

A close-up photograph of a glass filled with vibrant orange juice. A single, clear ice cube is perched on the surface of the liquid, which is topped with a layer of fine bubbles. In the blurred background, several slices of citrus fruit, including what appears to be grapefruit and orange, are scattered on a light-colored surface. The overall lighting is warm and bright, emphasizing the freshness of the drink.

JUICE blends

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Nutritional Analysis: calculations for the nutritional analyses in this book are based on the largest number of servings listed within the recipes. Calculations are rounded up to the nearest gram or milligram as appropriate. If two options for an ingredient are listed, the first one is used. Not included are optional ingredients or serving suggestions.

The recipes, instructions and nutritional information contained in this book are not intended as medical advice or treatment or substitute for medical advice or treatment. Do not attempt self-treatment of a medical problem - consult your health care provider for medical advice and treatment



energy **BOOST** pgs 4-9

PM replenish pgs 10-15

INTRODUCTION

It doesn't matter if you are new to juicing or a well-seasoned pro, the recipes in this book are fresh, easy and simply delicious. Enjoy a sweet fruity concoction or a savory vegetable fusion - whatever you're craving,

**WE'VE GOT A RECIPE
TO GET YOU STARTED!**

energy BOOST

KICKSTART your day with one of these refreshing juice blends! Loaded with vitamins and minerals, each juicy beverage is bursting with flavor, giving you the needed energy to power through your day.



WATERMELON & ORANGE VITAMIN CHARGER

SERVINGS: 2 (about 12 oz.)

INGREDIENTS:

*½ small orange,
peeled, sectioned*
*½ cup baby spinach,
loosely packed*
*1 cup watermelon,
cut in chunks*
2 tsp fresh lemon juice

DIRECTIONS:

Place all ingredients into the cup and secure cup onto the base. Twist to blend until smooth. Strain, if desired, and serve right away.

Supercharge your nutrition with this synergistic combo! Vitamin C in the orange and lemon juice help boost iron absorption from the spinach and watermelon!



energy BOOST

CALORIES 47
SODIUM 7mg
CARBS 11g
FIBER 2g
PROTEIN 1g
CALCIUM 22mg
POTASSIUM 182mg
VITAMIN A 61mcg
VITAMIN C 34mg



CALORIES
140
SODIUM
4_{mg}
CARBS
21_g
FIBER
4_g
PROTEIN
8_g
CALCIUM
58_{mg}
POTASSIUM
364_{mg}
VITAMIN A
12_{mcg}
VITAMIN C
114_{mg}



ORANGE & KIWI ENGINE KICKSTART

SERVINGS: 2 (about 12 oz.)

INGREDIENTS:

*1 blood orange,
peeled, quartered
2 kiwi fruit, peeled
½ cup strawberries
1 tbsp wheat germ
2 Tbs water*

DIRECTIONS:

Place all ingredients into the cup and secure cup onto the base. Twist to blend until smooth. Strain, if desired, and serve right away.

Rejuvenate and energize with fiber and protein that support and maintain steady energy.

GRAPE ANTIOXIDANT QUICK PICK-UP

SERVINGS: 2½ (about 16 oz.)

INGREDIENTS:

*1 cup seedless
red grapes*

*1 cup seedless
green grapes*

*½ cucumber,
peeled, cut into chunks*

*¼ baby spinach
loosely packed, torn*

2 tsp lime juice

DIRECTIONS:

Place all ingredients into the cup and secure cup onto the base. Twist to blend until smooth. Strain, if desired, and serve right away.

Jumpstart your health with this unique set of antioxidants believed to support a healthy heart and cardiovascular system.



energy **BOOST**

CALORIES
174
SODIUM
13mg
CARBS
45g
FIBER
2g
PROTEIN
2g
CALCIUM
30mg
POTASSIUM
614mg
VITAMIN A
47mcg
VITAMIN C
35mg



CALORIES

112

SODIUM

22_{mg}

CARBS

46_g

FIBER

4_g

PROTEIN

3_g

CALCIUM

41_{mg}

POTASSIUM

330_{mg}

VITAMIN A

135_{mcg}

VITAMIN C

203_{mg}

Packed with vitamins and minerals, disease-fighting phytonutrients, and fiber for a trio of benefits toward ultimate health.



TRIPLE GREEN JUICE

SERVINGS: 1 (about 6 oz.)

INGREDIENTS:

*¼ cup kale,
loosely packed*

*¼ cup broccoli,
cut in chunks*

*½ cucumber,
peeled, cut in chunks*

*½ cup pineapple,
cut in chunks*

¼ inch piece fresh ginger

2 tsp lemon juice

¼ - ½ cup water, as needed

DIRECTIONS:

Place all ingredients into the cup and secure cup onto the base. Twist to blend until smooth. Strain, if desired, and serve right away.



VEGETABLE PROTEIN POWER

SERVINGS: 1 (about 6 oz.)

INGREDIENTS:

*½ small carrot,
cut in ½-inch pieces*

*½ ripe tomato,
cored and quartered*

*½ cucumber,
peeled, cut in chunks*

*½ cup seedless
purple grapes*

*2 Tbs vanilla whey
protein powder*

DIRECTIONS:

Place all ingredients into the cup and secure cup onto the base. Twist to blend until smooth. Strain, if desired, and serve right away.

*A boost of vitamins, minerals,
and antioxidants is elevated with
protein for long-lasting energy!*



energy **BOOST**

CALORIES
164

SODIUM
100mg

CARBS
17g

FIBER
2g

PROTEIN
18g

CALCIUM
20mg

POTASSIUM
552mg

VITAMIN A
319mcg

VITAMIN C
18mg



PM replenish

Enjoy a **COOL AND REFRESHING**
juice blend in the afternoon or evening
to load up on nutrients and keep your
body moving.



MACHINE-BURNING BLEND

SERVINGS: 1 (about 6-8 oz.)

INGREDIENTS:

*1 cup honeydew melon,
cut in chunks*

*½ cup cantaloupe,
cut in chunks*

*½ cup baby spinach,
loosely packed*

*½ small tart apple,
cored, cut in chunks*

*¼ inch piece fresh ginger,
peeled*

DIRECTIONS:

Place all ingredients into the cup and secure cup onto the base. Twist to blend until smooth. Strain, if desired, and serve right away.

*Satisfy sweet cravings
naturally and benefit
from a bunch of
vitamins and
minerals that
support
metabolism.*

PM replenish

CALORIES
67
SODIUM
28_{mg}
CARBS
17_g
FIBER
3_g
PROTEIN
2_g
CALCIUM
12_{mg}
POTASSIUM
352_{mg}
VITAMIN A
114_{mcg}
VITAMIN C
28_{mg}



Bright green and brimming with flavor, this sweet juice gets a nutritional punch from leafy greens.

CALORIES
119
SODIUM
9_{mg}
CARBS
31_g
FIBER
6_g
PROTEIN
2_g
CALCIUM
19_{mg}
POTASSIUM
313_{mg}
VITAMIN A
7_{mcg}
VITAMIN C
10_{mg}



SWEET PEAR JUICE

SERVINGS: 2 (about 12 oz.)

INGREDIENTS:

- 1 ripe pear, cored, cut in chunks
- ¼ cup leafy greens, loosely packed
- ¼ cucumber, peeled, cut in chunks
- ¼ cup seedless green grapes

DIRECTIONS:

Place all ingredients into the cup and secure cup onto the base. Twist to blend until smooth. Strain, if desired, and serve right away.

LIQUID GOLD DETOX JUICE

SERVINGS: 1 (about 6-8 oz.)

INGREDIENTS:

*½ cucumber,
peeled, cut in chunks*

*1 small golden beet,
steamed, peeled,
cut in chunks*

*½ yellow tomato,
cut in half*

*1 cup watermelon,
cut in chunks*

*1 tsp honey or agave
nectar*

DIRECTIONS:

Place all ingredients into the cup and secure cup onto the base. Twist to blend until smooth. Strain, if desired, and serve right away.

This detox blend filled with potassium helps to beat bloat and support a healthy heart.



PM replenish

CALORIES

76

SODIUM

57_{mg}

CARBS

14_g

FIBER

3_g

PROTEIN

2_g

CALCIUM

21_{mg}

POTASSIUM

451_{mg}

VITAMIN A

38_{mcg}

VITAMIN C

15_{mg}



Refreshing and
lightly sweet,
enjoy this
powerhouse
anytime!

CALORIES

94

SODIUM

40_{mg}

CARBS

22_g

FIBER

7_g

PROTEIN

2_g

CALCIUM

79_{mg}

POTASSIUM

504_{mg}

VITAMIN A

217_{mcg}

VITAMIN C

69_{mg}

STRAWBERRY SPINACH POWERHOUSE

SERVINGS: 1 (about 6 oz.)

INGREDIENTS:

*5 medium strawberries,
hulled*

*1½ cups baby spinach,
loosely packed*

*½ ripe pear, cored
cut in chunks*

*½ cucumber,
peeled, cut in chunks*

¼ cup water

DIRECTIONS:

Place all ingredients into the cup and secure cup onto the base. Twist to blend until smooth. Strain, if desired, and serve right away.

GRAPEFRUIT PAPAYA JUICE

SERVINGS: 2 (about 12 oz.)

INGREDIENTS:

*½ pink grapefruit,
peeled, seeded, quartered*

*1 cup papaya,
cubed*

*½ cup watermelon,
cut in chunks*

1 tsp fresh lime juice

DIRECTIONS:

Place all ingredients into the cup and secure cup onto the base. Twist to blend until smooth. Strain, if desired, and serve right away.

Help promote glowing, supple skin and healthy hair with this potassium and vitamin C rich, waterpacked juice blend.



PM replenish

CALORIES
97

SODIUM
5mg

CARBS
25g

FIBER
4g

PROTEIN
2g

CALCIUM
53mg

POTASSIUM
516mg

VITAMIN A
132mcg

VITAMIN C
116mg

TIPS & TRICKS

- Enjoy everything from pure whole juice to rich, creamy blends with your Express Whole Juicer!
- Add chia seeds for antioxidants, fiber, and to thicken your drink!
- Bump up the protein with protein powders and powdered nut butters
- Add a dose of healthy fats and creamy texture with various nut butters and avocados
- Juice whole fruits or add a variety of liquids, like coconut water, for electrolytes and hydration
- Cocoa powder is a low calorie way to satisfy a chocolate craving
- Add a variety of herbs, such as ginger root, for added nutritional benefit
- Bananas add a boost of potassium and give your juice a thicker consistency
- Unsweetened almond or cashew milk delivers a rich, nutty flavor that pairs well with raw fruits and veggies
- Honey, syrup, stevia and agave add a touch of sweetness to your whole juice blends – a little goes a long way