

# Juicing Recipes

## Grapefruit Cilantro Juice

Recipe by Carissa Cox

We love how the cilantro balances the acidity of the grapefruit in this drink. Cilantro is a cooling herb and balances, cleanses, and stimulates metabolic activity. Cilantro is used to treat allergies, hyper-acidity, and skin problems. Grapefruit is very cleansing when drunk or eaten in the morning. It helps lessen mucus in the system and helps digestion of sugar.

In a blender, puree together:

1 cup cilantro

4 cups fresh grapefruit juice (juice of 6 grapefruits)



## Orange, Cucumber, and Celery Juice

By Carissa Cox

It feels like Summer outside. And Summer reminds me of cool cucumbers. I love cucumbers because when you juice them, you get A LOT of juice! I spend less time juicing when I use cucumbers!

We have loved this mix of juices, after drinking it on our recent travels. This is easily my son's favorite drink these days, although it is best in Summer or Autumn when 2 out of 3 ingredients are in season. Very simply, you need:

4 cups of freshly squeezed orange juice (In the Autumn, use Sour Oranges. In the Winter, use Washington Navels. In the Spring, use Sweet Oranges, Tangelos or Temple Oranges.)

3 cucumbers and 4 celery sticks (both best in Summer and Autumn)

Juice the cucumbers and celery. You should have about 4 cups in total.

Combine 4 cups of orange juice with 4 cups of the green juice. Voila! A delightful drink!