

Supereasy detox juices

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Carrot-Apple-Celery-Parsley-Beet Juice

- 3 carrots
- 1 stalk celery
- 1 apple, cored
- 1/2 beet
- 1 small handful parsley

Carrot-Apple-Orange Juice

- 1 apple, cored
- 1 orange, peeled
- 3 carrots

Carrot-Spinach-Lettuce-Turnip-Parsley Juice

- 5 carrots
- 3 leaves spinach
- 4 lettuce leaves
- 1/4 turnip
- Small handful parsley
- 1/2 fresh orange, for sweetness if desired

Carrot-Strawberry Juice

- 5 carrots
- 6 strawberries

Carrot-Ginger-Lemon Juice

- 5 carrots
- 1 apple
- 1 thin slice of fresh ginger (about the size of a quarter)
- 1/2 small beet
- 1/2 fresh lemon, juiced by hand

Spinach Delight

- 4 apples



- 6-7 leaves spinach
- 1/2 fresh lemon, juiced by hand

Sweet Kale Juice

- 2-3 kale leaves
- 1 parsnip
- 1/4 red pepper
- 3 apples

Golden Smoothie (place in blender and puree)

- 2 kiwifruits
- 1 banana, peeled
- 1/2 cup fresh orange juice
- 1/2 cup mango chunks
- Water, to reach desired consistency

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