

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

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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!



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

energy **BOOST**



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



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.



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



CALORIES
112
SODIUM
22mg
CARBS
46g
FIBER
4g
PROTEIN
3g
CALCIUM
41mg
POTASSIUM
330mg
VITAMIN A
135mcg
VITAMIN C
203mg

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!

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 28mg
CARBS 17g
FIBER 3g
PROTEIN 2g
CALCIUM 12mg
POTASSIUM 352mg
VITAMIN A 114mcg
VITAMIN C 28mg



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



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.



CALORIES 76
SODIUM 57mg
CARBS 14g
FIBER 3g
PROTEIN 2g
CALCIUM 21mg
POTASSIUM 451mg
VITAMIN A 38mcg
VITAMIN C 15mg

Refreshing
and lightly
sweet, enjoy
this cleanser
anytime!

STRAWBERRY SPINACH CLEANSER

SERVINGS: 1 (about 6 oz.)

INGREDIENTS:

*5 medium strawberries,
hulled*

*1 ½ 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.

CALORIES
94

SODIUM
40mg

CARBS
22g

FIBER
7g

PROTEIN
2g

CALCIUM
79mg

POTASSIUM
504mg

VITAMIN A
217mcg

VITAMIN C
69mg

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