

Smart Blend Juice Add to the blender and push the juice or smoothie button

Breakfast Zinger Juice

2 cups (480 ml) coconut water
2 lemons, seeded, halved
2 carrots, halved
2 apples, seeded, cored, quartered
2 beets, quartered
1 cup (130 g) ice cubes



Carrot, Orange and Apple Juice

½ cup (120 ml) cold water
1 orange, peeled, halved
½ apple, seeded, cored
1 carrot, halved
1 cup (130 g) ice cubes

Whole Fruit Juice (5 fruits, 2 veggies)

Water 1/2 cup (at a show I use 5 oz.)
One Orange Peeled (leave the white pith)
1/2 of a Banana
5-6 Strawberries – leave the green tops on!
Pineapple wedge (one to two cups)
1/4 of an Apple – I include the seeds, core, and skin
3-4 small Baby Carrots, or a small chunk of Carrot
a leaf of Red Cabbage (stem removed) half of a leaf if it is a very large leaf (this adds a beautiful color to the Juice)
One cup of Ice (or try freezing almond milk or coconut water into ice cubes!)
Sweetener of your Choice (or none) in a show I am required to use Agave*, at home I only use [Stevia](#),
Dates are an excellent natural sweetener

Sweet Green Smoothie – Makes 4 -5 cups

agave to taste*
1/4 cup of water
thin slice of lime with rind on
1/2 of an Orange (leave white pith and seeds – peel off the orange part)*
very small amount of Lime with peel remaining (about 1/2 the size of a slice of Lemon you would get in a glass of water at a restaurant)
Slice of Pineapple (about 1.5 inch with core remaining, but skin removed)
1/2 of a Banana
Large hand full of Spinach
1 cup of ice cubes