

A glass of vibrant pink juice, likely made from strawberries and banana, is the central focus. In the background, a whole strawberry and a slice of banana are visible on a light-colored surface. The text 'JUICES, BLENDS & MORE' is overlaid on the right side of the glass.

JUICES, BLENDS & MORE

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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

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INTRODUCTION

Whether you're looking for a unique citrus juice to start your Sunday mornings, a vitamin and mineral packed green juice for an afternoon pick-me-up , or for a new blend to kickstart your weekdays, we've got a recipe inside to get you started!

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Juices & **BLENDS**

Use the fresh juice you just made in your favorite blended recipe to bump up your vitamin and mineral content, or try something entirely new like the *Machine-Burning Blend* to kick your taste buds into high gear!

Adding liquid to the juice blend recipes will help get the ingredients moving. Add any liquid of your choice to the delicious recipes ahead. We recommend almond milk, coconut water, or even just plain water. **ENJOY!**



CALORIES

229

SODIUM

1mg

CARBS

47_g

FIBER

11_g

PROTEIN

6_g

CALCIUM

147_{mg}

POTASSIUM

464_{mg}

VITAMIN A

1762_{mcg}

VITAMIN C

125_{mg}



FRESH CITRUS POWERBALL

SERVINGS: 1 (about 6 oz.)

INGREDIENTS:

*1 ripe orange,
peeled, sectioned*

*½ pink grapefruit,
peeled, sectioned*

*½ cup seedless
purple grapes*

1 Tbsp chia seeds

DIRECTIONS:

Place all ingredients into the blender and blend until smooth. Strain before serving, if desired, and serve over ice.

*This sweet-tart
blend will leave
you feeling
energized and
refreshed!*

TOASTED ALMOND BREAKFAST BLEND

SERVINGS: 1 (about 6 oz.)

INGREDIENTS:

*½ cup pineapple,
cut in chunks*

1 cup kale, torn

¼ cup light coconut milk

1 Tbsp toasted almonds

DIRECTIONS:

Place all ingredients into the blender and blend until smooth. Serve over ice.

Start your day right- this vitamin and mineral rich blend also provides protein and fiber to keep you going all morning long!



MAKE IT YOUR OWN: Add 2 ounces dark chocolate for a surprisingly rich treat.



CALORIES

87

SODIUM

1mg

CARBS

22g

FIBER

5g

PROTEIN

1g

CALCIUM

32mg

POTASSIUM

276mg

VITAMIN A

30mcg

VITAMIN C

53mg



Refuel and recharge with this berry-licious blend packed with antioxidants.

BERRY BERRY REFRESHER

SERVINGS: 1 (about 6 oz.)

INGREDIENTS:

$\frac{1}{2}$ cup watermelon, cut in chunks

$\frac{1}{4}$ cup blueberries

$\frac{1}{4}$ cup strawberries

$\frac{1}{4}$ cup blackberries

$\frac{1}{4}$ cup raspberries

DIRECTIONS:

Place all ingredients into the blender and blend until smooth. Strain before serving, if desired, and serve over ice.

PAPAYA KIWI MINERAL CHARGER

SERVINGS: 1 (about 6 oz.)

INGREDIENTS:

1 papaya, seeded, peeled,
cut into chunks

1 kiwi fruit, peeled

¼ small apple, cut in
chunks

¼-½ cup water, as needed

1 tsp agave nectar

DIRECTIONS:

Place the papaya, kiwi and
apple into the blender and
blend until smooth. Add
water to thin if needed. Stir
in the agave nectar and
pour over ice.

MAKE IT YOUR OWN: If papayas aren't
available, try substituting mango or a
ripe avocado.

*Beat bloat and
support healthy
digestion with
this papaya kiwi
mineral charger!*

Juices & BLENDS

CALORIES

201

SODIUM

11mg

CARBS

46g

FIBER

9g

PROTEIN

3g

CALCIUM

101mg

POTASSIUM

1050mg

VITAMIN A

171mcg

VITAMIN C

260mg



CALORIES

96

SODIUM

29_{mg}

CARBS

23_g

FIBER

5_g

PROTEIN

1_g

CALCIUM

73_{mg}

POTASSIUM

393_{mg}

VITAMIN A

148_{mcg}

VITAMIN C

20_{mg}



GALA APPLE & GREENS NUTRIENT LIFT

SERVINGS: 1 (about 6 oz.)

INGREDIENTS:

*½ small cucumber,
peeled, cut in chunks*

*1 Gala apple,
cored, cut in chunks*

½ cup dandelion greens

¼–½ cup water, as needed

DIRECTIONS:

Place the ingredients into the blender and blend until smooth. Strain before serving, if desired, and serve over ice cubes.

*Benefit from
super nutritious
dark leafy greens
with the flavor of
sweet apple.*

RED & GREEN VITAMIN FUSION

SERVINGS: 1 (about 6 oz.)

INGREDIENTS:

6 strawberries

1 cup kale leaves, torn

*½ cup pineapple,
cut in chunks*

*¼-½ cup water,
as needed*

DIRECTIONS:

Place the ingredients into the blender and blend until smooth. Add water to thin the juice as needed. Strain before serving, if desired, and serve over ice cubes.

A fusion of fruit and greens team up for a synergistic boost that may enhance nutrition!



CALORIES	138
SODIUM	34 _{mg}
CARBS	52 _g
FIBER	6 _g
PROTEIN	4 _g
CALCIUM	57 _{mg}
POTASSIUM	264 _{mg}
VITAMIN A	529 _{mcg}
VITAMIN C	216 _{mg}



CALORIES

117

SODIUM

4_{mg}

CARBS

23_g

FIBER

2_g

PROTEIN

2_g

CALCIUM

23_{mg}

POTASSIUM

362_{mg}

VITAMIN A

86_{mcg}

VITAMIN C

29_{mg}



Low in calories and full of flavor, this detoxing beverage is summer in a glass.

FRESH WATERMELON LIME DETOX

SERVINGS: 1 (about 6 oz.)

INGREDIENTS:

2 cups watermelon, cubed

1 Tbsp fresh lime juice

1 tsp honey or agave nectar, optional

DIRECTIONS:

Place all ingredients into the blender and blend until smooth. Serve over ice cubes, if desired.

PEPPERY TOMATO PROTEIN JUICE

SERVINGS: 1 (about 6 oz.)

INGREDIENTS:

*1 small ripe tomato,
cored, quartered*

*½ cucumber, peeled,
cut in chunks*

2 tsp lemon juice

1 Tbsp flaxseed

*Freshly ground
black pepper*

DIRECTIONS:

Place the tomato, cucumber, flax seed and lemon juice in the blender and blend. Just before serving, dust the juice with the black pepper.

MAKE IT YOUR OWN: If you really want to boost the flavor, add bottled hot sauce or creamy horseradish to key up this energetic juice.

Tangy tomato and cool cucumber combine with flax for a super charged blend of vitamins, minerals, protein, and heart healthy omega 3 fats.



juice EXTRACTION

Creating a juice to fit your needs has
NEVER BEEN SO EASY! Try the *Powerful
Green Machine* to get all the goodness of
powerhouse veggies, or fill up with a sweet,
low calorie *Melon Madness*.



IRON & PROTEIN LIFT OFF

SERVINGS: 2 (about 12 oz.)

INGREDIENTS:

2 cups baby spinach,
tightly packed
2 cups green grapes
2 Tbsp wheat germ

DIRECTIONS:

Using light pressure, juice the spinach and grapes through the juicer. Pour into 2 glasses, add 1 tablespoon wheat germ to each, stir well and serve.

Increase energy and help fight fatigue with this iron rich and protein packed juice, perfect for any time you need a boost!



Extracted JUICES

CALORIES
171
SODIUM
29_{mg}
CARBS
32_g
FIBER
0_g
PROTEIN
11_g
CALCIUM
57_{mg}
POTASSIUM
650_{mg}
VITAMIN A
146_{mcg}
VITAMIN C
27_{mg}



Extracted JUICES

CALORIES

44

SODIUM

39 mg

CARBS

5 g

FIBER

0 g

PROTEIN

1 g

CALCIUM

89 mg

POTASSIUM

266 mg

VITAMIN A

137 mcg

VITAMIN C

53 mg



Stock up on a wide range of vitamins and minerals important for counteracting day to day stress on your body.

30 SECOND SALAD

SERVINGS: 2 (about 12 oz.)

INGREDIENTS:

2 cups baby bok choy

1 cup arugula

1 cup watercress

1 cup cabbage

1 sprig cilantro

½ fresh lemon, seeded

DIRECTIONS:

Using light pressure, juice all ingredients through the juicer. Pour into 2 glasses and add ice, if desired.

MAKE IT YOUR OWN: Substitute greens you have on hand, such as romaine lettuce, watercress, dandelion greens or kale.

POWERFUL GREEN MACHINE

SERVINGS: 2 (about 12 oz.)

INGREDIENTS:

*2 cups dandelion greens,
loosely packed*
2 cups kale, tightly packed
½ fresh lime, seeded
1 small bunch cilantro
pinch sea salt

DIRECTIONS:

Using light pressure, juice the greens, kale, lime and cilantro through the juicer. Pour into 2 glasses and sprinkle a bit of sea salt over each serving. Add ice and serve.



*Turn it up to
full throttle
with this
combination
of nutritional
powerhouse
veggies!*

Extracted JUICES

CALORIES
65
SODIUM
199_{mg}
CARBS
14_g
FIBER
0_g
PROTEIN
4_g
CALCIUM
147_{mg}
POTASSIUM
244_{mg}
VITAMIN A
811_{mcg}
VITAMIN C
101_{mg}



This tangy blend is rich in lycopene to promote heart health.

CALORIES

22

SODIUM

37_{mg}

CARBS

5_g

FIBER

0_g

PROTEIN

1_g

CALCIUM

2_{mg}

POTASSIUM

91_{mg}

VITAMIN A

37_{mcg}

VITAMIN C

11_{mg}

TOMATO BASIL ANTIOXIDANT JUICE

SERVINGS: 3 (about 18 oz.)

INGREDIENTS:

1 lb large ripe tomatoes

4 ribs celery, cut in half

¼ small white onion

2 leaves fresh basil

DIRECTIONS:

Using light pressure, juice all ingredients. Pour into 2 glasses and add ice cubes.

MAKE IT YOUR OWN: When using fruit or vegetables for juice, try prepping items such as onions in batches. Freeze bulk ingredients and thaw as needed for your juice.



PEPPER & PARSLEY DETOX

SERVINGS: 2 (about 12 oz.)

INGREDIENTS:

2 large red peppers,
cut in half

1 large bunch parsley

3 cups brewed green tea,
cooled

DIRECTIONS:

Using light pressure, juice the peppers and parsley. Pour into glasses, add the tea and stir well. Add ice cubes and serve.



*Rich in many vital vitamins,
this detoxing mix supports
a strong immune system.*

Extracted JUICES

CALORIES
27

SODIUM

9mg

CARBS

6g

FIBER

0g

PROTEIN

1g

CALCIUM

15mg

POTASSIUM

204mg

VITAMIN A

153mcg

VITAMIN C

110mg



Extracted JUICES

CALORIES

131

SODIUM

63mg

CARBS

40g

FIBER

1g

PROTEIN

2g

CALCIUM

32mg

POTASSIUM

382mg

VITAMIN A

6mcg

VITAMIN C

112mg



A fusion of antioxidants for healthy hair, glowing skin and strong nails.

SWEET TART BEAUTY BOOST

SERVINGS: 3 (about 18 oz.)

INGREDIENTS:

2 ripe Bosc or Bartlett pears, cut in half

½ ripe pineapple, peeled

2 cups strawberries

1 large beet, cut in half

DIRECTIONS:

Using light pressure, juice the pears, pineapple, beet and strawberries. Stir well and pour over ice-filled glasses.

SAVE & SAVOR: Spread the fruit pulp on a baking sheet as thinly as possible. Bake in a 200°F oven for 2-3 hours, or until dry and crispy. Use as a topping for fresh fruit, ice cream, or in a yogurt parfait.

BERRY MANIA

SERVINGS: 2 (about 12 oz.)

INGREDIENTS:

3 cups strawberries
2 cups blueberries
2 cups raspberries

DIRECTIONS:

Using light pressure, juice all ingredients through the juicer. Pour into glasses and add ice cubes.

This berry blend is rich in vitamins your body needs to support a healthy metabolism and lean body composition!

Extracted JUICES

CALORIES
122
SODIUM
3mg
CARBS
31g
FIBER
0g
PROTEIN
3g
CALCIUM
85mg
POTASSIUM
631mg
VITAMIN A
19mcg
VITAMIN C
147mg



Naturally low in calories, but rich in flavor, this melon blend will fill you up without filling you out!

CALORIES

134

SODIUM

64_{mg}

CARBS

34_g

FIBER

0_g

PROTEIN

2_g

CALCIUM

32_{mg}

POTASSIUM

934_{mg}

VITAMIN A

192_{mcg}

VITAMIN C

62_{mg}



MELON MADNESS

SERVINGS: 4 (about 24 oz.)

INGREDIENTS:

*1 cantaloupe, peeled,
seeded, roughly cut*

*1 honeydew melon, peeled,
seeded, roughly cut*

1 cucumber, cut in pieces

*6 mint leaves,
plus more for garnish*

DIRECTIONS:

Using light pressure, juice all ingredients through the juicer. Pour into glasses and add ice cubes. Garnish with mint leaves.

PINEAPPLE BLAST

SERVINGS: 2 (about 12 oz.)

INGREDIENTS:

*4 cups pineapple,
cut in chunks*

2 Tbsp light coconut milk

DIRECTIONS:

Using light pressure, juice the pineapple through the juicer. Pour into 2 glasses and add ice cubes. Slowly drizzle the milk into each glass and serve right away.

*Escape to the beach
and give your immune
system a boost with this
delicious tropical blend
rich in vitamin C.*



CALORIES
177
SODIUM
6mg
CARBS
44g
FIBER
0g
PROTEIN
1g
CALCIUM
47mg
POTASSIUM
371mg
VITAMIN A
13mcg
VITAMIN C
155mg





CITRUS juices

Citrus fruits come in a variety of vibrant colors and sweet-tangy flavors, providing you with endless combinations to get refreshed. Start your day with a triple vitamin C packed glass of *Grapefruit, Orange & Tangerine Blast* or enjoy an afternoon *Spicy Citrus Cooler* instead of a soda!

GRAPEFRUIT, ORANGE & TANGERINE BLAST

SERVINGS: 2 (about 12 oz.)

INGREDIENTS:

*1 large grapefruit,
cut in half*

*1 large orange,
cut in half*

*1 ripe tangerine,
cut in half*

DIRECTIONS:

Using the citrus attachment, juice the grapefruit, orange and tangerine. Pour into glasses and add ice cubes.

*Triple your
vitamin C
with this
refreshing
and
immune
boosting
citrus trio.*

SAVE & SAVOR: Combine the fruit pulp with 1 teaspoon ground cinnamon, ½ teaspoon ground nutmeg and ½ teaspoon ground cardamom. Mix well and spread on a large baking sheet. Let stand in a warm, dry place for 1-2 days turning occasionally, until dry. When completely dry, spoon 2 tablespoons of the mixture into small envelopes. Seal and use as sweetly-scented sachets for drawers and closets.

CALORIES

74

SODIUM

2_{mg}

CARBS

17_g

FIBER

0.2_g

PROTEIN

1_g

CALCIUM

18_{mg}

POTASSIUM

321_{mg}

VITAMIN A

26_{mcg}

VITAMIN C

79_{mg}

26

BLOOD ORANGE AND GRAPEFRUIT

SERVINGS: 2 (about 12 oz.)

INGREDIENTS:

*3 blood oranges,
cut in half*

*2 red grapefruit,
cut in half*

DIRECTIONS:

Using the citrus attachment, juice the grapefruit and blood oranges. Pour into glasses and add ice cubes, if desired.

A refreshing and energizing fusion of citrus packed with antioxidants, and a powerful combination of compounds believed to fight inflammation and support a healthy heart.

"TANG"ERINE JUICE

SERVINGS: 2 (about 12 oz.)

INGREDIENTS:

3 tangerines, cut in half

1 orange, cut in half

1 lemon, cut in half

DIRECTIONS:

Using the citrus attachment, juice the tangerines, orange and lemon. Pour into glasses and add ice cubes, if desired.

Vibrant orange and sweet with a little tang, this "Tang"erine Juice is a healthy choice any time of day for adults & kids alike!



SAVE & SAVOR: Save the pulp for a fresh, and unique addition to your favorite baked goods.

CALORIES 35
SODIUM 9.3mg
CARBS 10g
FIBER 0.4g
PROTEIN 0.3g
CALCIUM 9mg
POTASSIUM 54mg
VITAMIN A 0.4mcg
VITAMIN C 20mg



Hydrate and rejuvenate with this vitamin C packed lemonade enhanced with a hint of mint.

FRESHLY JUICED LEMONADE

SERVINGS: 8 (about 48 oz.)

INGREDIENTS:

*6 lemons, juiced
5 cups water
2 tsp Stevia
1 lemon, sliced
fresh mint sprigs*

DIRECTIONS:

Using the small cone on the citrus attachment, juice lemons in the Juiceman® juicer. Mix lemon juice, water, and Stevia in a pitcher. Cover and refrigerate 30 to 60 min. to allow flavors to blend. Serve over ice and garnish with lemon slices and fresh mint.

SPICY CITRUS COOLER

SERVINGS: 4 (about 24 oz.)

INGREDIENTS:

1 cup water

3 Tbsp sugar

2 Tbsp peeled and grated
ginger

2 red grapefruits

2 limes

sparkling water

DIRECTIONS:

Combine water, sugar and ginger in small sauce pan. Bring mixture to a boil, reduce heat and simmer 5 minutes. Remove from heat; let stand 10 minutes. Strain, reserving ginger water.

Juice grapefruits and limes in the Juiceman® juicer and combine with ginger water. Pour into tall glasses with ice and a splash of sparkling water. Garnish with lime.

A healthy alternative to soda, ginger in this crisp cooler lifts the sweet-tart flavor of grapefruit, and may help fight inflammation.



CALORIES

89

SODIUM

14_{mg}

CARBS

22_g

FIBER

0_g

PROTEIN

0.8_g

CALCIUM

25_{mg}

POTASSIUM

262_{mg}

VITAMIN A

28_{mcg}

VITAMIN C

52_{mg}

CALORIES
130
SODIUM
7_{mg}
CARBS
32_g
FIBER
0.9_g
PROTEIN
0.6_g
CALCIUM
34_{mg}
POTASSIUM
350_{mg}
VITAMIN A
8_{mcg}
VITAMIN C
38_{mg}

30



Warm up and savor the fall flavors of this cider, boosted with cinnamon, a delicious spice rich in antioxidants for boosting metabolism and energy.

MULLED ORANGE CIDER

SERVINGS: 12 (about 72 oz.)

INGREDIENTS:

*8 cups apple cider
3 cups freshly juiced orange juice
(about 6 oranges)
2 sticks cinnamon
½ tsp allspice
¼ cup packed brown sugar
1 orange,
sliced and halved*

DIRECTIONS:

Using the large cone on the citrus attachment, juice oranges in the Juiceman® juicer. Combine all ingredients in stoneware pot. Stir. Cover and cook on high for 2 hours. Garnish with orange slices.

SWEET ORANGE SMOOTHIE

SERVINGS: 4 (about 24 oz.)

INGREDIENTS:

*1 cup water
3 Tbsp sugar
2 Tbsp peeled and grated
ginger
2 red grapefruits
2 limes
sparkling water*

DIRECTIONS:

Using the large cone on the citrus attachment, juice oranges in the Juiceman® juicer. Place juice and remaining ingredients into the blending cup. Blend until smooth and frothy.

Perfect for post-workout recovery with a mixture of lean protein, and essential vitamins and minerals.

CITRUS Juices

CALORIES
102
SODIUM
7_{mg}
CARBS
32_g
FIBER
0.9_g
PROTEIN
0.6_g
CALCIUM
34_{mg}
POTASSIUM
350_{mg}
VITAMIN A
8_{mcg}
VITAMIN C
38_{mg}

CALORIES
158
SODIUM
24_{mg}
CARBS
42_g
FIBER
0_g
PROTEIN
0_g
CALCIUM
44_{mg}
POTASSIUM
176_{mg}
VITAMIN A
4.5_{mcg}
VITAMIN C
15_{mg}

Peppermint may have numerous health benefits but is most commonly thought to tame tummy trouble.

PEPPERMINT PALMER

SERVINGS: 4 (about 24 oz.)

INGREDIENTS:

1 cup water
 $\frac{3}{4}$ cup sugar
4 peppermint tea bags
4 lemons, juiced
2 cups cold water
mint for garnish

DIRECTIONS:

Heat hot water and sugar in small sauce pan. Add tea bags; remove from heat and let steep 15 min. Combine fresh lemon juice, tea mixture and 2 cups cold water in a large pitcher. Stir to combine. Refrigerate at least one hour. Serve over ice garnished with fresh mint leaves.

BLOOD ORANGE BEET JUICE

SERVINGS: 2 (about 12 oz.)

INGREDIENTS:

3 blood oranges, cut in half

1 medium beet

½-inch piece fresh ginger

DIRECTIONS:

Using the large cone on the citrus attachment, juice the oranges in the Juiceman® juicer. Set aside the citrus attachment and add the juice extractor attachment. Juice the beet and ginger, using light pressure on the pusher. Stir the juice and serve over ice cubes.

MAKE IT YOUR OWN: This is such a beautiful juice, you'll want to share it with friends. After juicing, add a splash of sparkling water or club soda to each glass, stir and serve with a lemon twist.



A vibrant scarlet hue is evidence of this blends' special nutrients called anthocyanins, which may help prevent diseases and support a healthy heart.

CALORIES
44
SODIUM
5mg
CARBS
15g
FIBER
0g
PROTEIN
1g
CALCIUM
37mg
POTASSIUM
352mg
VITAMIN A
9mcg
VITAMIN C
48mg



Rehydrate and refresh with this vitamin C rich blend! In addition to boosting immunity, vitamin C supports a lean body composition, and helps defend against free radicals!

LEMON LIME VITAMIN SPLASH

SERVINGS: 2 (about 12 oz.)

INGREDIENTS:

1 lemon, cut in half

1 lime, cut in half

1 cucumber, peeled,
cut in chunks

1-2 tsp honey, or to taste

DIRECTIONS:

Using the small cone on the citrus attachment, juice the lemons and limes in the Juiceman® juicer. Set aside the citrus attachment and add the juice extractor attachment. Juice the cucumber and mix into the juice well. Pour into glasses, add honey to taste, and add ice cubes before serving.

MARINADES & vinaigrettes

Take juicing outside of the glass! Try our *Mustard Shallot Vinaigrette* with your daily salad for a surprising, savory twist to your daily routine. Or create an Asian inspired dinner with our *Kickin' Hot Orange Marinade* and spice up your night.



CALORIES
91
SODIUM
176mg
CARBS
7g
FIBER
0g
PROTEIN
0g
CALCIUM
2mg
POTASSIUM
13mg
VITAMIN A
0mcg
VITAMIN C
0mg

*Dress up your favorite foods
while supporting digestion with
this ginger marinade.*



GINGER MARINADE

SERVINGS: 16 (about 8 oz.)

INGREDIENTS:

2 green onions,
cut in 2-inch pieces
1 clove garlic, peeled
 $\frac{2}{3}$ cup canola oil
 $\frac{1}{3}$ cup low-sodium soy sauce
2 Tbsp honey
1 tsp ground ginger

DIRECTIONS:

Place the onions and garlic into the blender and pulse to chop evenly. Add the remaining ingredients and blend on High speed for 15 seconds. Pour the marinade into a self-sealing bag and add 1 to 1½ pounds beef, pork or poultry cuts. Seal and chill for up to 24 hours, turning the meat occasionally. When ready to grill, remove and discard the marinade. Grill meat as directed.

MAKE IT YOUR OWN: Roughly chop 2 pounds of any combination of fresh vegetables (squash, peppers, onion, broccoli, etc). Place in a self-sealing plastic bag and cover with the marinade. When ready, discard the marinade and grill the vegetables for 1-2 minutes, or until softened and lightly seared.



COOL AVOCADO CILANTRO DRESSING

SERVINGS: 24 (about 12 oz.)

INGREDIENTS:

- ½ lemon, peeled, seeded*
- ½ cup plain Greek yogurt*
- ½ fresh ripe avocado, peeled, cut in chunks*
- 1 sprig fresh cilantro, roughly chopped*
- ¼ cup lowfat milk, plus more as needed*
- Salt and pepper to taste*

DIRECTIONS:

Place the lemon, yogurt, avocado and cilantro in the blender and pulse until mixture is smooth. Add the milk and blend on Low speed for 10 seconds until smooth. Add more milk if a thinner dressing if preferred.

Go green with this tangy and creamy dressing! Easy to make and sure to spice up your favorite produce!



CALORIES
47
SODIUM
48mg
CARBS
2g
FIBER
0g
PROTEIN
0g
CALCIUM
26mg
POTASSIUM
47mg
VITAMIN A
10mcg
VITAMIN C
5mg



Liven up any meal with this low calorie lemon sauce.



CREAMY LEMON DILL SAUCE

SERVINGS: 16 (about 8 oz.)

INGREDIENTS:

- 1 lemon, cut in half
- 1 cup sour cream
- ½ cup plain Greek yogurt
- ¼ tsp white pepper
- ¼ tsp kosher salt
- 1 Tbsp fresh dill weed

DIRECTIONS:

Using the small cone on the citrus attachment, juice the lemon in the Juiceman® juicer. Pour the juice into a medium bowl and slowly whisk in the sour cream and yogurt until smooth. Add the pepper and salt and continue whisking until blended. Add the dill weed and stir just until combined. Chill until serving and refrigerate any leftovers.



KICKIN HOT ORANGE MARINADE

SERVINGS: 24 (about 12 oz.)

INGREDIENTS:

- 1 orange, cut in half
- ¼ white onion, cut in chunks
- ¼ small bunch flat-leaf parsley
- 1 clove garlic, peeled
- 4 Tbsp Sriracha™ sauce
(or other hot sauce to taste)
- ¾ cup canola oil
- ¼ cup low sodium soy sauce

DIRECTIONS:

Using the large cone on the citrus attachment, juice the orange in the Juiceman® juicer. Place the onion, parsley and garlic in the Juiceman blender and pulse to chop vegetables evenly. Place the orange juice, chopped vegetables, Sriracha sauce, oil and soy sauce in a self-sealing plastic bag. Add up to 2 pounds poultry or pork and seal. Refrigerate for up to 24 hours. When ready to grill, remove and discard the marinade. Grill meat as directed.

Add some pep to your step with this Asian inspired marinade featuring fresh orange juice which may support a healthy heart.



*Enhance the nutrition of
your favorite salad with this
fresh and savory vinaigrette.*

CALORIES

72

SODIUM

95_{mg}

CARBS

2_g

FIBER

0_g

PROTEIN

0_g

CALCIUM

5_{mg}

POTASSIUM

39_{mg}

VITAMIN A

6_{mcg}

VITAMIN C

1_{mg}



MUSTARD SHALLOT VINAIGRETTE

SERVINGS: 8 (about 4 oz.)

INGREDIENTS:

2 shallots

1 sprig parsley

3 Tbsp rice wine vinegar

¼ cup canola oil

1 Tbsp grainy mustard

Sea salt and freshly ground
pepper to taste

DIRECTIONS:

Using light pressure, juice the shallots and parsley through the Juiceman® juicer on Low speed. Add the shallot and parsley juice to the remaining ingredients in a shaker jar. Shake well and adjust seasonings to taste. Drizzle over greens; refrigerate leftovers.

MAKE IT YOUR OWN: Add 1-2 tablespoons fresh herbs of your choice, such as flat-leaf parsley, basil or mint to create a fresh twist on this vinaigrette.