

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 misadventures and life-changing advice tips before we get to the recipes. In no particular order, here are the golden rules of juicing.

Trust your senses. Trust and rely only on size, taste and quality during the juicing process. It's better something's 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 leavers. Pulpers provide so much amazing stuff that you don't need to add sweet powders and gums. Stick to fruit and veg, for they will serve you well.

Keep your carrots cold. A little specific rule - carrots cannot juice hot! So just put your carrots into the fridge for a while before you juice them.

Cheat 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 sub 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 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

R Bogdan



Innocent Smoothie Recipe :

Reviewing **Innocent Smoothie Recipe** : Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Innocent Smoothie Recipe** ," an enthralling opus penned by a highly acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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