

Kid Friendly Juicing Recipes

Sweet Green Juice

Super energy! Add the Kale & Parsley first. Then add the Romaine, Cucumber, Celery and Apple. Apple will sweeten up the juice. It's considered a "neutral" fruit and can be combined with vegetables.

- 2 cups Kale
- 2 cups Parsley
- 3 cups Romaine
- 1 Cucumber
- 3 Celery Stalks
- 1 Apple



Celery-Apple-Kiwi w/ Ginger Juice

- 1 large celery stalk
- 2 apples
- 1 kiwifruit
- 1/3 cup parsley
- 1 tablespoon ginger
- ½ lime

Nutritional Facts: Per 1 cup: 82 calories; <1g protein; <1g total fat; 20g carb; 0mg chol; 9mg sod; 0g fiber; 18g sugar Adapted from VegetarianTimes.com

Tropical Fruit Juice

This recipe has plenty of beta-carotene, which the body converts into vitamin A, the essential ingredient to healthy hair, clear eyes, and healthy skin. Remove all the peel and seeds before putting the orange, pineapple, watermelon, and mango into the juicer.

- 1 Orange
- 1/2 Mango
- 1 Slice of Fresh Pineapple
- 1 Slice of Watermelon
- 5 Strawberries

Sunshine Shake

This smoothie is a high calorie smooth used to boost calories.

- 3 ripe bananas
- 1 ½ cups dry milk
- ½ cup orange juice
- 2 ½ cups water
- 1 cup ice cream
- ½ teaspoon vanilla

Mash bananas well. Slowly add other ingredients and mix thoroughly (use beater or blender if available). Chill and serve.

Serves 6.

Berry Smoothie

- ½ cup uncooked oats
- 1 tablespoon ground flaxseeds
- 1 banana (use a frozen banana if a thicker smoothie is desired)
- 8 to 10 fresh or frozen strawberries
- 1 cup frozen mixed berries (any type)
- 1 cup liquid (milk, soy milk, rice milk, Boost, Ensure, Boost Plus); use more than 1 cup if needed to blend



Clean, peel and prepare the fruit and other solid ingredients. Place these ingredients in the blend, add the liquid ingredients to the blender and blend all of the ingredients together to your desired consistency. Add additional liquid to the blender if needed to thin out consistency for better blending.

To add extra nutritional punch, consider adding baby spinach, kale or celery to the recipe.