



Autumn Harvest Juice

1 medium sweet
potato, peeled
1 green apple
2 medium carrots
1 inch ginger root,
peeled



Mean Green Juice

1 bundle spinach
2 handfuls of kale
1 green apple
1 cucumber
1 pear



ABC Juice

1 green apple
1 beet
2 medium carrots



Lemon Ginger Zinger

1/2 lemon
1 green apple
2 medium carrots
1 inch ginger root,
peeled

Juice Recipe For Energy

Ian Pickup



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