

# 8 Easy Juice Recipes for Health and Weight Loss



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# Why Juice?

Juicing is the process of extracting the liquid from fresh vegetables and fruit – leaving behind most of the fiber so you can consume the majority of the vitamins, minerals, and phytonutrients found in these foods.

When done properly, juicing can be a fantastic way to supplement your diet and ensure you're giving your body everything it needs to work efficiently and stay healthy.

Remember, drinking fruit and vegetable juice isn't a replacement for these foods – you should still try to eat at least two fruits and four servings of vegetables each day.

## What do I need?

If you don't have a juicer, you can use your [blender](#) to achieve a similar result – just be sure to add a little water to keep your juice from getting too thick. However, to fully enjoy the many benefits of juicing, you might want to invest in a new appliance for your kitchen.

You don't have to spend a ton of money on a good juicer, but the more expensive ones do come with some added conveniences. Since they can often process the entire fruit – including the rind, core, and even seeds – they can spare you having to chop up your produce before running it through the juicer. Check out the width of the juicer's chute to get an idea of how what size of produce the machine will be capable of processing.

Another important thing to keep in mind is that your juicer should be easy to clean. A good juicer should have removable parts that are simple to assemble, so you can quickly take it apart and clean it out after use – and put it back together easily before you use it again. Although some models claim to be dishwasher safe, the heat from the dishwasher can cause the plastic pieces of the juicer to become distorted and impossible to fit back together.

Speed is only a concern for people who want to store juice. A faster machine is perfect if you plan to consume your juice immediately after making it, but if you want to keep

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juice in the fridge for several hours, you may want to invest in a slow juicer. This will mean your final product will obviously take longer to make, but because the slower process lets in less air, your juice won't be as oxidized – meaning you can store it a little longer and it will likely taste a bit more fresh.

The three most common types of juicers are masticating, centrifugal, and triurating. Each of these comes with their own pros and cons, so it really comes down to finding a juicer that fits your lifestyle. There really is no one best juicer to suit everyone.

*Masticating juicers* work slowly, with a rotating auger that crushes produce into a mesh screen. Juice is released through this screen, and pulp is collected in a separate container. This process results in less oxidation, meaning that juice created through this machine doesn't need to be consumed immediately.

These can be found in two styles – with a horizontal auger or a vertical auger. This type of juicer will require some pre-cutting, especially for more fibrous greens or dense vegetables like carrots or beets. They do have a bit more of a learning curve, but will yield a lot of juice.

*Centrifugal juicers* work similarly to the spin cycle on your washing machine – produce is shredded and spun to separate the juice from the pulp. While some machines do come with a container to catch the extracted pulp, if you plan to make a large batch of juice you will likely have to take it apart to remove the pulp at least once during the process. The juice produced from this machine will also be quite oxidized, meaning you will need to drink it within fifteen minutes of making it.

While this process doesn't extract much juice from leafy greens, it is a great option for people who don't have a lot of prep time to chop veggies and fruits before running them through the juicer. There are also fewer pieces that need to be cleaned after use.

*Triurating juicers*, or twin gear juicers, function more like a car's transmission – two gears interlock and work together to shred and squeeze the juice from your produce. These machines struggle with softer fruits and vegetables, and require a bit of force to push produce through the two gears, but provide a maximum yield – allowing you to make the most out of each vegetable or piece of fruit.

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However, these juicers are capable of making more than just juice. Thanks to this unique process, they can make sorbets, nut butters, and even baby food – making this a great option for someone who doesn't want to purchase a specific appliance just for juicing. Juices made with a triurating juicer can also be stored in the fridge for up to three days.

No matter what kind of juicer you decide to buy, if you plan to make juicing an important part of your healthy lifestyle, a good juice extractor is worth the investment. The best juicer you can buy is the one that best suits your specific needs and will be easy and fun for you to use on a daily basis.

## What do I do with the pulp?

If you don't want to miss out on the benefits of the fiber that gets left behind, you could consider mixing some back into your juice before drinking it. Another suggestion is to use a blender to process certain ingredients and toss them in with the juiced ones. These options will leave you feeling much more satisfied than simply drinking juice – although you won't be giving your digestive system as much time to rest.

Another way you can use up some of the pulp that remains after the juice has been extracted from your fruits and vegetables is in your cooking. Add it to muffin or cookie batter, or as a broth to cook soups or grains. That way, not only are you creating less waste, you're also adding some extra fortification to your other meals.

## What to Juice

You can juice anything – but there are some fruits and vegetables that will provide a greater nutritional value than others. You can also try combining some of your favorite [superfoods](#) to create a customized juice to suit your taste, but pay attention to the vitamins and enzymes in each ingredient to make sure you're getting all of the great benefits of juicing in each recipe.

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However, if you are juicing to treat or prevent specific issues, pay attention to the vitamins and minerals contained in the produce you plan to juice. Choose fruits and vegetables that are rich in those nutrients to create a juice that will fit your needs.

#### - Vitamin A

This can be found in bell peppers, oranges, carrots, and apples, and is a vital part of ensuring the growth of healthy retinal cells in your eyes. Vitamin A is also an antioxidant full of anti-aging properties and stimulates immune system function.

#### - Vitamin B complex

Thiamine (B1), riboflavin (B2), nicotinic acid (B3), pyridoxine (B6), and cobalamin (B12) are all important parts of the vitamin B complex, which are primarily important for blood health. Find high levels of vitamin B complex in spinach, broccoli, bananas, plums, and asparagus.

#### - [Vitamin C](#)

Citrus fruits are a wonderful source of vitamin C, which is an important part of maintaining the health of your immune system. You can also find vitamin C in peaches, kiwis, bell peppers, and tomatoes.

#### - [Vitamin D](#)

This vitamin is difficult to get from food sources, but you can find vitamin D in leafy green vegetables like spinach, kale, and mustard greens. Keep in mind that this vitamin requires sunlight to promote synthesis, but it is vital to maintain the health of your teeth and bones.

#### - Vitamin E

Another important antioxidant, vitamin E keeps your cells and tissues working properly. This vitamin is a key part of promoting healthy skin, thickens hair, balances hormones,

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and even improves vision. You can find it in peaches, corn, mangoes, blackberries, avocados, and tomatoes.

- [Vitamin K](#)

Leafy greens are full of vitamin K, but when these vegetables are exposed to heat via cooking or steaming, this important nutrient is lost. Vitamin K promotes healthy blood clotting and prevents excessive bleeding, as well as helps increase bone strength and density. Juice kale, spinach, mustard or collard greens, and parsley to up your intake of vitamin K.

Juicing can get expensive, since you go through large amounts of produce to fill just one cup of juice. Here's a sample grocery list for a juicer on a budget, to maximize your yield and get as many nutrients as possible.

- Zucchini

- Parsley

- Sweet potato

- Beets

- Broccoli

- Cucumber

- Swiss chard

- Celery

- Carrots

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- Mint
- Romaine lettuce
- Tomatoes
- Apples
- Citrus (lemons, oranges, grapefruits, limes)
- Melon (especially watermelon)
- Pineapple
- Pears

Ingredients with a higher water content, like watermelon, cucumber, celery, and zucchini, are a great, low-cost base for any juice. Start with these and add other ingredients to build up a balanced blend.

Keep in mind that you can buy your produce in bulk – whatever you won't use right away can be kept in the fridge or in the freezer, so you can use it later on. You can also save the scraps of vegetables and fruits that were used to prepare other meals, making sure you aren't wasting any leftovers that could still provide some great nutritious benefits.

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# 8 Delicious Juice Recipes

## 1. Glorious Green Juice

This juice is great for detoxifying. Chock full of the most alkalizing foods on earth, this juice will fill your body with calcium, iron, magnesium, potassium, phosphorus, and folic acid – essential for maintaining your health and wellness. And thanks to the delicious combination of citrus and ginger, this juice tastes great, too.

Ingredients:

1 green apple, cored and quartered

½ cucumber

1 lime, peeled

1 lemon, peeled

1 chunk of fresh ginger

1 bunch celery

1 handful of kale leaves

1 handful of parsley leaves

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## 2. Beautiful Beet Juice

Beets don't just make this brightly colored juice look good – they provide some key nutrients to keep your body strong. In addition to the manganese potassium, iron, vitamin C, and folate contained within this miracle ingredient, beets are a natural detoxifying agent and are especially great at cleansing the blood. Toss in some berries and some fresh ginger, and you're well on your way to starting your day off right.

Ingredients:

2-3 apples, cored and quartered

1 handful of blackberries

3 stems of Swiss chard

1 chunk of fresh ginger

3 small beets, halved

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### 3. Vitamin Boost Juice

Give your entire body a blast of energy with this vitamin-rich blend of fruit juices. With a hefty dose of vitamins A, B, C, and E, this juice also packs the antioxidant power of lutein to help fight the signs of aging – increasing your body’s collagen production to build stronger bones and make your skin look radiant. And, with the added mint, it leaves you feeling refreshed and ready to take on the day.

Ingredients:

2 apples, cored and quartered

1 pear, cored and halved

1 handful of red cherries, pitted

3 sprigs of fresh mint leaves

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## 4. Berry Blast Juice

It's no secret that berries are full of some of the most potent antioxidants on earth – so take advantage of that by mixing up a big glass of this anti-aging concoction. Berries are also a great source of anthocyanins, which can help lower your cholesterol and prevent heart disease, and like mushrooms, berries are proven angiogenesis inhibitors – which prevent the formation of new blood vessels to feed malignant tumors. Best of all, though, berries are delicious!

Ingredients:

1 handful of strawberries, halved

1 handful of blueberries

1 handful of pineapple, chopped

2 handfuls of mango, chopped

1 dash of cinnamon

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## 5. Germ-fighting Juice

All of the vitamin C in this bright, sunny elixir will give your body just the extra kick it needs to ward off cold and flu infections. Everyone knows citrus fruits are bursting with this immune-boosting vitamin, but kiwis are actually a fantastic, lesser-known way you can add more vitamin C to your diet. Extra perk: these fruits taste great together, making this juice a perfect way to energize your day.

Ingredients:

1 grapefruit, peeled and chopped

1 lemon, peeled

1 apple, cored and quartered

2 oranges, peeled and chopped

3 kiwis, peeled and quartered

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## 6. Mulled Cider Juice

Who doesn't love indulging in a warm mug of mulled apple cider? Enjoy the delicious taste of this seasonal drink in your healthy morning juice, thanks to the addition of cinnamon and cloves. Cinnamon is one of the healthiest spices there is – not only does cinnamon help lower your blood sugar and reduce your risk of heart disease, it is full of powerful polyphenol antioxidants. This miracle spice can even aid your body in repairing tissue and fighting infections, courtesy of cinnamon's anti-inflammatory effects.

Ingredients:

2-3 apples, cored and quartered

1 orange, peeled and chopped

1 lemon, peeled

1 dash of cinnamon

1 pinch of ground cloves

1 chunk of fresh ginger

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## 7. Fantastic Fuel Juice

With plenty of protein to help repair and strengthen your muscles, and a boost of potassium to replenish fluids and electrolytes, this juice is a perfect way to cap off a hard workout. You can also top this juice off with a shot or two of coconut water to get a little extra nutty sweetness in your post-workout beverage – as well as the added calcium, magnesium, and phosphorous found in this healthy drink.

Ingredients:

1 small sweet potato, chopped

1 apple, cored and quartered

2 oranges, peeled and chopped

1 handful of raw almonds

1 lemon, peeled

½ cup coconut water (if desired)

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## 8. Garlicky Goodness Juice

Garlic is a pretty strong ingredient, but it can add some great health benefits and fantastic flavour to your juice. The allicin found in garlic has powerful medicinal properties, and can help prevent and reduce symptoms of flus and colds. Chock full of antioxidants, garlic contains plenty of vitamin C, vitamin B6, manganese, and selenium, and can be just as effective as medication when it comes to treating hypertension.

Ingredients:

1 green apple, cored and quartered

1 handful of kale leaves

6 carrots

½ cucumber

3 sprigs of fresh mint leaves

1 chunk of fresh ginger

1-3 cloves of garlic (to your taste)

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