

## the golden rules of juicing

We've been making smoothies and juices for years. So we thought we'd pass on some of our favorite misconceptions about juicing to make sure you get to the recipes. In no particular order, here are the golden rules of juicing.

**Trust your senses.** Fruit and veg may be raw, but taste and quality during the press, or better something wholly natural. So don't be scared to alter the measures that you use in order to make your drink taste the best. Cut loose, live on the edge.

**Stay clean.** Always always wash your fruit and veg before you blend or juice it. It is restaurant ready. Who knows where it's been!

**Ignore us.** Don't stick to the recipe - make up your own stuff. That's how we came up with these recipes. And if you come up with any winners, send them in and we'll stick them in the next book. Your name will be in print!

**Be smart.** The best smoothies are made by starting off with the easy stuff. For example, if you were making an apple and banana drink, juice your apples with a juice first, then pour the apple juice into the blender. Add the banana bit by bit and blend until you get the desired consistency.

**Don't fuss with boosters.** Nature provides us with amazing stuff that you don't need to add sweet powders and proteins. Stick to fruit and veg, for they will serve you well.

**Keep your carrots cold.** A hotly specific one - carrots cannot juice best if you put your carrots into the fridge for a while before you juice them.

**Cheer with apples.** Lots of our recipes use an apple juice base. If you can't be bothered to juice apples every time, you can always add them with some nice fresh pressed apple juice from a carton or bottle.

**Switch it off.** Sometimes you might get a bit of fruit stuck to the bottom of your new juicer or blender. The temptation is to try to dig it with your fingers - bad call, especially if you haven't unplugged it first. We'd like you to know your fingers.



# Innocent Smoothie Recipe

**Camilla Rothe**



## **Innocent Smoothie Recipe :**

Ignite the flame of optimism with is motivational masterpiece, Fuel Your Spirit with **Innocent Smoothie Recipe** . In a downloadable PDF format ( \*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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