

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 juicing wisdoms that'll help you make the best juice you get to the recipes. In no particular order, here are the golden rules of juicing.

Trust your senses. Trust and rely only in size, taste and quality during the press, or better something wholly natural. So don't be fooled by other the measures that you use in order to make your drink taste the best. Cut loose from the edge.

Stay clean. Always always wash your fruit and veg before you blend or juice it. It is important really. What comes where it's from!

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 bother 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 little specific rule - when using juice that's green, or just 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 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 57 2 Recipes From Our Kitchen To Yours

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