

JUICE RECIPES

#2	Celery Parsley Spinach	4 ozs. 2 ozs. 3 ozs.	#34	Carrot Cabbage	11 ozs. 5 ozs.	#44	Carrot Cucumber	12 ozs. 4 ozs.
#11	Add juice of 1 lemon to 4 ozs. horseradish, ground but not pressed		#35	Carrot Cabbage Celery	7 ozs. 4 ozs. 5 ozs.	#45	Carrot Dandelion	12 ozs. 4 ozs.
#26	Carrot Beet	13 ozs. 3 ozs.	#36	Carrot Cabbage Lettuce	8 ozs. 4 ozs. 4 ozs.	#46	Carrot Dandelion Lettuce	9 ozs. 3 ozs. 4 ozs.
Note: Use beet tops and roots.			#37	Carrot Celery	9 ozs. 7 ozs.	#47	Carrot Dandelion Spinach	10 ozs. 3 ozs. 3 ozs.
#27	Carrot Apple Beet	7 ozs. 6 ozs. 3 ozs.	Note: If celery tops (greens) are used, change to 10 ozs. Carrot, 6 ozs. Celery.			#48	Carrot Dandelion Turnip	11 ozs. 3 ozs. 2 ozs.
#28	Carrot Beet Celery	7 ozs. 3 ozs. 5 ozs.	#38	Carrot Celery Endive (Escarole)	9 ozs. 5 ozs. 2 ozs.	#49	Carrot Endive (Escarole)	13 ozs. 3 ozs.
#29	Carrot Beet Coconut	11 ozs. 3 ozs. 2 ozs.	#39	Carrot Celery Lettuce	7 ozs. 5 ozs. 4 ozs.	#50	Carrot Celery Endive (Escarole) Parsley	7 ozs. 5 ozs. 2 ozs. 2 ozs.
#30	Carrot Beet Cucumber	10 ozs. 3 ozs. 3 ozs.	#40	Carrot Celery Parsley	9 ozs. 5 ozs. 2 ozs.	#51	Carrot Green Peppers	12 ozs. 4 ozs.
#31	Carrot Beet Lettuce	9 ozs. 3 ozs. 4 ozs.	#41	Carrot Celery Radish	8 ozs. 5 ozs. 3 ozs.	#52	Carrot Lettuce	10 ozs. 6 ozs.
#32	Carrot Beet Lettuce Turnip	7 ozs. 3 ozs. 4 ozs. 2 ozs.	#42	Carrot Celery Spinach	7 ozs. 5 ozs. 4 ozs.	#53	Carrot Lettuce Cucumber	9 ozs. 4 ozs. 4 ozs.
#33	Carrot Beet Spinach	10 ozs. 3 ozs. 3 ozs.	#43	Carrot Celery Turnip	8 ozs. 6 ozs. 2 ozs.	#54	Carrot Lettuce Cucumber	7 ozs. 5 ozs. 4 ozs.

NOTE: Use tops *and* roots of beets, dandelions, radishes and turnips.

When preparing carrots, cut off the tops 1/2" below the ring where the green stems start, and snip off the tail of the carrot.

To remove sprays, etc., wash vegetables thoroughly with plenty of cold, running water, using a stiff brush when necessary.

#55	Carrot Lettuce Spinach	8 ozs. 5 ozs. 3 ozs.	#66	Carrot Alfalfa	12 ozs. 4 ozs.	#78	Celery Dandelion Spinach	8 ozs. 4 ozs. 4 ozs.
#56	Carrot Lettuce String Beans	9 ozs. 4 ozs. 3 ozs.	#67	Carrot Apple	9 ozs. 7 ozs.	#79	Celery Endive (Escarole) Parsley	11 ozs. 3 ozs. 2 ozs.
#57	Carrot Lettuce String Beans Brussels Sprouts	6 ozs. 4 ozs. 3 ozs. 3 ozs.	#68	Carrot Fennel	9 ozs. 7 ozs.	#80	Celery Lettuce Spinach	7 ozs. 5 ozs. 4 ozs.
#58	Carrot Lettuce Turnip	10 ozs. 4 ozs. 2 ozs.	#69	Carrot Coconut	13 ozs. 3 ozs.	#81	Celery Spinach Parsley	10 ozs. 4 ozs. 2 ozs.
#59	Carrot Parsley	12 ozs. 4 ozs.	#70	Grapefruit Lemon Orange	6 ozs. 3 ozs. 7 ozs.	#82	Celery String Beans	12 ozs. 4 ozs.
#60	Carrot Radish	11 ozs. 5 ozs.	#71	Carrot Orange	11 ozs. 5 ozs.	#83	Brussel Sprouts String Beans	7 ozs. 9 ozs.
#61	Carrot Spinach	10 ozs. 6 ozs.	#72	Carrot Pomegranate	11 ozs. 5 ozs.	#84	Carrot Brussel Sprouts String Beans	6 ozs. 5 ozs. 5 ozs.
#62	Carrot Spinach Turnip Watercress	10 ozs. 4 ozs. 2 ozs. 2 ozs.	#73	Carrot Beet Pomegranate	9 ozs. 3 ozs. 4 ozs.	#85	Carrot Asparagus Lettuce	8 ozs. 4 ozs. 4 ozs.
#63	Carrot Turnip	12 ozs. 4 ozs.	#74	Carrot Lettuce Pomegranate	7 ozs. 5 ozs. 4 ozs.	#86	Carrot Radish Watercress	8 ozs. 4 ozs. 4 ozs.
#64	Carrot Turnip Watercress	10 ozs. 3 ozs. 3 ozs.	#75	Cabbage Celery	5 ozs. 11 ozs.	#87	Carrot Parsnip Potato Watercress	6 ozs. 4 ozs. 4 ozs. 2 ozs.
#65	Carrot Watercress	12 ozs. 4 ozs.	#76	Celery Cucumber Parsley Spinach	10 ozs. 3 ozs. 2 ozs. 3 ozs.			
			#77	Celery Cucumber Turnip	10 ozs. 4 ozs. 2 ozs.			