

Juice Combinations

Use the chart below to choose ingredients to create your own juice blend.

SWEET

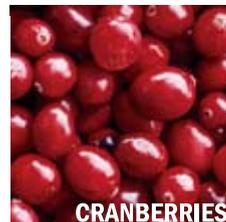
These ingredients are sweet when ripe, so they help to balance the bolder flavors of strong vegetables.



APPLES

BOLD

From tart and bitter to strong and spicy, these fruits and vegetables pack a punch and should be tempered by other ingredients.



CRANBERRIES

NEUTRAL

The mellow flavors of these ingredients are neither bitter nor spicy, so they work well in a variety of combinations.



FENNEL

Simply follow these 4 steps:

Step #1:
Pick one item from the SWEET column.

Step #2:
Pick one item from the BOLD column.

Step #3:
Pick one item from the NEUTRAL column.

Step #4:
Juice ingredients in a juicer or blender.



BEETS



BROCCOLI RABE



CUCUMBERS



CARROTS



RADISHES



PEPPERS



GRAPES



RUTABAGA



CHARD



MELON



GRAPEFRUIT



CELERY

Meet Joe Cross (Continued)

When I turned 40, I looked in the mirror and I said enough is enough. I decided to take matters into my own hands. There was no magic pill to cure me so I thought, what would happen if I radically changed my diet. I had done juice fasts (aka Reboots) before with success so I thought, what if I only drank fruits and vegetables for 60 days? What would that do to my health? What if I only consumed plant food . . . vegetables, fruits, nuts, beans, legumes and seeds? Would I be able to get off my medication?

I did my first Reboot in late 2007 and was completely off my medication in March of 2008. I've been that way ever since. Once we wrapped *Fat, Sick & Nearly Dead*, we all knew that we had something very special and inspirational. I decided to create a community that would enable everyone in the world to experience this life-changing way of life!

My vision is that we will have millions of people that join up here as members and make the commitment to increase their plant food consumption . . . be it by drinking or eating. Once you successfully complete your Reboot, you will crave more plant food."

Adapted from Reboot Your Life;
www.jointhereboot.com

Visit williams-sonoma.com to search our extensive recipe collection, find menus and tips for entertaining, and browse an expanded selection of products in every category.

April 29, 2012

Meet Joe Cross

Joe Cross, the star of the inspiring documentary *Fat, Sick and Nearly Dead*, is the founder of Reboot Your Life, an organization created to change the way we think about, purchase and consume foods.

The cornerstone of the Reboot Your Life plan promotes consumption of a plant-based diet that relies heavily on juicing. Joe calls fruits and vegetables "captured sunlight" and believes that the energy and power contained in fruits and vegetables is most easily transferred to us by converting them into a liquid form.

Reboot Your Life is a supportive community with over 100,000 members; to join the Reboot and begin your life-altering journey, watch the documentary, buy a juicer and begin drinking in the power of fruits and vegetables.

A message from Joe Cross: "A little about me: around 4 years ago, I was 100 lb. overweight. I was taking medication night and day. I had high blood pressure and high cholesterol. My blood work wasn't great . . . some things were in the normal range but most were either too high or too low. Basically, I was a mess.

(Continued on back page)

Ingredients for Orange and Banana Ice Cream

3 oranges, peeled
2 medium bananas, peeled
½ cup superfine or bar sugar
2 cups heavy cream

WILLIAMS-SONOMA

Technique Class: Juicing

Why Juice?

If you look at the plate of the average American meal, you will notice that almost half of it includes meat or animal protein; heavy starches take up another one-fourth of the plate, with the rest reserved for a small serving of overcooked vegetables. Simply put, the average American does not consume the recommended 2 to 3 daily servings *each* of fruits and vegetables. Plus, many nutritionists find these daily recommended servings to be low and suggest increasing consumption of nutrient-packed, low-calorie vegetables and fruits for improved health.

Two or three servings of vegetables and two or three servings of fruit per day can seem like a big increase in your daily diet, but there are ways to easily and efficiently include these in every meal. Adding a serving of berries to breakfasts and lunches is a quick fix, as is replacing starches at dinner with lightly cooked or even raw vegetables. The easiest way, however, is to create your own "superfoods" in the form of fresh fruit and vegetable juices.

Of course, you can just eat the vegetables, but many of us simply will not. By juicing fruits and vegetables, the body can more readily absorb the phytochemicals and micronutrients that are beneficial for our well-being. Plus, with juicing, you can consume many more fruits and vegetables, greatly increasing daily servings, without feeling overly full. And, when consuming fruits and vegetables in a liquid form with the fiber removed, the body does not need to expend energy digesting food, so that energy can be used to repair and detoxify organs.

Juicing not only helps you make healthier choices when it comes to food, but also plays a big part in other aspects of a healthy lifestyle. People who juice regularly report that they think more clearly, have a healthy glow and decreased blemishes, have no midafternoon energy crashes, and fall into a deeper sleep more easily and sleep for longer periods of time.

Orange and Banana Ice Cream

Cut the oranges and bananas into chunks. Juice the oranges first, saving the juice but discarding the pulp. Then juice the bananas. In a bowl, combine the banana juice and banana pulp, the orange juice, sugar and cream, stirring well to dissolve the sugar. Freeze in an ice cream maker according to the manufacturer's instructions. Serves 4.

Adapted from Hurom Slow Juicer.

Ingredients for Mean Green Juice

6 to 8 kale leaves (Australian Tuscan cabbage), washed

1 cucumber

4 celery stalks

2 apples, cored

½ lemon, peeled

1 Tbs. fresh ginger (or ½-inch piece)

Ingredients for Apple-Cantaloupe-Honeydew Juice

½ cantaloupe

½ honeydew melon

6 to 8 kale leaves, washed

6 to 8 Swiss chard leaves, washed

2 apples, cored

Ingredients for Gazpacho Juice

1 large cucumber

2 cups packed fresh flat-leaf parsley leaves and stems, roughly chopped

4 plum tomatoes, stems removed

2 celery stalks

1 red bell pepper

¼ small red onion

1 lime, peeled and halved

Ingredients for Sweet Potato, Celery, Ginger and Orange Juice

4 celery stalks, washed

1 small sweet potato, peeled and halved

1-inch piece of fresh ginger

4 oranges, peeled

Ingredients for Peachy Green Juice

6 to 8 kale leaves (Australian Tuscan cabbage) with stems, washed

4 dandelion green leaves, washed

2 medium summer squash

4 small organic peaches, halved and pitted

1 organic apple, cored

½ lemon, peeled

Mean Green Juice

*(recipe featured in *Fat, Sick and Nearly Dead*)*

Roll the kale leaves together and juice first, and then juice the remaining ingredients in the order listed (cucumber, celery, apples, lemon and ginger). Serve over ice.

Serves 1.

Adapted from Reboot Your Life.™

Apple-Cantaloupe-Honeydew Juice

Peel or remove the skin and seeds of the cantaloupe and honeydew melon, then cut into chunks or quarter-moons. Roll the kale leaves together and then roll the chard leaves into a separate bundle.

Juice the cantaloupe and honeydew melon first, then add the kale and chard and finally, the apples. (The firmer fruits and vegetables will help to push the greens through the extractor.) Serve over ice. Serves 1.

Ingredients for Gazpacho Juice

Adapted from Reboot Your Life.™

Gazpacho Juice

Depending on the type of juice extractor you are using, you may need to cut the vegetables into smaller pieces than the recipe calls for before juicing.

Juice the cucumber first, followed by the parsley, and then juice the remaining ingredients in the order listed (tomatoes, celery, bell pepper, onion and lime).

Note that the pectin in the tomatoes and the lime may cause this drink to thicken quickly; if needed, stir to thin out the juice. Serve over ice. Serves 1.

Ingredients for Sweet Potato, Celery, Ginger and Orange Juice

Juice the ingredients in the order listed (celery, sweet potato, ginger and oranges). Serve over ice. Serves 1.

Adapted from Breville USA.

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Peachy Green Juice

Roll the kale leaves together and then roll the dandelion green leaves into a separate bundle.

Juice the kale and dandelion greens first, and then juice the remaining ingredients in the order listed (squash, peaches, apple and lemon). Serve over ice. Serves 1.

Adapted from Reboot Your Life.™

Watermelon, Pineapple and Ginger Juice

Juice the ingredients in the order listed (pineapple, watermelon and ginger). Serve over ice with crushed mint if desired. Serves 1.

Adapted from Reboot Your Life.™

Pear and Fennel Juice

Wash the pear skins and core the pears. Wash the fennel bulbs and trim away any brown or bruised spots. Juice the ingredients in the order listed (pear and fennel). Serve over ice with crushed mint if desired. Serves 1.

Adapted from Reboot Your Life.™

Black Bean and Veggie Burgers

Cut the carrots and beets into small chunks, and roughly chop the parsley and lettuce. Juice the ingredients in the order listed. Transfer to a large bowl.

Adapted from Reboot Your Life.™

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Cut the carrots and beets into small chunks, and roughly chop the parsley and lettuce. Juice the ingredients in the order listed. Transfer to a large bowl.

In a food processor, combine the black beans, onion, cilantro, jalapeño and garlic and pulse until the consistency is chunky but blended.

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Add the black bean mixture to the bowl with the vegetable pulp. Add the cumin, chili powder, salt, pepper, eggs and bread crumbs and stir until well incorporated. Form the mixture into 5-inch patties; you should have 12 patties.

Heat a nonstick fry pan over medium-high heat and warm the oil. Cook the patties, turning once, 4 to 5 minutes per side. Alternatively, cook the patties on a grill: place them on a well-oiled sheet of aluminum foil and cook, turning once, 8 to 10 minutes per side. Serves 6 to 8.

Heat a nonstick fry pan over medium-high heat and warm the oil. Cook the patties, turning once, 4 to 5 minutes per side. Alternatively, cook the patties on a grill: place them on a well-oiled sheet of aluminum foil and cook, turning once, 8 to 10 minutes per side. Serves 6 to 8.

Adapted from Hurom Slow Juicer.

Pasta with Provençal-Style Sauce

Juice the tomatoes, parsley, celery, garlic, onion and red bell pepper in the order listed.

In a large saucepan, combine the tomato paste and wine and stir until smooth, then stir in the extracted juice. Set the pan over medium heat and cook for 3 to 4 minutes. Add the pasta and toss to coat well with the sauce.

Divide the pasta and sauce among 4 bowls and sprinkle with the oregano and Parmesan cheese. Serves 4.

Adapted from Breville USA.

Ingredients for Watermelon, Pineapple and Ginger Juice

⅓ pineapple, cored and skin removed

2 large watermelon slices, rind removed

1-inch piece of fresh ginger

Crushed fresh mint for serving (optional)

Ingredients for Pear and Fennel Juice

2 Comice, Bosc or Bartlett pears

2 medium fennel bulbs

Crushed fresh mint for serving (optional)

Ingredients for Black Bean and Veggie Burgers

3 carrots

2 beets

½ cup fresh flat-leaf parsley leaves

½ cup lettuce leaves

1 can (15 oz.) black beans, drained

½ yellow onion

¼ cup fresh cilantro leaves

½ jalapeño, seeds removed

3 garlic cloves

1 tsp. ground cumin

1 tsp. chili powder

1 tsp. salt

1 tsp. freshly ground pepper

2 eggs

⅓ cup bread crumbs

1 Tbs. vegetable oil

Ingredients for Pasta with Provençal-Style Sauce

4 tomatoes

2 fresh flat-leaf parsley sprigs

1 celery stalk

2 large garlic cloves

1 small onion, peeled and trimmed

1 red bell pepper, halved and seeded

1 Tbs. tomato paste

¼ cup red wine

1 lb. cooked pasta or noodles

2 tsp. dried oregano

¼ cup grated Parmesan cheese