

## Low Glycemic Juicing Recipes

### Skin Rejuvenation

#### Ingredients:

½ cup fresh blackberries

1 piece of fresh mint

slice of fresh fennel bulb

1 stalk of dino kale

½ a green apple

½ cup broccoli

½ cup fresh watercress

1 organic lemon

½ an organic cucumber

Directions: Run all the ingredients through a juicer and serve.

### Green Lemonade

#### Ingredients:

1 head romaine lettuce

5 stalks of dino kale, or curly kale

1 organic lemon

1 to 2 tablespoons fresh ginger

optional: 1 stalk of celery

Directions: Run all the ingredients through a juicer and serve.

### **Spinach Cucumber Delight**

#### Ingredients:

1 organic cucumber

2 stalks organic celery

¼ inch knob of fresh ginger

1 organic lemon

4 cups fresh spinach

Directions: Run all the ingredients through a juicer and serve.

### **Digestive Health**

#### Ingredients:

½ green apple

1 large organic cucumber

1 inch knob of fresh ginger

2 springs of fresh mint

2 stalks of kale

1 large stalk of organic celery

Directions: Run all the ingredients through a juicer and serve.

## **Other Juicing Recipes**

### **Liquid Sunshine Juice**

#### Ingredients:

- 1 orange
- 1 apple
- 1 medium carrot
- ½ inch fresh ginger

Directions: Run all the ingredients through a juicer and serve.

### **Glowing Green Juice**

#### **Ingredients:**

- 1 large cucumber
- 3-4 celery stalks
- 2 apples
- 1 cup spinach
- 4 lettuce leaves

Directions: Run all the ingredients through a juicer and serve.

### **Pink Power Juice (Serving: 1+1/2 cups)**

- 2 apples
- 1 medium carrot
- 1 small beet
- 3-4 celery stalks
- ½ lemon
- pinch of turmeric

Directions: Run all the ingredients through a juicer and serve.

### **Simple Juicing Options**

- Apple Lemonade – 2 apples, 1/2 small lemon
- ABC Juice – 1 apple, 2 carrot, 50g beetroot
- Kale & Pineapple – 200g kale, 1 large slice pineapple
- Carrot & Orange – 2 carrot, 1 orange