

FRESH JUICE RECIPES



& Menu Planner



IMPORTANT

Please Read

The information in this booklet is intended to increase your knowledge of fresh fruit and vegetable juicing, and by no means is it intended to diagnose or treat an individual's health problems or ailments. The information given is not medical advice, nor is it presented as medical advice. Before starting any type of diet or medical treatment, you should consult your own health care practitioner.



INTRODUCTION

Juices are the perfect fast food for today's eat-on-the-run lifestyle. They enable us to quickly and conveniently maximize our intake of fresh fruits and vegetables. For example, a pound of carrots provides significant amounts of calcium and protein, but those four or five thick carrots may be more than you are willing to eat in a single meal. Juicing concentrates that one pound into a single glass of delicious, easily consumed juice.

Don't be afraid to experiment with different combinations of juices — just let your taste buds be your guide. Vegetable juices that taste “strong” such as spinach and beet, are high in compounds that should be consumed in small quantities. Dilute these with milder, sweeter tasting juices such as carrot or apple juice.

Fiber is extremely important to the human body, and your diet should contain at least 40-60 grams of dietary fiber a day. This is easily accomplished by substituting whole grains for refined cereals and flour, legumes for red meat, fruits for sweet desserts, and adding salads on a daily basis. Supplementing whole produce with fresh fruit and vegetable juices will greatly boost your intake of the valuable nutrients they provide. A fiber-rich, whole foods diet, along with fresh fruit and vegetable juices, ensures optimal amounts of all health-promoting nutrients.



HEALTH BENEFITS OF FRESH FRUITS AND VEGETABLES

Not only are fruit and vegetable juices your best convenience foods, they provide thousands of beneficial substances — some of which have well-known functions, and some whose roles in the human body are not yet fully understood or recognized. Current wisdom recognizes three roles that fruits and vegetables play in the human body.

Fruits and vegetables provide nutrients essential for growth and renewal.

Fruits and some vegetables contain substantial amounts of carbohydrates, which supply most of the energy we use to live and perform work. Fruits and vegetables also contain generous amounts of vitamins, which regulate metabolism and help convert fats and carbohydrates into energy. Finally, fruits and vegetables contain minerals that are necessary for nerve and muscle function and are necessary building materials for some body tissue.

Fruits and vegetables have a protective effect.

Fruits and vegetables can protect the body from major diseases like cancer and heart disease. Many are high in substances called antioxidants — such as beta-carotene, vitamins C and E, and the mineral selenium — that protect cell membranes from damage caused by free radicals. Some are rich in other anti-cancer compounds, such as indoles. This is especially true of the cruciferous family, to which cabbage and broccoli belong.

Fruits and vegetables have a medicinal effect.

Fruits and vegetables can be your best non-prescription drugs. For example, blueberries are an effective anti-diarrheal agent; ginger is a well recognized cure for motion-sickness, and new studies show that it also relieves the nausea and stomach discomfort caused by pregnancy.

Fresh juices are a perfect food supplement. Nutrients occurring naturally together in foods work together synergistically. When single nutrients are separated out from this matrix, this synergy is lost. In addition, juices provide not only the nutrients whose functions are well known, but many other nutrients whose roles are not yet fully understood or even recognized.



For centuries, plants have been used for their medicinal effects. Hippocrates, the father of Western medicine, is often quoted with the following maxim: “Our food should be our medicine and our medicine should be our food.” While juices should not be considered a substitute for medical care, they do provide a valuable way to complement it.

Special Considerations

Fruit juice is high in natural sugars and should therefore be used sparingly by those who have been advised to limit their sugar intake. This may include individuals who have diabetes, hypoglycemia, candidiasis, or gout. Individuals with high triglycerides should also restrict their intake of fruit and fruit juices.

A common recommendation for people with sugar metabolism problems is to limit fruit juices to no more than 16 ounces spread throughout the week. *If you are diabetic, make sure you consult your doctor before making any changes in your diet.* Your doctor may recommend that you drink fruit juices only with meals or dilute them with water and sip slowly. If you are diabetic or have other sugar metabolism problems, be sure to follow your physician's instructions and closely monitor your blood glucose levels as you start juicing.

If you are prone to kidney stones, eliminate juices made from high oxalate foods such as beet, spinach, and chard. If you are prone to food allergy and experience any unusual symptoms after eating a new food, you may have to eliminate that food from your diet.

Drinking juices can have many therapeutic benefits and can be an effective adjunct to medical treatment.



ADDING FRESH JUICES TO YOUR DIET

Most of us have access to all the foods we want to eat. Modern food technologies are providing more food choices and greater availability than ever before. Unlike many other areas of the world that suffer from nutritional deficiencies caused by a scarcity of food, in the West we most often suffer from diseases of excess. Some of the diseases now associated with the Standard American Diet (SAD) are heart disease, cancer, high blood pressure, obesity, adult onset diabetes, cirrhosis of the liver, and colon diseases. Basing our diet on whole grains, legumes, fruits, and vegetables, which contain protective factors that help prevent the development of degenerative diseases, would greatly reduce the incidence of these diseases.

One way to improve the SAD is to eat less meat and dairy products and add more fresh fruits and vegetables to our daily diet. The USDA, National Cancer Institute, Surgeon General, and Secretary of Health and Human Services all agree that Americans need to increase their consumption of fresh produce to include 2-4 servings of fruit and 3-5 servings of vegetables every day. One of the easiest and most nutritious ways to add them is in the form of juices. Because juices are dense in nutrients, low in calories, and virtually free of substances that contribute to many diseases (such as saturated fat, cholesterol, and high amounts of sodium), they are an excellent contribution to a healthy diet. For people of all ages, from children to the elderly, they make excellent vitamin and mineral supplements because they are easily absorbed. As an added bonus, they taste delicious!

You may be wondering, "What's the best way to begin adding juices to my diet?" Here are a few suggestions:

You can start immediately by using juices as replacements for non-nutritious beverages such as soda pop, coffee, or alcohol.

- When you come home from work and habitually begin reaching for a cold beer or cocktail, make a refreshing glass of juice instead.
- On Saturday afternoon, when you're thirsty for a soda pop, make your own "pop" by juicing your favorite fruits and adding sparkling mineral water.
- Prepare energizing fruit drinks in the morning when you first wake up.



- For your mid-morning coffee break, take your favorite juice combination to work in a thermos and have a juice “pick-me-up” break instead.
- For your bedtime snack, instead of milk and cookies, relax with a tranquilizing glass of juice, like celery and carrot, that will help you sleep and won't put on pounds while you're dreaming.

Next, start using juices as supplements.

- Drink carrot juice with your meals for a great way to add substantial amounts of pro-vitamin A (beta-carotene) and carotenoids to your diet. Just one glass of carrot juice provides you with 50% of the recommended daily allowance for vitamin A.
- Kale and broccoli juice, mixed with apple or carrot, can provide an excellent source of calcium — without the fats found in milk.
- Fresh orange and citrus juices are potent sources of vitamin C and bioflavonoids.
- Apple juice is a good source of potassium and the soluble fiber pectin.

Make juices a part of your cooking regime.

- Try some of the breakfast drinks that incorporate fruit juices.
- In almost any recipe, fresh juices can be substituted for the liquid required.
- Vegetable juices make a nice addition to soup stock.
- Juices can make healthful sauce bases and salad dressings.
- Fresh fruit juices can be made into a number of gelatin and pudding desserts.
- The remaining pulp can also be used in a variety of recipes.



Above all, make sure your Juicer doesn't sit on the shelf and collect dust while your arteries collect plaque. Form the habit of juicing right away. It's the most economical, nutritious way to supplement your diet with extra nutrients. For starters, choose recipes that appeal to your taste in flavor and appearance. Try some of the combinations in the pages that follow, from "Delicious Fruit Cocktails" to "Refreshing Summer Coolers." As juicing becomes a way of life, try the drinks that may not be as sweet but offer high quality nutrition and special therapeutic benefits. Choose recipes from the "Seasonal Tonics" or the "Therapeutic Juice Drinks" sections. Don't forget to try the suggestions for "Natural Beauty Enhancers."

Get creative! You may come up with a prized recipe. But more important, you will benefit with award-winning health and natural beauty.



SELECTING AND PREPARING PRODUCE

Selection of Produce

Choose organic produce, if at all possible, when selecting fruits and vegetables for your Juicer. Organic produce is grown without the use of chemical additives and has much lower levels of toxic pesticide residues than standard commercial produce. A House Agriculture Subcommittee estimated that between 79 and 84 percent of pesticides sold in this country have not been adequately tested for carcinogenic effects. It makes good sense to buy the purest, most natural produce you can. If organic produce is not available in your area, wash your produce thoroughly, preferably with a solution specially formulated to remove pesticides. And keep requesting organic produce; demand creates supply. Remember, many pesticides are systemic, which means they are distributed throughout the fruit or vegetable and cannot be removed by cleaning.

Soft fruits such as bananas are not suitable for juicing; a clear juice cannot be obtained from them and residue left in the machine can clog the micro-mesh screen in your Blade Basket. Pears, apricots, and plums can be juiced if firm fruits are chosen.

Preparation of Produce

When you bring your produce home, remove any visible dirt and then store immediately in the refrigerator. When you are ready to make your juice, wash organic produce in clear, running water. If your produce is not organic, washing in a solution made from a non-toxic, biodegradable cleaner. Nature's Wash™ works well and is available at your local health food store. This should remove surface pesticides and will definitely clean away any soil or microorganisms that may have contaminated the produce. Gently scrub your fruits and vegetables with a natural bristle vegetable brush. Remove and discard the outer leaves of non-organic produce and peel any waxed fruit or vegetable. Trim away any discolored or bruised sections. Organic lemons can be juiced whole, but peel oranges and grapefruits, being careful to remove just the skin and not the white pithy section below the peel (which contains high amounts of vitamins and bioflavonoids). Skins and rinds may be left on everything else, including pineapples and melons.



During juicing, melon seeds may escape from the top of the Feed Tube, so remove them when possible. The stones of fruits such as cherries and peaches should also be removed before juicing.

Ready, Set, Go

- Cut produce in pieces, small enough to fit into the Feed Tube and gently feed into Juicer without using force. Use only the Plunger provided. Never push produce into the Feed Tube with your fingers.
- Put carrots in large end first.
- Celery should be put through slowly because its fibers are tough. Remove the bitter outer leaves and use them to season a salad or soup.
- Leafy greens, parsley, wheat grass, and sprouts should be bunched up into a small ball and pushed through with a carrot or the Plunger.
- Firm pears should be juiced with the apples. Start with apple, then alternate pieces of fruit, ending with apple.



SAMPLE MENUS USING FRESH JUICES

The following menus show you how easy and delicious it can be to incorporate fresh juices into your everyday diet.

Menu I

Breakfast

Glass of Morning Sunrise Brunch Cocktail (page 14)
Whole Grain Pancakes with
Whipped Blueberry-Sesame Cream Topping (page 17)
Small glass of calcium fortified Soy Milk or Low-Fat Milk
Banana

Mid-Morning

Glass of Carrot-Apple Juice (page 11)
Whole Grain Crackers with Peanut Butter

Lunch

Glass of Bushwacker (page 16)
Salad with Raw Vegetables and Olive Oil Based Dressing
Split Pea Soup
Whole Grain Roll
Fresh Juice Gelatin (page 18)

Afternoon Break

Glass of Digestive Tonic (page 16)
Apple

After Work

Sunshine Cocktail (page 11)

Dinner

Glass of Healthy Bone Tonic (page 16)
Whole Wheat Rolls
Pasta with Marinara Sauce
Broccoli and Carrots, lightly steamed
Orange Custard (page 17)

Bedtime

Calming Nightcap (page 17)



Menu II

Breakfast

Creamsicle-In-A-Glass (page 18)
Hot Oatmeal garnished with Fresh Fruit Slices
Two Slices of Whole Grain Toast

Mid-Morning

Glass of The Waldorf (page 11)

Lunch

Glass of Winter Tonic (page 15)
Cauliflower and Broccoli Flowerets with Hummus
(a garbanzo bean and sesame seed dip)
Whole Grain Roll
Herbal Tea

Afternoon Break

Pick-Me-Up Cocktail (page 17)

Dinner

Glass of Body Cleansing Tonic (page 17)
Green Salad with Olive Oil Dressing
Brown Rice
Broiled Salmon Steak with Fresh Lemon Juice
Green Beans with Slivered Almonds

After Dinner Snack

Air-Popped Popcorn
Strawberry Shake (page 18)



FRESH FRUIT AND VEGETABLE JUICE RECIPES

Carrot-Apple Juice

6 carrots
2 apples

Bromelain Special

Cut pineapple into strips and juice
(rind and all)

Orange or Grapefruit Juice

3 oranges (peeled) or
1 grapefruit (peeled)

Evening Regulator

2 apples
1 pear

Digestive Special

Handful of spinach
6 carrots

Cantaloupe Juice

Cut cantaloupe into strips
and juice (rind and all)

The Waldorf

1 stalk celery
2 apples

Sunshine Cocktail

2 apples
4-6 strawberries

Energy Shake

Handful of parsley
6 carrots

Watermelon Juice

Cut watermelon into strips
and juice (rind and all)

Potassium Broth

1 handful of spinach
1 handful of parsley
2 stalks of celery
4-6 carrots

World Famous Lemonade

*No need to add water
or sugar — the apple acts as a
natural sweetener.*
4 apples
1/4 lemon (skin and all)

Passion Cocktail

4 strawberries
1 large chunk pineapple
1 bunch black grapes

Morning Tonic

1 apple
1 grapefruit (peeled)

Digestive Cocktail

1/4 lemon with peel
1/2 grapefruit (peeled)
2 oranges (peeled)

Holiday Cocktail

2 apples
1 large bunch grapes
1-inch slice lemon with peel

Alkaline Special

1/4 head cabbage (red or green)
3 stalks of celery

**Body Cleanser**

4 carrots
1/2 cucumber
1 beet

Jay's Secret

Handful of parsley
3 carrots
2 celery stalks
2 cloves of garlic

Love Apple Cocktail

Juice 3 large firm tomatoes
(or 4-5 small tomatoes)
1/2 cucumber
1 stalk celery
Small slice lime (with peel)

Pineapple Juice Combinations

Pineapple contains a very special enzyme called bromelain. Bromelain will help digest protein which is very good for those who over-indulge in meat and dairy products. Bromelain is also purported to help reduce swelling and inflammation due to sports injuries or arthritis.

The following juice recipes make one serving each:

Pineapple-Grapefruit

1/2 grapefruit (peeled)
2 rings of pineapple

Pineapple-Orange

1 ring of pineapple
2 peeled oranges

Pineapple-Strawberry

3 rings of pineapple
8 strawberries

Pineapple-Celery

2 stalks of celery
4 rings of pineapple

Pineapple-Strawberry-Apple

1 red Delicious apple
2 rings of pineapple
6 strawberries

Pineapple-Grape-Strawberry

1 handful of grapes
6 strawberries
2 rings of pineapple

Pineapple-Tangerine

3 rings of pineapple
4 peeled tangerines



Cool, Calm, Calcium Combinations

Calcium is the most abundant mineral in the body. However, excessive protein consumption is a primary cause of loss of calcium. The following combinations of calcium-rich juices are a tasty way to help replenish your supply.

Parsley, 3 oz.
Collard Greens, 3 oz.
Carrot, 10 oz.

Carrot, 7 oz.
Apple, 6 oz.
Parsley, 3 oz.

Broccoli, 4 oz.
Carrot, 9 oz.
Celery, 3 oz.

Carrot, 7 oz.
Apple, 6 oz.
Spinach, 3 oz.

Apple, 6 oz.
Carrot, 7 oz.
Kale, 3 oz.

Apple, 10 oz.
Grape, 5 oz.
Lemon, 1 oz.

Delicious Juice Cocktails

Mango-Lemon Cooler

1 mango
1/4 lemon with peel
Cut mango away from pit and
juice with lemon.
Add sparkling mineral water
and crushed ice. Garnish with a
slice of lemon.

Tropical Nectar

1 passion fruit
2 one-inch rings of pineapple
1 small or 1/2 large papaya
1 nectarine (without pit)
Juice all of the above and mix in
blender with one banana.

Pineapple Cherry Cobbler

Juice 1 lime and combine
with 1 cup fresh pineapple juice.
Add 2 slices of pineapple in chunks
and 4-6 whole pitted cherries.

Grape Pineapple Punch

1 bunch green grapes
(with stems)
2 one-inch rings of pineapple
1/2 lemon with peel
Juice all of the above, add some
seedless green grapes and chunks of
pineapple to the juice and garnish
with a twist of lemon.



Pear Apple Cocktail

2 apples

2 firm pears

1/4 lemon with peel

Garnish with an edible flower in a tall glass. For a summer cooler, blend with crushed ice.

Morning Sunrise Brunch Cocktail

1/2 pink grapefruit
(without peel)

1 medium orange
(without peel)

1 cup strawberries

Pool Party Cooler

2 rings of pineapple

1 medium orange
(without peel)

1/4 lemon with rind

Breakfast For Company

1 apple

1 pink grapefruit
(without peel)

Holiday Cocktail

2 apples

1 large bunch of grapes
(with stems)

1/4 cup cranberries

1/2-inch slice lemon with rind

Cocktail Hour I

1 apple

2 rings of pineapple
6 strawberries

Cocktail Hour II

5 carrots

2 stalks celery

1 sprig parsley

1 slice apple

Refreshing Summer Coolers

Bromelain Cooler

4-5 rings of pineapple

1/2 cup sparkling water

Fruit Cocktail

3 fresh oranges (peeled)

1/2 lime with skin

Add chilled sparkling mineral water and garnish with orange slice.

Peach Cooler

1 peach

1 orange (peeled)

Add chilled sparkling mineral water and garnish with a slice of lime.



Seasonal Tonics

Year-Round Cleansing Cocktail

6 carrots
1 apple
2 stalks celery
1/2 handful wheatgrass
2 sprigs parsley
1/2 beet

Zippy Spring Tonic

3 rings pineapple
3 radishes
Handful dandelion greens

Summer Rejuvenator

3 large ripe tomatoes
1/2 cucumber
1 stalk celery
1 small slice lime

Winter Tonic

6 carrots
1/2 beet
3 sprigs parsley

Natural Beauty Enhancers

Hair Nutritonic

5 carrots
Handful of alfalfa sprouts
4 lettuce leaves

Facial Oil Fighter

5-6 carrots
1/2 sweet pepper
1 handful of greens (kale, spinach,
turnip greens)

Blemish Buster

3 carrots
4 sprigs parsley
3 kale leaves

Satin Skin

5 carrots
1/2 apple
1/2-inch slice of fresh ginger

Eye Beautifier

Red eyes are associated with a deficiency of vitamin B2. Vegetables highest in B2 are collard greens, kale, parsley, broccoli and mustard greens.

5 carrots
1 handful of greens
(collard greens, kale, parsley,
broccoli, mustard greens)



Nutrient Specific Drinks

Many studies show that the nutrients in fresh juices can enhance your health. These juice recipes are not recommended as an alternative to medical treatment, but may assist you in adhering to your medical practitioner's recommendations.

Chlorophyll Cocktail

6 carrots
10 spinach leaves
4 turnip leaves
4 sprigs watercress

Health Bone Tonic

*Supplies calcium for
maintenance of healthy bones.*

6 carrots
4 kale leaves
4 sprigs parsley
1/2 apple

Iron Cocktail

Helpful for anemia.

6 carrots
6 spinach leaves
4 lettuce leaves
1/2 beet
4 sprigs parsley

Cabbage Cocktail

*Cabbage juice is proven in
research to heal peptic ulcers.*

1/2 green cabbage
2 stalks celery
1/2 tomato or
3 carrots

Bladder Tonic

*Cranberry juice has been shown
to help prevent the onset of
urinary tract infections.*

3 apples
1/2 cup cranberries

Liver Mover

2-3 apples
1/2 beet (including top)

Digestive Tonic

Handful of spinach
6 carrots

Bushwacker

6 carrots
3 broccoli flowerets

Anti-Cavity Cocktail

*These fruits are rich in fluorene, the
natural form of fluoride.*

1 cup grapes
1/2 cup black cherries
(pits removed)

Healthy Heart Cocktail

6 carrots
1/2 apple
1/2-inch slice fresh ginger

Immune Building Cocktail I

2 tomatoes
1 handful parsley
2 celery stalks
1/2 cucumber
1/8 onion

Immune Building Cocktail II

4 carrots
3 sprigs parsley
2 stalks celery
2 cloves garlic



Body Cleansing Tonic

4 carrots
1/2 cucumber
1/2 beet with greens

Pick-Me-Up Cocktail

6 carrots
5 sprigs parsley

Calming Nightcap

2 stalks celery
1 apple
3 carrots

Mineral Tonic

1 handful spinach
4 sprigs parsley
2 stalks celery
4-6 carrots

Desserts

Orange Custard

A non-dairy pudding

2 cups fresh orange juice	2 tablespoons water
2-1/2 tablespoons honey	1/4 cup tahini
2-1/2 tablespoons arrowroot	

Combine orange juice and honey and bring to a boil. Mix the arrowroot and water to make a paste and add into the heated juice. Cook over low heat until thick, stir in tahini and cook until smooth. Pour mixture into 4 serving dishes and cool. Chill in refrigerator until set.

Whipped Blueberry-Sesame Cream

A non-dairy topping for pancakes and waffles

3 tablespoons blueberry juice	1/4 cup tahini
2 tablespoons honey	1/3 cup light oil

In a blender or food processor, gradually blend blueberry juice and honey into tahini until smooth. Slowly add oil through feeder cap, pouring in a steady stream until the mixture is thick.

Makes 2/3 cup.



Fresh Juice Gelatin

Use any juice for this recipe except pineapple and papaya. The protein digestive enzymes found in these fruits will digest the gelatin. For an unusual taste, try your favorite vegetable juice.

- 1 envelope unflavored gelatin or 2 teaspoons agar*
- 2 cups fresh juice

Sprinkle gelatin or agar over 1/2 cup juice in saucepan. Set heat on low and stir constantly for 3-5 minutes until it dissolves. Remove from stove and stir in remaining juice. Pour into serving dishes or mold and chill until set.

Variation: Add 1 cup fresh fruit to the mixture after gel has set for 30 minutes.

Makes 4 servings, 1/2 cup each

*Agar is made from seaweed and is used as a vegetarian replacement for gelatin. It is usually found in the international foods section of your grocery or health food store.

Creamsicle-In-A-Glass

- | | |
|---------------------------|-------------------------------|
| 1 cup fresh orange juice | 1/4 teaspoon vanilla extract |
| 1/2 cup fresh apple juice | 2 tablespoons nonfat dry milk |
| 1 teaspoon honey | 2 ice cubes |

Mix all ingredients in a blender on high until ice is liquified. Serve immediately.

Strawberry Shake

- | | |
|--------------------------------------|-------------------------|
| 1/2 cup sliced strawberries | 1/4 cup nonfat dry milk |
| 3/4 cup fresh apple and orange juice | 4 ice cubes |

Put strawberries into blender and liquefy. Add remaining ingredients and whip until mixture is thick and light. Pour into glasses and eat with a spoon.



Salad Dressings

Heidi's Dressing

1/4 lemon with peel
1 bunch parsley
1/2 green pepper
3 tomatoes
2 carrots

1/4 cucumber
1 clove garlic
1/2 teaspoon dried marjoram
1 teaspoon dried basil
1 teaspoon vegetable seasoning

Put all ingredients except dried herbs and vegetable seasoning through your Juiceman®. Blend dried herbs and vegetable seasoning into juice mixture. Chill before serving. Great over vegetables or salads.

Raspberry-Orange Vinaigrette

1 orange
1/4 lemon, with peel
1/2 cup fresh raspberries

dash of salt and pepper (optional)
1/3 cup olive oil

Peel the orange, leaving on as much pith as possible. Put orange, lemon and raspberries through your Juiceman® Juicer. Combine with olive oil, salt and pepper to taste, and whisk briskly with a fork. Pour dressing over salad.



RECIPES USING JUICE PULP

What can you do with the pulp from your juicer?

Be creative! Use it in baking cakes, muffins and breads. Vegetable pulp is great for soups and sauces. Small amounts can be mixed with your pet's food as a fiber supplement. Carrot-apple pulp makes a refreshing facial mask. At the very least, use it as compost for nature's best fertilizer!

The following recipes show you how easy it is to cook with the pulp from your Juicer. And wait until you see how delicious and healthy it is!

Cheesy Carrot Spread

1/2 cup nonfat cottage cheese	1 tablespoon fresh lemon juice
1/2 cup plain nonfat yogurt	1 teaspoon dried dill
1/2 cup lightly packed carrot pulp	

Combine ingredients and refrigerate for 20 minutes. Serve with whole grain crackers or pita crisps. Makes 1-1/2 cups.

Bread Pudding

4 cups whole grain bread	1/2 cup honey
1 cup carrot pulp, lightly packed	2 teaspoons vanilla
1 cup raisins	2 tablespoons wheat germ
2 eggs, beaten	1 tablespoon butter
4 egg whites, beaten	1/2 teaspoon cinnamon
4 cups soy milk or nonfat milk	

In a non-stick baking dish, combine bread, carrot pulp, and raisins. Mix eggs, egg whites, milk, honey and vanilla, and pour over bread. Let sit for 20 minutes.

Preheat oven to 350°F. Mix cinnamon, wheat germ and butter together and sprinkle over the top of the pudding. Bake for about 30 minutes until pudding is set.

Serves 10



Fruit-Carrot Salad

1-1/2 teaspoons granulated agar 1/4 cup loosely packed carrot pulp
or gelatin
2 cups juice, any flavor

In a saucepan, sprinkle agar or 1 envelope gelatin over 1/2 cup of juice and let stand 1 minute. Heat mixture until boiling and stir until gelatin dissolves (about 5 minutes). Add the rest of the juice and pour into a 2-cup mold. Chill gelatin for 25 minutes. With whisk, beat in carrot pulp. Return mold to refrigerator and chill until set.

Serves 4

Colcannon

1 cup green cabbage pulp 4 large potatoes, boiled and mashed
1/3 cup finely chopped green onion 1/2 cup lowfat milk
2 cups water salt and pepper to taste

In a large oiled skillet, combine pulp, onions and water. Cook over low heat for 3 to 5 minutes, adding more water as needed. Add mashed potatoes, milk and seasonings to cooked pulp and heat mixture for one minute. Serve immediately.

Serves 4

Cabbage Soup

4 cups fresh tomato juice 1/2 cup green cabbage pulp
2 vegetable bouillon cubes

Combine ingredients in saucepan and cook for 5 minutes, stirring occasionally. Pour into bowls and garnish with whole wheat croutons.

Serves 4



Carrot Bran Muffins

1/2 cup bran	2 tablespoons vegetable oil
1/2 cup carrot pulp	1/4 cup molasses
1/2 cup whole wheat flour	1 egg
2 teaspoons baking powder	1/2 teaspoon vanilla
1/4 teaspoon baking soda	3/4 cup soy milk or fresh apple juice
1/2 teaspoon sea salt	1/4 cup raisins

Preheat oven to 375°F. Stir together oil, molasses, egg, vanilla and liquid until smooth. Add bran and carrot pulp, and let stand for a few minutes to absorb moisture.

Combine remaining ingredients and add to bran mixture. Stir until moistened. Add more liquid if too dry. Fill oiled muffin tins 3/4 full and bake for approximately 20 minutes.

Makes 8 muffins

Carrot Cake Supreme

1 cup carrot pulp	2 eggs, beaten
1 cup plain nonfat yogurt	1 teaspoon vanilla
1/2 cup fresh orange juice	2 cups whole wheat pastry flour
1/2 cup molasses	1/2 cup bran
1/2 cup raisins	1-1/2 teaspoons baking soda
1/2 cup sunflower seeds	2 teaspoons cinnamon
1/2 cup safflower oil	1/4 teaspoon nutmeg

Preheat oven to 325°F. In a large bowl, beat together carrot pulp, yogurt, orange juice, molasses, raisins, sunflower seeds, oil, eggs and vanilla, combining well. In a separate bowl, thoroughly combine flour, wheat germ, bran, baking soda, cinnamon and nutmeg. Fold dry ingredients into carrot mixture until blended. Pour batter into an oiled 8 x 8-inch baking pan. Bake one hour or until done.

Carrot Salad

1 cup carrot pulp	pineapple or raisins, optional
1 tablespoon fresh lemon juice	slivered almonds
1 tablespoon olive oil	

Juice lemon and blend with olive oil and carrot pulp. Add desired amount of pineapple or raisins. Serve on a bed of green leafy lettuce, and top with slivered almonds.



Veggie Loaf

Mix together the following ingredients:

1-1/2 cups carrot pulp	1/2 cup finely chopped green pepper
1 cup finely chopped onion	1 cup coarsely ground walnuts
1 cup finely chopped celery	1 cup dry bread crumbs

In a separate bowl, blend together the following ingredients:

1/2 cup carrot juice	1 teaspoon dill weed
1/2 cup light mayonnaise	1/4 teaspoon garlic powder
2 slightly beaten eggs	1/8 teaspoon Tabasco
1/2 teaspoon pepper	1/2 cup shredded cheddar cheese

Add vegetable / bread mixture to the blended mixture and combine well. Preheat oven to 350°F. Line 8 x 4 inch loaf pan with foil. Grease foil. Pour mixture into loaf pan and bake for 1 hour. Let cool on rack for 15 minutes. Set on platter and remove foil. Serve immediately. Leftovers may be refrigerated and reheated.

Makes 6 servings



QUESTIONS AND ANSWERS

Why is juicing so important? Why can't you just eat the food?

According to the American Holistic Medical Association, even if you eat a balanced diet with generous selections of fresh fruits and vegetables, whole grains and lean proteins, you can still benefit from vitamin and mineral supplementation. North American farmlands rarely contain optimal amounts of nutrients, especially trace minerals. This means it would take a large quantity of vegetables to get the optimal dosages of trace minerals — more than most people could chew in a day.

Supplementation with tablets or capsules has been the recommended option until recently. Now, however, researchers are suggesting that vitamins, minerals, and other co-factors such as carotenoids and flavonoids have a synergistic effect, meaning they work more effectively together than if taken independently of each other (such as with tablets and capsules.) Juicing is an excellent way to supplement desired nutrients without sacrificing the synergistic co-factors.

Why do we need to make fresh juices? Aren't bottled juices just as good?

In preparation for bottling, fruit and vegetable juices are usually heated and otherwise processed. These processes cause loss of vitamins, minerals, trace elements, and enzymes. Fresh fruit and vegetable juices that are extracted and consumed shortly thereafter experience a minimum amount of nutrient loss.

After extracting fresh juice, how long can it be stored?

Fresh juice begins to deteriorate as soon as it is made. The act of slicing an orange, for example, causes some loss of vitamin C. Slice an apple and watch the oxidation (browning) take place shortly thereafter. The sooner you drink the juice after extraction, the more nutrients you will be consuming. You can also store fresh juice in a thermos that has first been chilled with cold water or rinsed and placed in a freezer and take it to work or school. Though you continue to lose nutrients as the hours go by, you will get far more nutrients from this juice than the juice you would get from a can or a bottle.

