

A Rainbow of Juices

Ensure you're getting a range of vitamins and nutrients by sipping the full spectrum of colorful juices



2 pints blueberries
2 pints blackberries
Seeds of 3 pomegranates

1/4 pineapple, peeled, cored and cut into pieces
1 cup blackberries
1 kiwifruit, peeled
1 pear
30 fresh mint leaves
2 cups blueberries

2 cups blueberries
2 kiwifruit, peeled
16 strawberries
2 cups mint leaves

1 apple
3 beets
3 large carrots
1-inch piece ginger
Handful of spinach or kale leaves, stemmed (optional)

4 cups cherries
2 cups raspberries
2 cups strawberries
2 green apples



2 cups strawberries
1 1/2 beets
2 oranges, peeled

1 cup pomegranate seeds
2 cups blueberries
Sugar, to taste (optional)
Sparkling water and ice cubes as needed

4 oranges, peeled
3 red beets
Ice cubes as needed

8 oz. strawberries
1 banana, peeled
1/2 pineapple, peeled, cored and cut into pieces

1 1/2 lb. red grapes
2 cups strawberries
Juice of 1/2 lime



1 pink grapefruit, peeled
2 cups strawberries
1/4 cantaloupe, peeled and seeded
1 cup grapes

1/2 cantaloupe, peeled and seeded
1 pink grapefruit, peeled
2 cups raspberries
1 yellow beet
1/2-inch piece ginger

1 orange, peeled
1/8 pineapple, peeled, cored and cut into pieces
2 carrots
Juice of 1/4 lemon

5 carrots
2 yellow beets
Juice of 1 lemon

5 carrots
2 1/2 green apples
1/2-inch piece ginger
Juice of 1/2 lemon



3 papaya, peeled and seeded
1 mango, peeled and pitted
Juice of 1 lime

1 large pineapple, peeled, cored and cut into pieces
1 cup strawberries
1 pear
30 fresh mint leaves

2 mangoes, peeled and pitted
1 pineapple, peeled, cored and cut into pieces
Juice of 2 limes
1 orange, peeled
20 mint leaves

3 mangoes, peeled and pitted
Juice of 1 lime
1/2 cup water
Crushed ice as needed

3 yellow beets
1 green apple
1-inch piece ginger



1 pineapple, peeled, cored and cut into pieces
1 Tbs. fresh lavender blossoms
Crushed ice as needed
Lavender sprigs for garnish

4 Asian pears
Juice of 1 1/2 Meyer lemons
1/2-inch piece ginger

3 mangoes, peeled and pitted
1 green apple

1/4 cantaloupe, peeled and seeded
2 green apples
3 oranges, peeled
Handful mint leaves

1/2 pineapple, peeled, cored and cut into pieces
1 bunch mint leaves
1/2 cucumber
1 stalk celery
Juice of 1/2 lime



1 green apple
3 handfuls spinach leaves
6 to 8 kale leaves, stemmed
4 large carrots
1-inch piece ginger

6 kale leaves, stemmed
2 cups spinach leaves
1/2 cucumber
4 celery stalks
2 apples
1-inch piece ginger
Juice of 1/2 lemon

1 1/2 oz. spinach leaves
2 1/2 green apples
1 celery
1 pear
Juice of 1 lemon

1 1/2 green apples
1 1/2 kiwifruit, peeled
1/2 bunch kale
1/2 head hearts of romaine
1/2 cucumber
Juice of 1 lemon

Handful of romaine hearts
Handful of kale or collard leaves, stemmed
Handful of spinach leaves
2 handfuls fresh flat-leaf parsley leaves
2 or 3 celery stalks
1-inch piece ginger
Juice of 1/2 lemon