

Fruit Juices

Each recipe makes enough for two portions unless otherwise stated.

apple tropics



- 3 apples

- ½ pineapple

- ½ lime

- ½ passionfruit

An extra tang and a taste of the tropics are evident in this apple recipe. It's best to stir the passion fruit flesh into the juice once it's made, rather than passing it through the juicer.

NUTRIENTS

Beta-carotene, folic acid, vitamin C, calcium, magnesium, manganese, phosphorus, potassium, sulphur

ENERGY ★★★★★
 DETOX ★★★★★
 IMMUNITY ★★★★★
 DIGESTION ★★★★★
 SKIN ★★★★★

sweet c



- 3 apples

- 2 guavas

This is one of the few recipes for which we suggest using a sweeter variety of apple, to offset the tangy guava, which is a phenomenally rich source of vitamin C.

NUTRIENTS

Beta-carotene, folic acid, vitamin B3, vitamin C, calcium, magnesium, phosphorus, potassium, sodium, sulphur

ENERGY ★★★★★
 DETOX ★★★★★
 IMMUNITY ★★★★★
 DIGESTION ★★★★★
 SKIN ★★★★★

apple blush



- 3 apples

- 1 nectarine

- 8 strawberries

The delicate colour of this juice gives only the slightest indication of its sensational taste, especially if you use a tangy variety of apple, such as Granny Smith, combined with sweet, ripe strawberries.

NUTRIENTS

Beta-carotene, biotin, folic acid, vitamin C, calcium, magnesium, phosphorus, potassium, sulphur

ENERGY ★★★★★
 DETOX ★★★★★
 IMMUNITY ★★★★★
 DIGESTION ★★★★★
 SKIN ★★★★★

apple cleanser



- 2 apples

- 2 kale leaves

- 1 celery stick

- 1/3 long cucumber

- ½ beet (beetroot)

The fruitiness of the apples offsets

NUTRIENTS

Beta-carotene, folic acid, vitamin B3, vitamin C, calcium, iron, magnesium, manganese, phosphorus, potassium, sulphur

ENERGY ★★★★★
 DETOX ★★★★★

the more challenging taste of the greens to produce this beautifully red detoxifying juice.

IMMUNITY ★★★★★
 DIGESTION ★★★★★
 SKIN ★★★★★

apple zing



- 3 apples

- 2 carrots

- ½ inch (1cm) ginger root

Basic apple and carrot juice, but with a bite- the ginger gives a sharp tang to this otherwise sweet juice. Just snap or slice off a piece of ginger root and juice with the other ingredients.

NUTRIENTS

Beta-carotene, folic acid, vitamin C, calcium, magnesium, phosphorus, potassium, sulphur

ENERGY ★★★★★
 DETOX ★★★★★
 IMMUNITY ★★★★★
 DIGESTION ★★★★★
 SKIN ★★★★★

grapefruit sharp



- 2 grapefruits

- 1 lemon

- 1 lime

You will probably want to use sweet pink grapefruits for this one, unless you enjoy that eye-watering sourness.

NUTRIENTS

Beta-carotene, folic acid, vitamin C, calcium, magnesium, phosphorus, potassium, sodium, sulphur

ENERGY ★★★★★
 DETOX ★★★★★
 IMMUNITY ★★★★★
 DIGESTION ★★★★★
 SKIN ★★★★★

surprising sweetie



- 2 grapefruits

- 1 thick slice of melon

- 1 peach

You would never imagine that anything with grapefruit could be so sweet, let alone pack such an immune-boosting punch.

NUTRIENTS

Beta-carotene, folic acid, vitamin B3, vitamin C, calcium, magnesium, phosphorus, potassium, sodium, sulphur

ENERGY ★★★★★
 DETOX ★★★★★
 IMMUNITY ★★★★★
 DIGESTION ★★★★★
 SKIN ★★★★★

black grapefruit



- 2 grapefruits

- 1 handful blackberries

- 1 handful blackcurrants

A fabulous contrast of the colours as they blend together, and then a fantastic boost to immunity. Best made in summer with fresh berries.

NUTRIENTS

Beta-carotene, folic acid, vitamins B5, C & E, calcium, iron, magnesium, manganese, phosphorus, potassium, sodium, sulphur

ENERGY ★★★★★
 DETOX ★★★★★
 IMMUNITY ★★★★★
 DIGESTION ★★★★★

SKIN ★★★★★

florida blue



- 2 oranges

- 1 pink grapefruit

- 1 handful blueberries

If you use a sweet pink grapefruit, rather than a sharper white one, this blend is divine.

NUTRIENTS

Beta-carotene, biotin, folic acid, vitamins B1, B2, B6, C & E, calcium, magnesium, phosphorus, potassium, sodium, sulphur

ENERGY ★★★★★

DETOX ★★★★★

IMMUNITY ★★★★★

DIGESTION ★★★★★

SKIN ★★★★★

bright orange



- 2 oranges

- 4 carrots

The incredible colour of this simple combination heralds an equally amazing taste.

NUTRIENTS

Beta-carotene, folic acid, vitamin C, calcium, magnesium, phosphorus, potassium, sodium, sulphur

ENERGY ★★★★★

DETOX ★★★★★

IMMUNITY ★★★★★

DIGESTION ★★★★★

SKIN ★★★★★

power packed c



- 3 oranges

- 1 guava

- 1 handful strawberries

With three of the richest sources of vitamin C mixed together, this is not only a delicious drink but is also a strong immune booster that helps to keep illnesses at bay.

NUTRIENTS

Beta-carotene, biotin, folic acid, vitamin B3, vitamin C, calcium, magnesium, phosphorus, potassium, sodium, sulphur

ENERGY ★★★★★

DETOX ★★★★★

IMMUNITY ★★★★★

DIGESTION ★★★★★

SKIN ★★★★★

orange crudités



- 2 oranges

- ½ long cucumber

- 2 carrots

- 1 celery stick

The three vegetables in this juice gently dilute the sweet, sharp taste of oranges, and make it a lighter, more refreshing drink.

NUTRIENTS

Beta-carotene, folic acid, vitamin C, calcium, magnesium, manganese, phosphorus, potassium, sodium, sulphur

ENERGY ★★★★★

DETOX ★★★★★

IMMUNITY ★★★★★

DIGESTION ★★★★★

SKIN ★★★★★

citrus sharp

- 3 oranges

- 1 lemon

- 1 lime

The colour of this refreshing juice hails a tart tickling of the tastebuds, and all that citrus fruits gives you a great immune boost.



NUTRIENTS

Beta-carotene, folic acid, vitamin C, calcium, magnesium, phosphorus, potassium, sodium, sulphur

ENERGY ★★★★★

DETOX ★★★★★

IMMUNITY ★★★★★

DIGESTION ★★★★★

SKIN ★★★★★

orange winter crumble

- 2 oranges

- 2 apples

- 1 handful of blackberries

This is a unique blend of orange juice with the traditional winter mixture of apple and blackberry used in pies and crumbles.



NUTRIENTS

Beta-carotene, folic acid, vitamin C, vitamin E, calcium, iron, magnesium, manganese, phosphorus, potassium, sodium, sulphur

ENERGY ★★★★★

DETOX ★★★★★

IMMUNITY ★★★★★

DIGESTION ★★★★★

SKIN ★★★★★

orange aniseed twist

- 3 oranges

- 2 celery sticks

- 1/4 fennel bulb

The fennel gives a great turn to this recipe, while the saltiness of the celery brings out the flavours. All in all, very refreshing.



NUTRIENTS

Beta-carotene, folic acid, vitamin C, calcium, magnesium, manganese, phosphorus, potassium, sodium, sulphur

ENERGY ★★★★★

DETOX ★★★★★

IMMUNITY ★★★★★

DIGESTION ★★★★★

SKIN ★★★★★

orange blush

- 3 oranges

- 1 apple

- 1 handful raspberries

A tangy pink juice which blends three fantastic fruits perfectly- definitely greater than the sum of its parts.



NUTRIENTS

Beta-carotene, biotin, folic acid, vitamin C, calcium, magnesium, manganese, phosphorus, potassium, sodium, sulphur

ENERGY ★★★★★

DETOX ★★★★★

IMMUNITY ★★★★★

DIGESTION ★★★★★

raspberry sensation



- 2 large handfuls raspberries
- 1/2 pineapple
A truly sensational combination- go on, spoil yourself with two independently delicious fruits laden with goodness.

SKIN ★★★★★

NUTRIENTS

Beta-carotene, biotin, folic acid, vitamin C, calcium, magnesium, manganese, phosphorus, potassium, sodium, sulphur

ENERGY ★★★★★
DETOX ★★★★★
IMMUNITY ★★★★★
DIGESTION ★★★★★
SKIN ★★★★★

creamy raspberry



- 2 large handfuls raspberries
- 1/2 melon
- 1 celery stick
With the creaminess of the melon, you'd think you were drinking more than just a fruit juice, while the salty celery lifts all the flavours.

NUTRIENTS

Beta-carotene, biotin, folic acid, vitamin C, calcium, magnesium, manganese, phosphorus, potassium, sodium, sulphur

ENERGY ★★★★★
DETOX ★★★★★
IMMUNITY ★★★★★
DIGESTION ★★★★★
SKIN ★★★★★

gently raspberry



- 2 large handfuls raspberries
- 2 pears
- 1/4 cucumber
Not quite as strange a combination as you may initially think- the cucumber in this saves the pears from being drowned out by the raspberries.

NUTRIENTS

Beta-carotene, biotin, folic acid, vitamin C, calcium, magnesium, manganese, phosphorus, potassium, sodium, sulphur

ENERGY ★★★★★
DETOX ★★★★★
IMMUNITY ★★★★★
DIGESTION ★★★★★
SKIN ★★★★★

berry bonanza



- 2 large handfuls raspberries
- 1 handful blackcurrants
- 1 handful blueberries
Complete luxury. this berry combination is a blessing to your tastebuds and your body.

NUTRIENTS

Beta-carotene, biotin, folic acid, vitamins B1, B2, B5, B6, C & E, calcium, chromium, magnesium, phosphorus, potassium, sodium, sulphur

ENERGY ★★★★★
DETOX ★★★★★
IMMUNITY ★★★★★
DIGESTION ★★★★★
SKIN ★★★★★

minty peach



- 3 peaches or nectarines
- 1 apple
- 1 lime
- 1 small bunch fresh mint

Apple, lime and mint is one of the most refreshing combinations possible, here it's blended with the nectar of peaches.

NUTRIENTS

Beta-carotene, folic acid, vitamin B3, vitamin C, calcium, magnesium, phosphorus, potassium, sodium, sulphur

ENERGY ★★★★★
 DETOX ★☆☆☆☆
 IMMUNITY ★☆☆☆☆
 DIGESTION ★☆☆☆☆
 SKIN ★★★★★

pink peach



- 2 peaches or nectarines
- 1 handful strawberries
- 1 handful raspberries

A summer delight- each drop to be savoured. Alter the berry combination to change the flavour and the sweetness.

NUTRIENTS

Beta-carotene, biotin, folic acid, vitamin B3, vitamin C, calcium, magnesium, phosphorus, potassium, sodium, sulphur

ENERGY ★★★★★
 DETOX ★☆☆☆☆
 IMMUNITY ★★★★★
 DIGESTION ★☆☆☆☆
 SKIN ★★★★★

tangerine cream



- 3 peaches or nectarines
- 2 tangerines or clementines

Sometimes oranges simply won't do- only the delicate taste of tangerines or clementines. Combine them with peaches or nectarines and you get a creamy, sweet blend.

NUTRIENTS

Beta-carotene, folic acid, vitamin B3, vitamin C, calcium, magnesium, phosphorus, potassium, sodium, sulphur

ENERGY ★★★★★
 DETOX ★☆☆☆☆
 IMMUNITY ★★★★★
 DIGESTION ★☆☆☆☆
 SKIN ★★★★★

sunset peach



- 2 peaches or nectarines
- 1 apple
- 2 carrots
- 1 handful raspberries

The carrots add a surprising creamy sweetness to this one and can even make up for getting a dud batch of raspberries which aren't that sweet.

NUTRIENTS

Beta-carotene, biotin, folic acid, vitamin B3, vitamin C, calcium, magnesium, manganese, phosphorus, potassium, sodium, sulphur

ENERGY ★★★★★
 DETOX ★☆☆☆☆
 IMMUNITY ★★★★★
 DIGESTION ★☆☆☆☆
 SKIN ★★★★★

thicker than water



- 2 large handfuls cherries

- 2 apples

- ½ beet (beetroot)

The colour of this smooth, sumptuous juice almost makes you want to touch it as though it were soft, pink velvet.

NUTRIENTS

Beta-carotene, folic acid, vitamin C, calcium, magnesium, phosphorus, potassium, sodium, sulphur

ENERGY ★★★★★
DETOX ★★★★★
IMMUNITY ★★★★★
DIGESTION ★★★★★
SKIN ★★★★★

tropical pear



- 3 pears

- 1/4 pineapple

- ½ lime

Perhaps two most loved fruits with a hint of tangy lime.

NUTRIENTS

Beta-carotene, folic acid, vitamin C, calcium, magnesium, manganese, phosphorus, potassium, sodium, sulphur

ENERGY ★★★★★
DETOX ★★★★★
IMMUNITY ★★★★★
DIGESTION ★★★★★
SKIN ★★★★★

gut soother



- 2 pears

- 2 carrots

- ½ pineapple

- ½ inch (1cm) ginger root

The blend of these three along with the ginger not only make a great taste, but they're good for the digestive tract too.

NUTRIENTS

Beta-carotene, folic acid, vitamin C, calcium, magnesium, manganese, phosphorus, potassium, sodium, sulphur

ENERGY ★★★★★
DETOX ★★★★★
IMMUNITY ★★★★★
DIGESTION ★★★★★
SKIN ★★★★★

ginger zinger



- ½ pineapple

- 2 oranges

- 1 inch (2.5cm) ginger root

One of the most refreshing, tangy combinations there is. You could add more ginger if you're a real fan and get an even greater boost from this all-round wonder food.

NUTRIENTS

Beta-carotene, folic acid, vitamin C, calcium, magnesium, manganese, phosphorus, potassium, sodium

ENERGY ★★★★★
DETOX ★★★★★
IMMUNITY ★★★★★
DIGESTION ★★★★★
SKIN ★★★★★

muddy pine



- 1 pineapple

- 1 teaspoon spirulina powder

The tangy, strong taste of the pineapple easily carries the earthy goodness of the spirulina. Best to shake a bit of the juice with the spirulina in a jar and then mix it all up to avoid getting lumps of green powder.

NUTRIENTS

Beta-carotene, folic acid, vitamins B1, B3, B5, B6 & C, calcium, iron, magnesium, manganese, phosphorus, potassium, sodium

- ENERGY ★★★★★
- DETOX ★★★★★
- IMMUNITY ★★★★★
- DIGESTION ★★★★★
- SKIN ★★★★★

sweet sunset



- 1/2 pineapple

- 1 thick slice watermelon

The watery sweetness of the melon contrasts beautifully with the rich tang of pineapple in this all-round health affirming, thirst-quenching drink.

NUTRIENTS

Beta-carotene, folic acid, vitamin B5, vitamin C, calcium, magnesium, manganese, phosphorus, potassium, sodium

- ENERGY ★★★★★
- DETOX ★★★★★
- IMMUNITY ★★★★★
- DIGESTION ★★★★★
- SKIN ★★★★★

digestaid



- 1/2 pineapple

- 1 thick slice white cabbage

- 1 inch (2.5cm) ginger root

- 1 small bunch fresh mint

Pineapple contains bromelain (a natural substance that helps digestion), cabbage soothes the stomach lining and ginger calms the digestive tract- an all-round gut tonic.

NUTRIENTS

Beta-carotene, folic acid, vitamin C, vitamin E, calcium, magnesium, manganese, phosphorus, potassium, sodium

- ENERGY ★★★★★
- DETOX ★★★★★
- IMMUNITY ★★★★★
- DIGESTION ★★★★★
- SKIN ★★★★★

pineapple punch



- 2 pineapples

- 1/2 melon

- 8 quavas

This exquisite combination of fruits creates a creamy, magical taste and is packed with energy- the perfect alcohol-free alternatives at any party. Makes 8 servings.

NUTRIENTS

Beta-carotene, folic acid, vitamin B3, vitamin C, calcium, magnesium, manganese, phosphorus, potassium, sodium, sulphur

- ENERGY ★★★★★
- DETOX ★★★★★
- IMMUNITY ★★★★★
- DIGESTION ★★★★★
- SKIN ★★★★★

The Body Cleanser

Use 3 parts apple 1 part ginger and 3 parts carrot. The main benefits of this juice include revitalization of the body, good for cold and glowing skin. Beauticians usually prescribe this juice because of its extremely good effects on the skin. But the benefits are not limited to the skin. It has a cleansing and boosting effect to the whole body.

The Cholesterol Buster

juice made from Apple cucumber and celery is known to fight cancer and reduce cholesterol. It also improves any sort of stomach upset and headache. This juice is a must have once you have crossed your 30's. If you have this juice every other day, then you will not have to worry about your cholesterol level any more.

Sample proportion – 2 parts apple, 1 part cucumber and 1 part celery

Super Breath

This juice is specifically for people who want to improve their skin complexion. The ingredients are Apple, Carrot and Tomato. For better effect use Green apples. This juice also had an added advantage of eliminating bad breath. This is due to the Apple, Tomato combination.

Sample proportion- 2 part apple, 2 part carrot and 1 part tomato

Super Cooler

A combination of Bitter melon and Apple is used when one generates lots of internal body heat. This juice will instantly cool down your internal body heat and make you more comfortable. It also fights bad breath just like our previous recipe.

Sample proportion- 1 part Bitter melon, 1 cup milk, 2 full Apples

Super Skin

It is a very well know fact that orange and cucumber are the most vital things to have if one is concerned about the skin. A combination of these two combined with ginger will act as a supper supplement for your skin. Its combined effect will improve the skin texture and moisture content in the skin. It is also a body heat reducing drink.

Sample Proportion- 2 parts orange 2 parts cucumber ½ part ginger

The Wild Thing

Now, this one is one of my favorites. Apple, Pineapple and Watermelon blends together to form a wonderful mouth watering juice which is excellent for you kidney and bladder. It also helps dispelling excess salts from your body. Some people use a tint of salt with this juice but I like to drink it as it is without the salt flavor.

Sample proportion- 2 Apples, ½ Pine apple and ¼ Watermelon (The seeds should be removed otherwise the taste will differ)

The Vitamin Juice

This is an extremely healthy drink with loads and loads of vitamin content. It is made from Honeydew, black grapes, watermelon and milk. If you have kids at home, they will love this. Other than Vitamin C, it also has Vitamin B2. It also increases the cell activity and strengthens body immunity

Sample Proportion- Mix in equal proportions.

The Sugar Fighter

This is a simple but very useful and easy to digest juice. It regulates the sugar content in our body. The juice is made of Pear and banana. Pear is good for an ulcer, constipation, and urination and also works for congestion, fever alleviation, and cough. Banana is good for people who have [high blood pressure](#)

because it is low in salt. Banana contains tryptophan, a type of protein that the body converts into serotonin. Serotonin is a hormone that is known to make you feel happy and improve your mood.

Sample Proportion 3 parts pear and 2 parts banana.

Anti Oxidant

A juice made by mixing mango, pear, carrot and apple will act as an antioxidant. It clears the body heat, counteracts toxicity and decrease blood pressure. Apple is a well known anti oxidant. The addition of mango makes this juice a very tasty drink.

Sample proportion- 3 parts mango, 2 parts pear, 2 parts carrot, 2 parts apple

Purple Pine

Purple pine is made from pineapple and grapes. A black grape is usually used. The drink is high in iron and pineapple acts as a Potential Anti-Inflammatory and Digestive agent. It is a good drink to have after your lunch or dinner. Grape juice is known to be good for heart.

Sample Proportion- ½ Pineapple and 1 full cup of grapes.

Pink Floyd

This is an extremely tasty juice (Most of the times used as milk shake) which is made from a combination of banana and strawberry. The strawberries should be ripe enough and should be mixed or blend very well before using. Some people filter this drink but I like to drink it without filtering because I love those tiny strawberry pieces floating in the drink.

Sample Proportion- 8 medium size strawberries and 3 bananas with half cup milk