEM BOOSTING JUICE IF YOU FEEL LIKE YOU ARE GETTING SICK. IT'S A SPICY ONE THAT BLASTS THROUGH THE SENSES, SO BEWARE IF YOU ARE SENSITIVE TO HOT FOODS.

SUPERFOODS-FOR-SUPERHEALTH.COM/JUICING-RECIPES.HTML

08. ECHINACEA & VEGETABLE JUICE



- 1 ECHINACEA TEA BAG
- 80ML (1/3 CUP) BOILING WATER
- 2 LARGE CARROTS, PEELED, TOPPED
- 1 RED CAPSICUM, HALVED, DESEEDED, THICKLY SLICED
- 1 LIME, PEELED
- ICE CUBES (OPTIONAL), TO SERVE

PLACE THE TEA BAG IN A SMALL HEATPROOF BOWL AND POUR OVER BOILING WATER. SET ASIDE FOR 10 MINUTES TO INFUSE.

MEANWHILE, USE AN OPTIMUM 400 JUICER TO PROCESS THE CARROT, CAPSICUM AND LIME. TRANSFER TO A SMALL JUG. SQUEEZE ALL THE LIQUID FROM THE TEA BAG. POUR THE TEA INTO THE JUG. ADD THE ICE CUBES AND STIR TO COMBINE.

TASTE.COM.AU/RECIPES/2640/ECHINACEA+AND+VEGETABLE+JUICE

09. SKIN CLEANSING JUICE



2 CARROTS, UNPEELED, ENDS TRIMMED
1 SMALL RED CAPSICUM, HALVED, DESEEDED
1 SMALL APPLE, HALVED, CORED
ICE CUBES, TO SERVE

CUT THE CARROTS, CAPSICUM AND APPLE INTO SMALL PIECES. USE A OPTIMUM 400 JUICER TO PROCESS THE CARROT, CAPSICUM AND APPLE ONE AT A TIME, INTO A JUG. POUR INTO A SERVING GLASS AND STIR UNTIL WELL COMBINED. ADD THE ICE AND SERVE IMMEDIATELY.

TASTE.COM.AU/RECIPES/2414/SKIN+CLEANSING+JUICE

10. DETOX SUPPORT JUICE



4 LARGE CARROTS, UNPEELED, ENDS TRIMMED
4 CELERY STICKS, LEAVES ATTACHED, WASHED
1/2 BEETROOT, SCRUBBED
6 SPRIGS FRESH CONTINENTAL PARSLEY
4CM-PIECE FRESH GINGER, WASHED, UNPEELED
ICE CUBES, TO SERVE

CUT THE VEGETABLES INTO LARGE PIECES. USE AN OPTIMUM 400 JUICER TO PROCESS THE CARROT, CELERY, BEETROOT, PARSLEY AND GINGER INTO A JUG. POUR AMONG GLASSES. SERVE WITH ICE, IF DESIRED.

TASTE.COM.AU/RECIPES/2574/DETOX+SUPPORT+JUICE

11. APPLE, PEAR & SPINACH JUICE



3 LARGE PACKHAM PEARS, QUARTERED
3 LARGE GRANNY SMITH APPLES, QUARTERED
100G BABY SPINACH
5 FRESH MINT SPRIGS
ICE CUBES AND MINT SPRIGS, TO SERVE

PLACE A LARGE JUG UNDER OPTIMUM 400 JUICER NOZZLE. JUICE PEAR, APPLE, SPINACH AND MINT. STIR TO COMBINE. DIVIDE ICE CUBES BETWEEN CHILLED GLASSES. TOP WITH PEAR JUICE MIXTURE. SERVE WITH MINT.

TASTE.COM.AU/RECIPES/24968/APPLE+PEAR+AND+SPINACH+JUICE

12. APPLE, BROCCOLI & LEMON JUICE



4 LARGE GRANNY SMITH APPLES, UNPEELED, CORED, CHOPPED
1 CUP (85G) BROCCOLI FLORETS
1 LEMON, SKIN AND RIND REMOVED

PLACE A JUG UNDER OPTIMUM 400 JUICER NOZZLE. JUICE APPLE, BROCCOLI AND LEMON. STIR TO COMBINE. POUR INTO CHILLED GLASSES. SERVE.

TASTE.COM.AU/RECIPES/25760/APPLE+BROCCOLI+AND+LEMON+JUICE

13. ORANGE, VANILLA, & STRAWBERRY JUICE



5 ORANGES, PEELED
250G PUNNET STRAWBERRIES
JUICE OF 1/2 LEMON
1 TSP VANILLA EXTRACT

PASS THE ORANGES AND STRAWBERRIES THROUGH A OPTIMUM 400 OPTIMUM 400 JUICER, THEN TRANSFER TO A JUG. STIR THROUGH THE LEMON JUICE AND VANILLA.

[TASTE.COM.AU/RECIPES/30833/ORANGE+VANILLA+AND+STRAWBERRY+JUICE](https://taste.com.au/recipes/30833/orange+vanilla+and+strawberry+juice)

14. PINEAPPLE, ROCKMELON & PAWPAW JUICE



1 PINEAPPLE, PEELED, HALVED, CHOPPED
1 ROCKMELON, HALVED, DESEEDED, PEELED, CHOPPED
1 PAWPAW, HALVED, DESEEDED, PEELED, CHOPPED

USE AN OPTIMUM 400 JUICER TO PROCESS THE PINEAPPLE, ROCKMELON AND PAWPAW. TRANSFER TO A LARGE JUG AND STIR TO COMBINE. SERVE IMMEDIATELY.

[TASTE.COM.AU/RECIPES/12882/PINEAPPLE+ROCKMELON+PAWPAW+JUICE](https://taste.com.au/recipes/12882/pineapple+rockmelon+pawpaw+juice)

15. APPLE, SPINACH & MINT JUICE



5 GREEN APPLES
4 CELERY STALKS
100G BABY SPINACH LEAVES
2 CUPS MINT LEAVES
1 LIME, PEELED

PASS ALL INGREDIENTS THROUGH AN OPTIMUM 400 JUICER, THEN TRANSFER TO A JUG AND SERVE.

[TASTE.COM.AU/RECIPES/30835/APPLE+SPINACH+AND+MIN+JUICE](https://www.taste.com.au/recipes/30835/apple+spinach+and+min+juice)

16. GREEN LEMONADE



1 CUCUMBER
2 MED SIZE APPLES
1 BUNCH KALE
A FEW LARGE HANDFULS OF SPINACH
1 LEMON

RUN ALL INGREDIENTS THROUGH YOUR OPTIMUM 400 JUICER AND ENJOY!

[FIGGYANDSPROUT.COM/MY-THREE-DAY-JUICE-CLEANSE/#sthash.LJJLD8Df.dpuf](https://figgyandspout.com/my-three-day-juice-cleanse/#sthash.LJJLD8Df.dpuf)

17.

CELERY, APPLE & GINGER JUICE



6 STICKS CELERY, TRIMMED

6 GRANNY SMITH APPLES, CUT IN HALF, EACH HALF CUT INTO WEDGES

5CM-PIECE FRESH GINGER, PEELED, SLICED

USE AN OPTIMUM 400 JUICER TO PROCESS THE CELERY, APPLES AND GINGER. TRANSFER TO A LARGE JUG AND STIR TO COMBINE. SERVE IMMEDIATELY.

TASTE.COM.AU/RECIPES/12877/CELERY+APPLE+AND+GINGER+JUICE

18.

HEART BEET



1 BEETROOT

2 APPLES

1 PEAR

THIN SLICE OF GINGER

JUICE OF 1/2 LEMON

PLACE ALL INGREDIENTS IN YOUR OPTIMUM 400 JUICER AND DRINK IMMEDIATELY.

FIGGYANDSPROUT.COM/MY-THREE-DAY-JUICE-CLEANSE/#STHASH.LJJLD8Df.DPUF

19. CARROT, BEETROOT, APPLE & CELERY JUICE



2 CARROTS
1 SMALL BEETROOT
2 APPLES
1 CELERY STICK
2 ORANGES, PEELED
1CM SLICE OF GINGER

CHILL INGREDIENTS. FEED THE VEGETABLES AND FRUIT THROUGH YOUR OPTIMUM 400 JUICER. POUR JUICE OVER CRUSHED ICE AND SERVE IMMEDIATELY.

TASTE.COM.AU/RECIPES/16453/CARROT+BEETROOT+APPLE+AND+CELERY+JUICE

20. CARROTS & LEMON



4-5 CARROTS
1 LEMON, PEELED

PLACE IN YOUR OPTIMUM 400 JUICER AND DRINK IMMEDIATELY.

FIGGYANDSPROUT.COM/MY-THREE-DAY-JUICE-CLEANSE

21. RISE & SHINE JUICE



5 TO 6 OUNCES BABY SPINACH LEAVES, RINSED
2 APPLES, HALVED AND CORED
2 MEDIUM CARROTS, SCRUBBED
2 CELERY STICKS
1/2 LARGE LEMON
ONE 2-INCH PIECE GINGER, PEELED
ICE

PASS THE SPINACH, APPLES, CARROTS, CELERY, LEMON JUICE AND GINGER THROUGH YOUR OPTIMUM 400 JUICE MAKER, ACCORDING TO THE MANUFACTURER'S DIRECTIONS. POUR THE JUICE INTO 2 ICE-FILLED GLASSES AND SERVE.

FOODNETWORK.COM/RECIPES/GIADA-DE-LAURENTIIS/RISE-AND-SHINE-JUICE-RECIPE/INDEX.HTML?OC=LINKBACK

22. CARROT, BEETROOT & GINGER JUICE



5 LARGE CARROTS, UNPEELED, ROUGHLY CHOPPED
160G BEETROOT, TRIMMED, UNPEELED, QUARTERED (SEE TIP)
3CM PIECE FRESH GINGER

PLACE A JUG UNDER OPTIMUM 400 JUICER NOZZLE. JUICE CARROT, BEETROOT AND GINGER. STIR TO COMBINE. POUR INTO CHILLED GLASSES. SERVE.

TASTE.COM.AU/RECIPES/25759/CARROT+BEETROOT+AND+GINGER+JUICE

23. CUCUMBER FENNEL



1 PIECE OF FENNEL
1 LEMON, PEELED
1 STALK CELERY
A FEW STEMS OF BOK CHOY.

PLACE IN YOUR OPTIMUM 400 JUICER AND DRINK IMMEDIATELY.

FIGGYANDSPROUT.COM/MY-THREE-DAY-JUICE-CLEANSE/#STHASH.LJJLD8Df.DPUF

24. EVERYDAY ENERGIZER



4 CARROTS, TOPS AND TAILS CHOPPED OFF
4 STALKS CELERY, CHOP ENDS OFF
SMALL HANDFUL OF PARSLEY, JUICE STEMS AS WELL
1 SMALL ZUCHHINI, TOPS AND TAILS CHOPPED OFF
1/2 OF A SMALL BEET, TOPS AND TAILS CHOPPED OFF
1/2 INCH NUB OF FRESH GINGER
1/4 LEMON PEELED

PUSH ALL THROUGH THE OPTIMUM 400 JUICER AND DRINK UP!

THEGRECIANGARDEN.COM/2011/03/24/SPRING-CLEANSE-JUICE-FASTING-RECIPES

25. KID'S VEGGIE SPECIAL



- 1 SMALL BEETROOT
- 2 GOLDEN DELICIOUS APPLES
- 1/4 OF A SMALL PINEAPPLE
- 1 STICK CELERY
- 1 SMALL HANDFUL OF SPINACH
- 1-INCH SLICE OF CUCUMBER

JUICE ALL YOUR INGREDIENTS IN YOUR OPTIMUM 400 JUICER AND POUR OVER ICE. THE APPLES AND PINEAPPLE GIVES THE JUICE A SWEET FRUITY TASTE KIDS WILL ENJOY, WHILE THE BEETROOT ADDS A REALLY APPEALING RICH RED COLOUR

FAITHFUL-TO-NATURE.CO.ZA/NATURAL-ORGANIC-BLOG/2412/ORGANIC-FOOD-RECIPES/RAW-JUICE-RECIPE-KIDS

26. GRAPEFRUIT VEGGIE LIME JUICE



- 1 PINK GRAPEFRUIT, PEELED, SLICED
- 2 CELERY STALKS, CHOPPED
- 1 RED PEPPER, CORED, STEM REMOVED
- 1/2 A LIME, SKIN REMOVED

ADD ALL INGREDIENTS TO YOUR OPTIMUM 400 JUICER. MAKES 24-26 OUNCES. SERVE ON ICE!

SUGARFREEMOM.COM/RECIPES/GRAPEFRUIT-VEGGIE-LIME-JUICE-NO-SUGAR-ADDED

27. MINT, APPLE, & PEAR JUICE



1 LITRE APPLE JUICE
4 RED APPLES
4 PEARS
1 CUCUMBER
1 CUP OF FRESH MINT LEAVES

SIMPLY PLACE ALL OF THE INGREDIENTS INTO YOUR OPTIMUM 400 JUICER AND WATCH THE DELICIOUSNESS POUR OUT. MY ONLY RECOMMENDATION WOULD BE TO JUICE THE MINT LEAVES AT THE SAME TIME AS THE CUCUMBER, APPLES OR PEARS AS THAT WAY YOU'LL GET MORE MINT JUICE.

[REALISTICALLYRAWYOU.COM](http://realisticallyrawyou.com)

28. CARROT, APPLE, STRAWBERRY & GINGER JUICE



3 MEDIUM TO LARGE CARROTS
2 RED APPLES (THEY'RE SWEETER THAN GREEN)
1 CUP OF STRAWBERRIES
A KNOB OF GINGER

SIMPLY PUT ALL THE INGREDIENTS INTO THE OPTIMUM 400 JUICER AND YOU'RE GOOD TO GO!

[HTTP://REALISTICALLYRAWYOU.COM](http://realisticallyrawyou.com)

29. KILLER CABBAGE JUICE



1 LARGE ENGLISH CUCUMBER, PEELED
1/2 OF A MEDIUM RED CABBAGE
1-2 D'ANJOU PEARS
2 MEYER LEMONS
1 INCH PIECE OF GINGER

WASH, PREP, CUT INTO MANAGEABLE JUICE-ABLE PIECES AND SEND THEM ALL DOWN YOUR OPTIMUM 400 JUICER. BOTTLE THE JUICE UP IN AIRTIGHT CONTAINERS OR BETTER YET ENJOY IT RIGHT AWAY! DON'T WAIT MORE THAN 48 HOURS TO ENJOY YOUR FRESH JUICE!

SOLETSHANGOUT.COM/KILLER-CABBAGE-JUICE

30. KIWI, APPLE & MINT JUICE



4 LARGE KIWI FRUIT
1 APPLE
20G FRESH MINT SPRIGS

PEEL THE KIWIS, QUARTER AND JUICE. QUARTER THE APPLE AND JUICE, THEN JUICE THE WHOLE SPRIGS OF MINT. MIX THE JUICES TOGETHER IN YOUR OPTIMUM 400 JUICER. CHILL. SERVE IN SHORT GLASSES, AND POP IN AN ICE CUBE, IF YOU LIKE.

CHANNEL4.COM/4FOOD/RECIPES/DRINKS/JUICES/KIWI-APPLE-AND-MINT-JUICE-RECIPE

31. FROTHY RED FRUIT SHAKE



125G REDCURRANTS, STALKS REMOVED, PLUS EXTRA FOR DECORATION

200G STRAWBERRIES, HULLED

250G ALPRO SOYA DAIRY-FREE ALTERNATIVE TO YOGURT

300ML ALPRO SOYA DAIRY-FREE ALTERNATIVE TO MILK

JUICE OF 1/2 LEMON, TO TASTE

2 TBSP CLEAR HONEY, TO TASTE

PUT THE FRUIT, SOYA YOGURT AND A LITTLE OF THE SOYA MILK INTO YOUR OPTIMUM 400 JUICER AND BLEND. POUR INTO 4 CHILLED GLASSES. BLEND THE REMAINING SOYA MILK WITH LEMON JUICE, TO TASTE, AND HONEY, TO SWEETEN, AND TOP UP EACH GLASS. STIR, AND DECORATE WITH REDCURRANTS.

SOLETSHANGOUT.COM/KILLER-CABBAGE-JUICE

32. SPICY TOMATO & CELERY JUICE



6 VERY RIPE TOMATOES, ABOUT 600G

2 LARGE STICKS CELERY, PLUS EXTRA LEAFY STICKS TO SERVE
(OPTIONAL)

WORCESTERSHIRE SAUCE

TABASCO SAUCE

CELERY SALT

ROUGHLY CHOP AND JUICE THE TOMATOES AND CELERY. STIR IN THE SAUCES TO TASTE AND BLEND IN YOUR OPTIMUM 400 JUICER. POUR INTO GLASSES FILLED WITH ICE AND TOP WITH A PINCH OF CELERY SALT. IF YOU LIKE, PUT IN A CELERY STICK FOR STIRRING.

CHANNEL4.COM/4FOOD/RECIPES/DRINKS/JUICES/SPICY-TOMATO-AND-CELERY-JUICE-RECIPE

33. RAINBOW VEGGIE JUICE



1-2 RED BELL PEPPERS, SEEDED AND SLICED
4 TOMATOES, SLICED
3 MEDIUM CARROTS, PEELED AND SLICED
2 HEADS OF ROMAINE LETTUCE
1 BUNCH OF CELERY
LARGE HANDFUL OF PARSLEY AND CILANTRO
1 ENGLISH CUCUMBER, PEELED AND CHOPPED
2 MEYER LEMONS, PEELED AND 1 INCH OF GINGER ROOT

JUICE ALL OF YOUR LOVELY VEGGIES IN YOUR OPTIMUM 400 JUICER. GIVE YOUR JUICE A GOOD STIR. PUT IT IN MASON JARS. DRINK IT AS SOON AS POSSIBLE, NOT WAITING LONGER THAN 48 HOURS. SIMPLE, SIMPLE, ENJOY!

SOLETSHANGOUT.COM/RAINBOW-VEGGIE-JUICE-JUICE-OF-THE-WEEK

34. VAMPIRE'S DELIGHT



2 BEETS
1 CUCUMBER LIME, PEELED, TO TASTE

PUT ALL INGREDIENTS IN YOUR OPTIMUM 400 JUICER!

NOMEATATHLETE.COM/30-DAY-JUICE-CHALLENGE

35. CARROT-ORANGE JUICE



1 MEDIUM YELLOW TOMATO, CUT INTO WEDGES

1 MEDIUM ORANGE, PEELED AND QUARTERED

1 MEDIUM APPLE, CUT INTO EIGHTHS

4 LARGE CARROTS, PEELED

ICE CUBES (OPTIONAL)

WORKING IN THIS ORDER, PROCESS TOMATO, ORANGE, APPLE AND CARROTS THROUGH AN OPTIMUM 400 JUICER, ACCORDING TO THE MANUFACTURER'S DIRECTIONS. FILL 2 GLASSES WITH ICE, IF DESIRED, AND POUR THE JUICE INTO THE GLASSES. SERVE IMMEDIATELY.

EATINGWELL.COM/RECIPES/CARROT_ORANGE_JUICE

36. CANTALOUPE GINGER



1 CANTALOUPE

1-2 TBSP OF RAW GINGER

WASH CANTALOUPE WELL. SLICE. SLICE OFF OUTER RIND. YOU CAN JUICE THE CANTALOUPE WITH OR WITHOUT THE SEEDS. I JUICED IT WITH THE SEEDS AND LOVED IT. IT IS A TAD SWEETER WITHOUT THE SEEDS. JUICE IN THE GINGER AS WELL WITH YOUR OPTIMUM 400 JUICER. SERVE OR CHILL.

KBLOG.LUNCHBOXBUNCH.COM/2010/02/DIET-JUICES-CANTALOUPE-GINGER-CUCUMBER.HTML

37. CUCUMBER MINT LEMON



1 LARGE CUCUMBER - ORGANIC, NON-WAXED PREFERRED
A HANDFUL OF FRESH MINT LEAVES
1/2 LEMON

JUICE THE CUCUMBER WITH SKIN AND MINT IN YOUR OPTIMUM 400 JUICER. SQUEEZE IN 1/2 LEMON JUICE. STIR. SERVE AS IS, OR OVER COCONUT WATER ICE CUBES OR CHILL FOR LATER. OPTIONAL: A PINCH OF SEA SALT STIRRED IN.

LUNCHBOXBUNCH.COM/2010/02/DIET-JUICES-CANTALOUPE-GINGER-CUCUMBER.HTML

38. SPICY JICAMA PEAR CARROT



3/4 CUP JICAMA JUICE - ABOUT 1 CUP CHOPPED, PEELED JICAMA
1/2 SWEET RIPE PEAR - I USED A BOSCH PEAR
2 MEDIUM CARROTS - ABOUT 6 INCHES, LONG AND THIN, THE KIND WITH THE STEMS ATTACHED
1 TSP RAW GINGER
OPTIONAL CAYENNE PEPPER ON TOP

PEEL THE JICAMA, JUICE AS MUCH OF IT UNTIL YOU HAVE ABOUT 3/4 CUP OF IT. JUICE IN 1/2 PEAR, 2 MEDIUM CARROTS, AND THE GINGER. STIR AND SERVE. THIS JUICE HAS A VERY UNIQUE FLAVOR - DRY AND ROOTY WITH A HINT OF SWEETNESS FROM THE PEAR AND CARROTS. I ADDED A NICE SPRINKLING OF CAYENNE ON TOP TO INCREASE THE SPICINESS.

KBLOG.LUNCHBOXBUNCH.COM/2010/02/DIET-JUICES-CANTALOUPE-GINGER-CUCUMBER.HTML

39. PEARBERRY JUICE RECIPE



- 2 RIPE PEARS
- 2 C SPINACH OR BABY SPINACH
- 1 C BLUEBERRIES

SIMPLY CUT UP THE PEAR AND THROUGH IT ALL IN THE OPTIMUM 400 JUICER.

AMANDASAPRON.COM/2013/06/10/BLEUPEARY-JUICE

40. CARROT ORANGE WAKE UP



- 1 POUND ORGANIC CARROTS
- 6 VALENCIA ORANGES, PEELED
- 1 1-INCH NUB FRESH GINGER, PEELED
- 4 OUNCES LIGHT COCONUT MILK
- 1 ORANGE WHEEL, OPTIONAL GARNISH

RINSE PRODUCE. CUT TO SIZE AND JUICE IN YOUR OPTIMUM 400 JUICER. POUR LIQUID CONTENTS INTO SMALL PITCHER, STRAINING THROUGH SIEVE IF NEEDED TO REMOVE PULP. ADD COCONUT MILK AND STIR.

MNN.COM/FOOD/RECIPES/STORIES/5-HEALTHY-JUICING-RECIPES-TO-REFRESH-YOUR-ROUTINE

41.

WATERNEKIB AYUA FRESCA



3 CUPS SEEDLESS WATERMELON, CUT INTO SECTIONS

1/2 ENGLISH CUCUMBER, CUT INTO SPEARS

1/2 LIME, JUICED

1 TABLESPOON ORGANIC SUGAR

1 CUP FILTERED WATER

1 TEASPOON CITRUS SEASONING (OPTIONAL)

HANDFUL MINT, TORN

1 CUCUMBER WHEEL, OPTIONAL GARNISH

RINSE PRODUCE, CUT AND JUICE IN YOUR OPTIMUM 400 JUICER. STRAIN THROUGH A SIEVE IF NEEDED TO REMOVE PULP. COMBINE WITH REMAINING INGREDIENTS. STIR AND REFRIGERATE UNTIL CHILLED FOR ABOUT AN HOUR. SERVE OVER ICE.

MNN.COM/FOOD/RECIPES/STORIES/5-HEALTHY-JUICING-RECIPES-TO-REFRESH-YOUR-ROUTINE

42.

PINEAPPLE & CITRUS



1/2 PINEAPPLE

3 TANGERINES, PEELED

1/2 LIME, JUICED

1 CUP FILTERED WATER

RINSE PRODUCE, CUT TO SIZE AND JUICE IN YOUR OPTIMUM 400 JUICER. POUR LIQUID CONTENTS INTO SMALL PITCHER, STRAINING THROUGH SIEVE IF NEEDED TO REMOVE PULP. ADD LIME AND WATER. STIR AND SERVE OVER ICE.

MNN.COM/FOOD/RECIPES/STORIES/5-HEALTHY-JUICING-RECIPES-TO-REFRESH-YOUR-ROUTINE

43. JICAMA PEAR JUICE



- 2 CUPS JICAMA, PEELED AND CUT TO SIZE
- 2 ORGANIC CARROTS, RINSED
- 1 RIPE BOSCH PEAR, RINSED
- 1 LEMON, PEELED
- 1 SPRIG MINT, OPTIONAL GARNISH

RINSE PRODUCE. CUT JICAMA IN HALF AND REMOVE SKIN WITH PARING KNIFE. JUICE IN YOUR OPTIMUM 400 JUICER WITH CARROTS, PEAR AND LEMON. POUR LIQUID CONTENTS INTO SMALL PITCHER, STRAINING THROUGH SIEVE IF NEEDED TO REMOVE PULP.

MNN.COM/FOOD/RECIPES/STORIES/5-HEALTHY-JUICING-RECIPES-TO-REFRESH-YOUR-ROUTINE

44. PINEAPPLE PEPPERMINT LOVE JUICE



- 4 SMALL CARROTS
- 1 APPLE
- 1 ORANGE
- 4-5 PINEAPPLE SLICES
- HANDFUL FRESH MINT LEAVES
- 1/2 CUCUMBER

CUT, SLICE AND PEEL AS NEEDED. THEN JUICE IN YOUR OPTIMUM 400 JUICER. BE PREPARED TO HAVE YOUR MIND BLOWN - AS WELL AS YOUR TASTE BUDS.

RAWFOODRECIPES.COM/RECIPES/PINEAPPLE-PEPPERMINT-LOVE-JUICE.HTML

45. KALE KLEANSE JUICE



1 MEYER LEMON AND 1/2 A PINEAPPLE
1 BUNCH OF KALE AND 1 BUNCH OF PARSLEY
1/2 A CUCUMBER AND A 2 INCH KNOB OF GINGER
1 AND A 1/2 APPLE'S
21 G MINT
2 OZ. APPLE CIDER VINEGAR (BRAGGS IS A GREAT BRAND)
1/8 TSP UNHEATED, RAW SEA SALT
1 TBS ALOE JUICE

BUY ALL ORGANIC TO AVOID PESTICIDE'S. JUICE ALL INGREDIENTS IN YOUR OPTIMUM 400 JUICER. THEN ADD APPLE CIDER VINEGAR, ALOE AND SEA SALT. YOU CAN BLEND THIS LOW, OR JUST MIX WITH A SPOON.

RAWFOODRECIPES.COM/RECIPES/GOJI-GINGER-LEMONADE.HTML

46. LIVING ON THE EARTH GREEN JUICE



2 GREEN APPLES
1 LEMON, PEELED
1 INCH KNOB GINGER
1 1/2 LARGE ENGLISH CUCUMBER
2-3 BROCCOLI STEMS
1 HANDFUL OF LEFTOVER KALE STEMS

WASH AND PREPARE INGREDIENTS (REMEMBER TO PEEL ANY NON-ORGANIC PRODUCE). JUICE THE ABOVE INGREDIENTS USING YOUR OPTIMUM 400 JUICER. SERVE JUICE IMMEDIATELY, BUT REMEMBER TO SIP AND 'CHEW' THE JUICE SLOWLY AND THOROUGHLY IN ORDER TO INTAKE THE NUTRIENTS TO THEIR FULLEST.

RAWFOODRECIPES.COM/RECIPES/LIVING-ON-THE-EARTH-GREEN-JUICE.HTML

47. LOVE POTION



1/2 PINEAPPLE
1/2 MEDIUM BEET
1 CARROT
1 CUP STRAWBERRIES
WATER, AS NEEDED

BLEND IN YOUR OPTIMUM 400 JUICER AND SERVE CHILLED OR ON ICE.

RAWFOODRECIPES.COM/RECIPES/LOVE-POTION.HTML

48. KRISTINA'S SECRET SOUL SHINE JUICE



5-7 HONEYCRISP OR PINK LADY APPLES
JUICE OF 2-3 LEMONS OR LIMES
5-6 STALKS OF CELERY
1 CUCUMBER
HALF HEAD OF ROMAINE
1 HEAD OF KALE

JUICE ALL INGREDIENTS IN YOUR OPTIMUM 400 JUICER AND BEGIN TO WATCH YOUR SOUL SHINE. SERVE CHILLED OR WITH ICE.
ENJOY AND GIVE HUGS!

RAWFOODRECIPES.COM/RECIPES/KRISTINAS-SECRET-SOULSHINE-JUICE.HTML

49. WILD SPICED DANDELION BERRY BLISS JUICE



2 CUPS STRAWBERRIES

1 CUP DANDELION LEAVES OR MORE TO TASTE

1 CUP RASPBERRIES

OPTIONAL 1 SMALL CHILI WITH SEEDS AND PLACENTAL SKIN REMOVED
(MORE OR LESS DEPENDING ON THE HEAT)

OPTIONAL 10-20 DROPS OF ALCOHOL-FREE LIQUID STEVIA DEPENDING
ON THE RIPENESS AND SWEETNESS OF YOUR BERRIES

PROCESS ALL INGREDIENTS IN YOUR OPTIMUM 400 JUICER. SWEETEN WITH LIQUID STEVIA IF NEEDED DEPENDING ON THE SWEETNESS OF YOUR FRUIT. MAKES ONE 8-OUNCE GLASS.

RAWFOODRECIPES.COM/RECIPES/WILD-SPICED-DANDELION-BERRY-BLISS-JUICE.HTML

50. THE LEMON GINGER BLAST



HALF HEAD OF ROMAINE

ITALIAN PARSLEY

3-4 LEAVES OF KALE

3-4 STALKS OF CELERY

1 CUCUMBER

JUICE OF 2-3 LEMONS

BUNCH OF CILANTRO

LARGE THUMB OF GINGER

PLACE ALL INGREDIENTS THROUGH YOUR OPTIMUM 400 JUICER AND STRAIN FOR SMOOTHEST RESULTS. DRINK AND ENJOY!

RAWFOODRECIPES.COM/RECIPES/THE-LEMON-GINGER-BLAST1.HTML

51.

CARROT KOHIRABI JUICE



6 CARROTS, SCRUBBED

2 SMALL OR 1 LARGE KOHLRABI, SCRUBBED AND PEELED

CHOP EVERYTHING INTO CHUNKS AND PROCESS INGREDIENTS THROUGH YOUR OPTIMUM 400 JUICER, ALTERNATING INGREDIENTS. STRAIN THROUGH A FINE MESH STRAINER TO REMOVE FOAM. POUR JUICE INTO ICE-FILLED GLASSES AND SERVE IMMEDIATELY.

GOURMANDEINTHEKITCHEN.COM/2013/RAW-VEGETABLE-JUICE-RECIPES

52.

JOINT RELIEF JUICE



1 CUP OF FRESH PINEAPPLE CUT INTO LARGE CHUNKS, AND CHILLED

1 CUP OF FRESH PEAR UNPEELED, CUT INTO CHUNKS AND CHILLED

2 CUPS OF SPINACH WITH STEMS, CHILLED

1 BUNCH OF FRESH FLAT-LEAF PARSLEY WITH STEMS, CHILLED

1/2 MEDIUM CARROT, PEELED AND CHILLED

1/4 CUP FRESHLY SQUEEZED CHILLED GRAPEFRUIT JUICE (FROM 1/2 SMALL GRAPEFRUIT)

IN YOUR OPTIMUM 400 JUICE EXTRACTOR, PROCESS PINEAPPLE, PEAR, SPINACH, PARSLEY, AND CARROT, SKIMMING FOAM IF NECESSARY. STIR IN GRAPEFRUIT JUICE, CHILL IF DESIRED, AND SERVE. JUICE IS BEST SERVED IMMEDIATELY BUT WILL KEEP, REFRIGERATED, IN AIRTIGHT CONTAINER UP TO TWO DAYS.

EPICURIOUS.COM/RECIPES/FOOD/VIEWS/JOINT-RELIEF-JUICE-242944

53. THE BEST GREEN JUICE



5 LARGE LEAVES OF KALE, RIBS DISCARDED, LEAVES ROUGHLY CHOPPED

1 LEMON, ZEST AND PITH REMOVED

1 LARGE APPLE, ROUGHLY CHOPPED

A 2.5CM PIECE OF FRESH GINGER

1 SPRIG OF FRESH MINT

PUSH ALL THE INGREDIENTS THROUGH YOUR OPTIMUM 400 JUICER. ADD 120ML OF WATER, THEN PASS THE MIXTURE THROUGH A FINE-MESH STRAINER AND DRINK IMMEDIATELY.

[THEGUARDIAN.COM/LIFEANDSTYLE/2013/SEP/07/GWYNETH-PALTROW-JUICE-RECIPES](http://theguardian.com/lifeandstyle/2013/sep/07/gwyneth-paltrow-juice-recipes)

54. PEA SHOOT & SPINACH JUICE



2 OZ/56G PEA SHOOTS

3 OZ/85G OF BABY SPINACH

1 SMALL HANDFUL OF PARSLEY LEAVES

4 CELERY STALKS

1 LARGE LEMON, PEELED AND SEEDS REMOVED

1/4 OF A LARGE TART GREEN APPLE, SEEDS REMOVED

CHOP EVERYTHING INTO CHUNKS THAT FIT INTO THE OPTIMUM 400 JUICER CHUTE. PASS ALL THE INGREDIENTS THROUGH THE JUICER, ALTERNATING HARD AND SOFT INGREDIENTS. STRAIN JUICE TO REMOVE FOAM IF DESIRED. POUR JUICE INTO ICE-FILLED GLASSES AND SERVE IMMEDIATELY.

[GOURMANDEINTHEKITCHEN.COM/2013/RAW-VEGETABLE-JUICE-RECIPES](http://gourmandeinthekitchen.com/2013/raw-vegetable-juice-recipes)

55. CUCUMBER, BASIL & LIME JUICE



- 1 HANDFUL OF BASIL LEAVES
- 1 CUCUMBER, CUT IN HALF LENGTHWISE
- 1/2 LIME, ZEST AND PITH REMOVED
- 1 APPLE, CUT INTO WEDGES

STARTING WITH THE BASIL, JUICE EVERYTHING INTO A GLASS. ALTERNATIVELY, YOU CAN CHOP ALL THE INGREDIENTS AND POP THEM INTO A POWERFUL BLENDER WITH 120ML OF WATER, THEN PASS THE MIXTURE THROUGH A FINE-MESH STRAINER INTO A GLASS. GIVE IT A STIR AND DRINK IMMEDIATELY.

[THEGUARDIAN.COM/LIFEANDSTYLE/2013/SEP/07/GWYNETH-PALTROW-JUICE-RECIPES](http://theguardian.com/lifeandstyle/2013/sep/07/gwyneth-paltrow-juice-recipes)

56. GREEN POWER JUICE



- 1 HANDFUL OF SWISS CHARD, KALE, SPINACH OR A COMBINATION
- 1 PEAR
- 1 CUP STRAWBERRIES
- 1/2 LEMON, UNPEELED
- 1 APPLE, CUT INTO CHUNKS

JUICE THE GREENS FIRST IN YOUR OPTIMUM 400 JUICER, FOLLOWED BY THE PEAR, STRAWBERRIES, LEMON, AND APPLE.

REDTRI.COM/DRINK-YOUR-VEGGIES-JUICING-RECIPES

57. ABC JUICE



2 APPLES
1 BEET
2 CARROTS

PROCESS IN YOUR OPTIMUM 400 JUICER AND ENJOY!

REDTRI.COM/DRINK-YOUR-VEGGIES-JUICING-RECIPES

58. RAW VEGAN APPLE CELERY CARROT BEET JUICE



3 MEDIUM APPLES, PEELED (UNLESS ORGANIC)
1 LARGE BEET, PEELED AND CUT IF NECESSARY
8 LARGE STALKS OF CELERY (LEAVES REMOVED)
3 MEDIUM CARROTS, PEELED (UNLESS ORGANIC)

PREPARE VEGETABLES, PEEL APPLES IF DESIRED. RUN EVERYTHING THROUGH YOUR OPTIMUM 400 JUICER AND SERVE IMMEDIATELY.

LOWFATVEGANCHEF.COM/RAW-VEGAN-ANTIOXIDANT-RICH-APPLE-CELERY-CARROT-BEET-JUICE

59. CARROT SPINACH GINGER JUICE



4 CARROTS

1 HANDFUL OF SPINACH

1 THUMB-SIZED CHUCK OF GINGER

PROCESS IN YOUR OPTIMUM 400 JUICER AND ENJOY!

YOURDAILYVEGAN.COM/2011/05/25/GET-PUMPED-WITH-THESE-VEGAN-JUICE-RECIPES

60. CARROT PEAR ORANGE



2 CARROTS

1 PEAR

1 ORANGE

JUICE THE CARROTS AND PEAR IN THE JUICER. JUICE THE ORANGE USING A TRADITIONAL, NON-ELECTRIC HAND JUICER UNLESS YOUR JUICER CAN HANDLE CITRUS FRUITS. COMBINE AND MIX WELL.

INHABITOTS.COM/REV-UP-YOUR-JUICER-AND-TRY-6-KID-FRIENDLY-HOMEMADE-FRUIT-AND-VEGGIE-JUICE-RECIPES/#STHASH.eTfZ0SUn.dpUF

61. MANGO PINEAPPLE & KALE



- 1-2 CUPS LOOSELY PACKED CHOPPED KALE, RIBS REMOVED (ABOUT 3-4 LEAVES)
- 1 MANGO
- 1 CUP CHOPPED FRESH PINEAPPLE

PEEL AND CHOP THE MANGO BEFORE JUICING. JUICE ALL THE INGREDIENTS, BEGINNING WITH THE KALE. THE PINEAPPLE AND MANGO MAKE A SUPER SWEET JUICE, WHICH THE KALE HELPS TONE DOWN (AND ALSO ADDS BIG DOSES OF VITAMIN A,C, AND K).

INHABITOTS.COM/REV-UP-YOUR-JUICER-AND-TRY-6-KID-FRIENDLY-HOMEMADE-FRUIT-AND-VEGGIE-JUICE-RECIPES/#STHASH.eTfZ0SUn.dpUf

62. BALANCED GREEN JUICE



- 1/2 CUP OF FRESH CUCUMBER JUICE FROM (1 MEDIUM CUCUMBER)
- 3 TABLESPOONS OF FRESH KALE JUICE (4 MEDIUM LEAVES KALE)
- 1 TABLESPOON PLUS 1 TEASPOON OF FRESH CILANTRO JUICE (1 PACKED CUP CILANTRO LEAVES AND STEMS)
- 1/2 CUP OF FRESH APPLE JUICE (1 LARGE APPLE, CORED AND QUARTERED)
- 1 TABLESPOON OF FRESH GINGER JUICE (1 1/2-INCH PIECE GINGER)
- 1 TABLESPOON PLUS 2 TEASPOONS (5/6 OUNCE) FRESH LIME JUICE

STIR JUICES TOGETHER THOROUGHLY, DIVIDE BETWEEN TWO GLASSES, AND SERVE IMMEDIATELY.

SERIOUSEATS.COM/RECIPES/2013/01/BALANCED-GREEN-JUICE-RECIPE-KALE-JUICE.HTML

63. WILD GREEN JUICE



1/2 PINEAPPLE
4 STALKS CELERY
1-2 CUCUMBERS
3-4 LEAVES CHARD

HANDFUL OF WILD GREENS (MALVA AND DANDELION), OR FRESH PARSLEY IF YOU PREFER
SMALL SLICE OF GINGER. PEEL THE PINEAPPLE AND ANY NON-ORGANIC INGREDIENTS. JUICE AND ENJOY!

THEHEALTHYEATINGSITE.COM/GREEN-JUICE/

64. PURPLE PASSION JUICE



2 CUPS RED GRAPES
1 CUP BLUEBERRIES
1/2 RED (PURPLE) CABBAGE
4 CELERY STALKS
8 OZ SPARKLING WATER (OR FILTERED WATER)
FROM 1 TO 2 LIMES, PEELED
1/2 CUP (4 OUNCES) FRESH CELERY JUICE FROM ABOUT 3 MEDIUM
CELERY STALKS

WASH FRUITS AND VEGETABLES. PUSH THROUGH JUICER. ADD SPARKLING WATER TO YOUR PITCHER OF JUICE AND POUR INTO TWO
DECORATIVE AND ROMANTIC GLASSES. MAKES 24 OZ.

MYJUICECLEANSE.COM/JUICER-RECIPES/PURPLE-PASSION-JUICE-RECIPE

65. APPLE CARROT GINGER LEMON JUICE



2 APPLES
5 CARROTS
1 INCH SLICE GINGER
1/4 LEMON, PEELED

CUT INGREDIENTS TO FIT INTO YOUR OPTIMUM 400 JUICER AND JUICE. ENJOY THIS JUICE DAILY FOR PREVENTATIVE HEALTH BENEFITS.

MYJUICECLEANSE.COM/JUICER-RECIPES/JUICE-RECIPES/IMMUNE-BOOSTING-JUICE-RECIPE

66. SWEET BROCCOLI JUICE



1 HEAD OF BROCCOLI
3 CELERY STALKS
2 ORANGES, PEELED
1/2 INCH GINGER ROOT

WASH AND PREPARE ALL THE INGREDIENTS. PUSH THROUGH YOUR OPTIMUM 400 JUICER AND POUR INTO A GLASS, OVER ICE IF PREFERRED.

MYJUICECLEANSE.COM/BENEFITS-OF-JUICING/BENEFITS-OF-BROCCOLI-JUICE

67. DETOX JUICE



- 1 CUCUMBER
- 1 KALE INCLUDING STEMS AND 2 HANDFULS OF SPINACH
- 1 LEMON INCLUDING RIND
- 1 GREEN APPLE
- 1 PEAR (OR ANOTHER APPLE)
- 3 CARROTS
- 2 TOMATOES
- 4 CELERY STALKS

PUT IT ALL THROUGH YOUR OPTIMUM 400 JUICER FOR ONE LARGE EPIC JUICE FOR CELLULAR NUTRITION, FOR WEIGHT LOSS, FOR CLEAR SKIN, FOR ENERGY, FOR FEELING GOOD, FOR AN INSTANT MOOD UPGRADE!

68. PERFECT GREEN JUICE RECIPE



- 3 ORGANIC STICKS CELERY
- 1 LEBANESE CUCUMBER (PEELED IF NOT ORGANIC)
- 2 STEMS KALE
- 1/4 FENNEL BULB
- 1 LEMON, PEELED
- 1 GREEN APPLE (PEELED IF NOT ORGANIC)
- 1/2 SLICE OF GINGER, PEELED

PUT ALL INGREDIENTS THROUGH YOUR OPTIMUM 400 JUICER. STRAIN THROUGH YOUR SIEVE TO REMOVE ALL RESIDUAL PULP. HAVE STRAIGHT AWAY BUT SIP SLOWLY AND ENJOY.

69. GREEN JUICE



- 1 SMALL CUCUMBER
- 1 GREEN APPLE
- 3 CELERY STALKS
- 1 LEMON WITH RIND
- A HANDFUL OF KALE
- A HANDFUL OF SPINACH
- A HANDFUL OF PARSLEY

PUT ALL INGREDIENTS IN YOUR OPTIMUM 400 JUICER AND JUICE!

THEEARTHDIET.ORG/3/POST/2012/11/GREEN-JUICE.HTML

70. RADICAL ORGANIC BEET JUICE RECIPE



- 6 CARROTS
- 4 APPLES (USE A SWEET APPLE)
- 4 CELERY STALKS
- 2 MEDIUM RAW BEETS, PEELED
- 1 LEMON
- 1 INCH KNOB OF GINGER

PUT ALL INGREDIENTS THROUGH YOUR OPTIMUM 400 JUICER, JUICE THEN SERVE.

THETASTYTOMATO.COM/2013/02/RADICAL-RED-ORGANIC-BEET-JUICE-RECIPE/

71. LIMEAPPLE JUICE



- 1 ORGANIC LEMON
- 2 ORGANIC APPLES
- 2 ORGANIC STALKS OF CELERY
- 3 ORGANIC PURPLE CARROTS
- HANDFUL OF ORGANIC LETTUCE/SALAD MIX

THIS JUICE IS SO REFRESHING, A GREAT ALKALIZER. PUT ALL INGREDIENTS IN YOUR OPTIMUM 400 JUICER, JUICE AND SERVE!

ORGANICEMPIRE.COM.AU/RECIPES/111/

72. "CLEAN MACHINE" MORNING CLEANSING GREEN JUICE



- 1 GREEN APPLE
- 2-3 HANDFULS OF SPINACH OR KALE
- HALF LEMON (YELLOW PEEL REMOVED)
- 2 INCH PIECE OF BURDOCK ROOT
- 1/2 INCH OF GINGER ROOT (UNPEELED)

PROCESS EVERYTHING THROUGH YOUR OPTIMUM 400 JUICER. IF USING THIS JUICE AS PART OF THE 3 DAY WINTER CLEANSE, STRAIN THIS JUICE AND DILUTE WITH EQUAL PARTS FILTERED WATER. IF NOT JUICE FASTING, YOU CAN CONSUME THIS JUICE UNSTRAINED. MAKES ONE DILUTED 16-OUNCE GLASS.

HEALTHYBLENDERRECIPES.COM/RECIPES/CLEAN_MACHINE_MORNING_CLEANSING_GREEN_JUICE

73. "RHAPSODY IN RED" MIDDAY CLEANSING JUICE



1 GREEN APPLE
HALF A LARGE ENGLISH CUCUMBER
HALF A MEDIUM BEET
HALF INCH PIECE OF GINGER (OPTIONAL)

PROCESS ALL INGREDIENTS THROUGH YOUR OPTIMUM 400 JUICER. MAKES ONE 16-OUNCE GLASS. BEETS TURN EVERYTHING INSIDE YOUR BODY PINK. DON'T BE SURPRISED WHEN EVERYTHING "COMES" OUT PINK OR RED. IT MEANS THE BEETS ARE WORKING!

HEALTHYBLENDERRECIPES.COM/RECIPES/RAW_RHAPSODY_IN_RED_MIDDAY_CLEANSING_JUICE

74. "ALKALINE ECSTASY" EVENING GREEN CLEANSING JUICE



1 CUP OF SPINACH OR KALE
1/2 CUCUMBER
2 STALKS OF CELERY INCLUDING LEAVES
2 CARROTS
1/2 GREEN APPLE
2 INCH BURDOCK ROOT

PROCESS ALL INGREDIENTS THROUGH YOUR OPTIMUM 400 JUICER. MAKES ONE 16-OUNCE GLASS.

HEALTHYBLENDERRECIPES.COM/RECIPES/ALKALINE_ECSTASY_GREEN_CLEANSING_JUICE

75. "EL CUBANO" PINEAPPLE MORNING CLEANSING JUICE



ONE-QUARTER PINEAPPLE
HALF CUCUMBER
HALF LEMON (YELLOW PEEL REMOVED)
6-8 SPRIGS OF MINT (OPTIONAL)

PROCESS ALL INGREDIENTS THROUGH YOUR OPTIMUM 400 JUICER. IF USING THIS JUICE AS PART OF A JUICE CLEANSE, STRAIN THIS JUICE AND DILUTE WITH EQUAL PARTS FILTERED WATER. MAKES ONE 16-OUNCE GLASS.

HEALTHYBLENDERRECIPES.COM/RECIPES/EL_CUBANO_PINEAPPLE_CLEANSING_JUICE

76. MIDDAY CARROT SQUASH CLEANSING JUICE



4 CARROTS
1 CUP PEELED BUTTERNUT SQUASH
HALF CUCUMBER
OPTIONAL:
HALF-INCH PIECE OF GINGER
SPRINKLE OF CINNAMON

PROCESS ALL INGREDIENTS THROUGH YOUR OPTIMUM 400 JUICER. IF USING THIS JUICE AS PART OF A JUICE CLEANSE, STRAIN THIS JUICE AND DILUTE WITH EQUAL PARTS FILTERED WATER. MAKES ONE 16-OUNCE GLASS.

HEALTHYBLENDERRECIPES.COM/RECIPES/VEGETABLE_MAGNETISM_MIDDAY_CARROT_SQUASH_CLEANSING_JUICE

77. RAW "GLORIOUS GREENS" EVENING CLEANSING JUICE



HANDFUL OF BROCCOLI
3 LARGE ROMAINE LETTUCE LEAVES
HANDFUL OF CILANTRO
HALF LIME (GREEN PEEL REMOVED)
1 PACKED CUP FRESH SPINACH LEAVES
1 APPLE

PROCESS ALL INGREDIENTS THROUGH YOUR OPTIMUM 400 JUICER. IF USING THIS JUICE AS PART OF A JUICE CLEANSE, STRAIN THIS JUICE AND DILUTE WITH EQUAL PARTS FILTERED WATER. MAKES ONE 16-OUNCE GLASS.

HEALTHYBLENDERRECIPES.COM/RECIPES/RAW_GLORIOUS_GREENS_EVENING_CLEANSING_JUICE

78. MORNING "CUCUMBER COOL" CLEANSING JUICE



1 WHOLE CUCUMBER
1 GREEN APPLE
1/2 A LEMON (YELLOW PEEL REMOVED)
HANDFUL OF CILANTRO

PROCESS ALL INGREDIENTS THROUGH YOUR OPTIMUM 400 JUICER. IF USING THIS JUICE AS PART OF A JUICE CLEANSE, STRAIN THIS JUICE AND DILUTE WITH EQUAL PARTS FILTERED WATER. MAKES ONE 16-OUNCE GLASS.

HEALTHYBLENDERRECIPES.COM/RECIPES/MORNING_CUCUMBER_COOL_CLEANSING_JUICE

79. RAW "LAWN CLIPPINGS" MIDDAY GREEN CLEANSE



HALF CUCUMBER
HANDFUL PARSLEY
2 HANDFULS KALE OR SPINACH
1 GREEN APPLE
HALF LEMON (YELLOW PEEL REMOVED)

PROCESS ALL INGREDIENTS THROUGH YOUR OPTIMUM 400 JUICER. IF USING THIS JUICE AS PART OF A JUICE CLEANSE, STRAIN THIS JUICE AND DILUTE WITH EQUAL PARTS FILTERED WATER. MAKES ONE 16-OUNCE GLASS.

HEALTHYBLENDERRECIPES.COM/RECIPES/RAW_LAWN_CLIPPINGS_MIDDAY_GREEN_CLEANSING_JUICE

80. PINEAPPLE, CUCUMBER & MINT JUICE



1/2 RIPE PINEAPPLE
2 CUCUMBERS
1 BUNCH OF MINT

PROCESS ALL INGREDIENTS THROUGH YOUR OPTIMUM 400 JUICER AND ENJOY!

LINDAWAGNER.NET/BLOG/2012/01/JUICE-RECIPE-FOR-WEIGHT-LOSS-2/INDEX.HTML

81.

THE GREENBAY



5 ORANGES (REMEMBER TO PEEL ORANGES BEFORE JUICING, OTHERWISE JUICE WILL BE BITTER)

JUICE OF 1/2 BUNCH PARSLEY

RUN ORANGES THROUGH OPTIMUM 400 JUICER AND SET ASIDE. SEPARATELY JUICE PARSLEY. SLOWLY POUR PARSLEY JUICE OVER OJ FORMING TWO LAYERS. NOTE: YOU WILL PROBABLY WANT TO MIX THIS JUICE BEFORE DRINKING, UNLESS YOU ENJOY THE TASTE OF STRAIGHT PARSLEY JUICE!!

LINDAWAGNER.NET/BLOG/2012/01/JUICE-RECIPE-FOR-WEIGHT-LOSS-2/INDEX.HTML

82.

SWEET RUBY



SMALL BUNCH GRAPES

1 CUCUMBER, 1 APPLE AND 1 LEMON

1 BUNCH RAINBOW CHARD

1/2 BUNCH PARSLEY

4 STALKS CELERY

1 MEDIUM SIZE BEET

1/2 HABANERO OR JALAPENO PEPPER (OPTIONAL BUT I LOVE THE HEAT IN THIS JUICE!)

PROCESS ALL INGREDIENTS THROUGH YOUR OPTIMUM 400 JUICER AND ENJOY!

LINDAWAGNER.NET/BLOG/2012/01/JUICE-RECIPE-FOR-WEIGHT-LOSS-2/INDEX.HTML

83. GREEN MACHINE



3 CUCUMBERS
1 BUNCH KALE
1/2 BUNCH PARSLEY
1/2 BUNCH SPINACH
1/2 BUNCH SWISS CHARD
1-2 LEMON OR LIME (PEELED)
STEVIA TO TASTE (OPTIONAL)

RUN ORANGES THROUGH OPTIMUM 400 JUICER AND ENJOY!

LINDAWAGNER.NET/BLOG/2012/01/JUICE-RECIPE-FOR-WEIGHT-LOSS-2/INDEX.HTML

84. OH CLEMENTINE!



5 PEELED CLEMENTINES
2 LARGE GRAPEFRUIT

RUN ALL INGREDIENTS THROUGH OPTIMUM 400 JUICER. ENJOY!

LINDAWAGNER.NET/BLOG/2012/01/JUICE-RECIPE-FOR-WEIGHT-LOSS-2/INDEX.HTML

85. SIMPLE GREEN JUICE



1 SMALL BUNCH OF KALE (ABOUT 4 LARGE STALKS; I USE DINO KALE)
1 LARGE APPLE OR PEAR, CUT UP (REMOVE SMALL CORE WITH SEEDS)

1/2 OF A LEMON OR LIME (PEEL THE LEMON'S YELLOW SKIN UNLESS IT'S A MEYER LEMON OR OTHER MILD LEMON; I DON'T PEEL THE LIME). PLACE THE PREPARED VEGGIES AND FRUITS INTO YOUR OPTIMUM 400 JUICER IN BATCHES. ADD AN ICE CUBE OR TWO IF YOU WANT IT A BIT CHILLED AND THEN ENJOY!

COMFYBELLY.COM/2013/01/SIMPLE-GREEN-JUICE/#.UoXMAByQYTk

86. CHERRY, APPLE & PEAR JUICE BLAST



1 MEDIUM APPLE
2 MEDIUM SOFT PEARS
1/2 CUP CHERRIES WITH PITS REMOVED

IN YOUR OPTIMUM 400 JUICER, COMBINE APPLE, PEARS, AND CHERRIES; POUR JUICE AND, IF DESIRED, THIN WITH SELTZER WATER. BEFORE SERVING, GARNISH WITH FRESH CHERRIES, IF DESIRED. REFRIGERATE UP TO 2 DAYS (SHAKE BEFORE SERVING).

JUICEPLANS.COM/RECIPE/CHERRY-APPLE-PEAR-JUICE-BLAST

87. TROPICAL ENVY



BEETS 1/2
CARROTS 2
CELERY 1 STALK
CUCUMBER 1/2
GINGER 1 INCH
PARSLEY 1 HANDFUL
PINEAPPLE 2 ROUNDS

WASH ALL PRODUCE WELL AND THROW INTO YOUR OPTIMUM 400 JUICER. SERVE AND ENJOY!

JUICEPLANS.COM/RECIPE/TROPICAL-ENVY

88. GREEN ENERGIZER BUNNY



2 APPLES
1/2 CUCUMBER
1/2 LEMON (PEELED)
1/2 CUP OF KALE AND 1/2 CUP OF SPINACH
1/4 BUNCH OF CELERY
1/4 BULB OF FENNEL
1 INCH OF GINGER
1/4 HEAD OF ROMAINE LETTUCE

PROCESS ALL INGREDIENTS IN YOUR OPTIMUM 400 JUICER. STIR & SERVE.

JUICEPLANS.COM/RECIPE/GREEN-ENERGIZER-BUNNY

89. SWEET & GREEN JUICE



3 PEARS/APPLES
1/4 OF A PINEAPPLE
1 BUNCH OF SPINACH
4 KALE LEAVES
4 CARROTS
1 RADISH
1 - 2 INCHES OF GINGER

WASH ALL OF THE INGREDIENTS THOROUGHLY. JUICE THE GREENS IN YOUR OPTIMUM 400 JUICER FIRST AS THEY ARE USUALLY A BIT MORE DENSE.

JUICEPLANS.COM/RECIPE/SWEET-GREEN-JUICE

90. CHERRY JUICE



2 CUPS ORGANIC CHERRIES
(OPTIONAL) YOU CAN ADD HANDFUL OF BABY SPINACH TO THE MIX FOR ADDED NUTRITION

SIMPLY PLACE IN YOUR OPTIMUM 400 JUICER AND WHIZZ, OR PUT THROUGH THE JUICER. SERVE OVER CRUSHED ICE. CAN ADD SOME WHOLE CHERRIES TO THE GLASS FOR A GREAT EFFECT!

ORGANICEMPIRE.COM.AU/RECIPES/80

91. SUNSET JUICE RECIPE



- 1 LARGE SWEET POTATO
- 1 MEDIUM CARROT
- 1 RED BELL PEPPER
- 2 LARGE RED BEETS
- 2 GOLDEN DELICIOUS APPLES
- 1 ORANGE, OPTIONAL

WASH ALL PRODUCE WELL, JUICE USING YOUR OPTIMUM 400 JUICER. POUR OVER ICE AND ENJOY!

JUICEPLANS.COM/RECIPE/SUNSET-JUICE-RECIPE/#!PRETTYPHOTO

92. LOVE ME JUICE



- 1/2 -1 ORGANIC PINEAPPLE
- 3 ORGANIC ORANGES
- 3.5 CM PIECE OF GINGER
- ICE CUBES TO SERVE

JUICE PINEAPPLE, GINGER AND ORANGES, SERVE OVER ICE.

ORGANICEMPIRE.COM.AU/RECIPES/168

93. KIDNEY CLEANSE JUICE



- 4 SPRIGS PARSLEY
- 1 CUCUMBER
- 3-4 STALKS ORGANIC CELERY - WITH OR WITHOUT LEAVES
- 1/2 LEMON

PUSH ALL OF THE INGREDIENTS THROUGH THE OPTIMUM 400 JUICER. SERVE AND ENJOY!

THEHEALTHYHAPPYWIFE.BLOGSPOT.COM/2012/01/THIS-JUICE-IS-EXCELLENT-DETOXIFIER.HTML

94. PARSLEY LEMONADE "ALLERGIES BE GONE" ALKALINE



- 1 HEAD/2 CUPS CONTINENTAL FLAT-LEAF PARSLEY
- 1 MEDIUM CUCUMBER
- 1 - 2 MEDIUM LEMONS, PEELED
- 1 GREEN APPLE
- 1 KNOB OF GINGER (OPTIONAL)
- 5 DROPS OF NU NATURALS ALCOHOL-FREE LEMON STEVIA OR 1 TSP RAW LOCAL HONEY

PROCESS ALL INGREDIENTS EXCEPT THE STEVIA THROUGH YOUR OPTIMUM 400 JUICER. STRAIN AND TWEAK TO TASTE. YOU MAY WANT TO ADD MORE APPLE, STEVIA OR RAW LOCAL HONEY. DILUTE THIS JUICE WITH SOME FILTERED WATER JUST A LITTLE, AS IT IS VERY POTENT. MAKES APPROXIMATELY 16 OUNCES FOR ONE PERSON. DRINK THE WHOLE THING FOR MAXIMUM BENEFITS.

HEALTHYBLENDERRECIPES.COM/RECIPES/PARSLEY_LEMONADE_ALLERGIES_BE_GONE_ALKALINE_GREEN_JUICE

95. ALL HAIL KALE



- 2 LEAVES ORGANIC KALE
- 4 ORGANIC JUICING APPLES
- 1 ORGANIC LEMON, SKIN REMOVED
- 4 ORGANIC JUICE CARROTS
- SMALL KNOB OF GINGER
- 3 STALKS ORGANIC CELERY

JUICE USING YOUR OPTIMUM 400 JUICER AND ENJOY THE DIVINNESS THAT IT, I SAY - ALL HAIL KALE!

ORGANICEMPIRE.COM.AU/RECIPES

96. RAW "LIQUID SUNSHINE" MORNING CLEANSER JUICE



- 1 CUP (ABOUT A HANDFUL) OF STRAWBERRIES
- 2 CARROTS
- 1 GREEN APPLE
- HALF OF A ROMAINE LETTUCE HEART
- 1/2 OR 1 WHOLE LEMON (YELLOW RIND REMOVED)

PROCESS EVERYTHING THROUGH YOUR OPTIMUM 400 JUICER. IF YOU ARE ON A JUICE CLEANSE, STRAIN AND DILUTE WITH EQUAL PARTS FILTERED WATER. SERVE AND ENJOY! MAKES ONE DILUTED 16-OUNCE GLASS.

HEALTHYBLENDERRECIPES.COM/RECIPES/RAW_LIQUID_SUNSHINE_CLEANSING_JUICE/

97. YOUNG & RAW'S ANTI INFLAMMATORY TURMERIC JUICE



- 1 PIECE OF TURMERIC ROOT (OR 1-2 TSP OF GROUND TURMERIC POWDER)
- 1 WHOLE CUCUMBER
- 2 STALKS CELERY
- 1 INCH NOB OF GINGER
- 1 PEELED LEMON

JUICE USING YOUR OPTIMUM 400 JUICER. ENJOY STRAINED OR UNSTAINED. WHATEVER YOUR PREFERENCE. SERVES 1.

HEALTHYBLENDERRECIPES.COM/RECIPES/YOUNG_AND_RAWS_ANTI_INFLAMMATORY_TURMERIC_COCKTAIL_JUICE

98. IMMUNE BOOSTING CARROT & GINGER WITH A TWIST



- 5 LARGE CARROTS
- 1 ROMAINE HEART
- 2 CLEMENTINES, PEELED
- 1/2 LEMON, PEELED
- 1-INCH KNOB OF FRESH GINGER

PROCESS ALL INGREDIENTS THROUGH YOUR OPTIMUM 400 JUICER. ENJOY STRAINED OR UNSTAINED. WHATEVER YOUR PREFERENCE. SERVES 1.

99. RAW APPLE PERSIMMON “PARASITES BE GONE” JUICE



2 PERSIMMONS

1 LARGE APPLE

THIS IS A CLEANSING JUICE TO RID YOUR BODY OF PARASITES.

PROCESS ALL INGREDIENTS THROUGH YOUR OPTIMUM 400 JUICER.

YOU CAN CONSUME THIS JUICE UNSTRAINED FOR MAXIMUM BENEFIT. BUT YOU CAN STRAIN IT IF YOU PREFER.

SERVES 1.

NOTE: RIPE PERSIMMONS ARE NOT EFFECTIVE FOR RIDDING THE BODY OF PARASITES. FOR THE MOST POTENT PARASITE CLEANSE, DRINK 1/2 CUP OF STRAIGHT PERSIMMON JUICE ON AN EMPTY STOMACH MORNING AND NIGHT UNTIL ALL INTESTINAL PARASITES HAVE BEEN CLEARED OUT OF THE INTESTINAL TRACT. THIS CAN BE WEEKS.

HEALTHYBLENDERRECIPES.COM/RECIPES/RAW_APPLE_PERSIMMON_PARASITES_BE_GONE_CLEANSING_JUICE

100. BEET LEMONADE



1 QUART WATER
1/4 CUP BEET JUICE
THE JUICE OF 2 LEMONS
3 DROPPERS LIQUID STEVIA
10 ICE CUBES
LEMON SLICES

JUICE THE BEETROOT IN YOUR OPTIMUM 400 JUICER. SIMPLY MIX WITH ALL THE INGREDIENTS TOGETHER IN A DRINKS PITCHER, AND STIR. YUM!

RAWFOODRECIPES.COM/RECIPES/BEET-LEMONADE-AND-GREEN-ORANGEADE.HTML

WHERE CAN I PURCHASE AN OPTIMUM 400 JUICER?



TO BUY YOUR VERY OWN OPTIMUM BLENDER OR OPTIMUM 400 JUICER VISIT

FROOTHIE.COM.AU

FROOTHIE.CO.UK

FROOTHIE.CO.NZ

FOR DAILY RECIPES AS WELL AS HEALTH AND WELLNESS TIPS LIKE OUR FACEBOOK PAGE AT [FACEBOOK.COM/FROOTHIE](https://www.facebook.com/froothie)