**Green Juice Recipes**

**Note: with green juice recipes the quantities are always flexible!**

**Note: Lemon is a great addition to juice as it acts as a natural preservative and anti-oxidant to the juice!**

**Lemon Ginger Blast** (based on Lou Corona recipe) hot but great for you!

* Apple (1 to 2)
* Ginger (1-3 pieces)
* Lemon (1 unpeeled if organic but peeled if not organic)
* Cilantro (1 bunch/handful)
* Parsley (1 bunch/handful)
* Arugula (1 bunch)
* Cucumber (1 large)
* Celery ( optional: 1-3 stalks)
* Habanero pepper ( 1 or use 1 tsp of cayenne pepper or other hot pepper of your choice)

**Basic Juice #1**

* Celery
* Carrots
* Apple
* Kale

**Basic juice #2**

* Celery
* Cucumber
* Kale
* Lemon

**Basic juice #3** (this is a great juice base, from here just add any greens you want)

* Carrots
* Celery
* Cucumber
* apple

**Gerson Green Juice** (This is one of the main juices used with the Gerson treatment)

* Romaine lettuce
* Red leaf lettuce
* Endive
* Escarole
* Red cabbage leaves (2 or 3)
* Young inner beet tops
* Swiss chard
* ¼ small green pepper
* Watercress
* Apple (1 medium)

**V-8**

* Tomatoes
* Celery
* Carrot
* Lettuce
* Arugula
* Parsley
* Spinach
* Beet (small)

**V-6**

* Tomatoes (4 or 5)
* Celery
* Cucumber
* Carrot
* Romaine Lettuce
* Apple (one or optional)

**Carrot & Apple** (this is absolutely my favorite carrot based juice. Very tasty!)

* Carrots (2lbs)
* Lemon
* Apple (1 large granny smith)
* Celery (2-4 stalks)
* Parsley (very small handful)
* Cilantro (very small handful)

Carrots are rich in Beta-carotene (vitamin A) and Potassium. Here is a link to a great article on the benefits of Beta-carotene <http://www.vitamins-supplements.org/beta-carotene.php>