

# Nel's Juice Garden

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A Collection of 100 Refreshing Vegan Juices 🌸🍊🍍

## 🌴 Tropical Classics

### Papaya Paradise

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸

### Creamy Coconut Glow

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸

### Golden Mango Sunrise

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.

3. Serve chilled and enjoy! 🌸

### **Pineapple Breeze**

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸

### **Passionfruit Nectar**

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸

### **Guava Glow**

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸

### **Lychee Love**

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water

- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸

## Dragonfruit Splash

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸

## Coconut-Pineapple Cooler

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸

## Mango Papaya Dream

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.

3. Serve chilled and enjoy! 🌸

## **Berry Delights**

### **Strawberry Bliss**

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸

### **Blueberry Sky**

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸

### **Blackberry Velvet**

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸

## Raspberry Sparkle

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸

## Triple Berry Burst

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸

## Strawberry Coconut Cream

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸

## Cranberry Sunrise

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸

### **Berry Hibiscus Glow**

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸

### **Strawberry Lemonade Fusion**

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸

### **Acai Energy**

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸

## **Citrus Spark**

### **Orange Sunshine**

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸

### **Grapefruit Glow**

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸

### **Lemon Zest Refresher**

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸

### **Lime Cooler**

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water

- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸

## **Tangerine Dream**

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸

## **Orange-Carrot Vitality**

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸

## **Lemon Mint Splash**

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.



3. Serve chilled and enjoy! 🌸

### Orange-Pineapple Punch

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸

### Grapefruit Rosemary Twist

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸

### Citrus Glow Tonic

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸

## **Green Vitality**

### **Green Goddess Glow**

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸

### **Celery Revive**

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸

### **Cucumber Mint Refresh**

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸

### **Spinach Apple Zing**

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water

- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸

## **Kale Pineapple Fusion**

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸

## **Wheatgrass Wonder**

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸

## **Green Melon Cooler**

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.

3. Serve chilled and enjoy! 🌸

### Apple Ginger Greens

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸

### Avocado Coconut Cream

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸

### Minty Green Energizer

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸

## **Root Energy**

### **Carrot Apple Ginger**

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸

### **Beet Berry Glow**

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸

### **Turmeric Sunshine**

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸

### **Ginger-Lemon Fire**

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water

- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸

## **Carrot Orange Dream**

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸

## **Sweet Potato Vanilla Cream**

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸

## **Beet Carrot Citrus**

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.

3. Serve chilled and enjoy! 🌸

### Spiced Carrot Bliss

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸

### Beet Coconut Nectar

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸

### Root Glow Energy

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸

## Hydrating Melons

### Watermelon Splash

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸

### Cantaloupe Cooler

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸

### Honeydew Lime Glow

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸

### Watermelon Mint Twist

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water



- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸

## **Melon Berry Fusion**

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸

## **Cantaloupe Cream Dream**

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸

## **Watermelon Cucumber Refresher**

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.

3. Serve chilled and enjoy! 🌸

### Honeydew Coconut Hydrator

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸

### Melon-Pineapple Spark

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸

### Watermelon Ginger Fresh

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸


## Exotic & Floral

### Rose Lemon Cooler

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:


1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 

### Lavender Honeydew Glow

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:


1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 

### Hibiscus Hibiscus

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 

### Jasmine Lychee Infusion

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water

- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸

## **Rose Coconut Cream**

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸

## **Violet Berry Dream**

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸

## **Hibiscus Passionfruit Punch**

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.

3. Serve chilled and enjoy! 🌸

### Chamomile Apple Glow

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸

### Rose Mango Nectar

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸

### Floral Citrus Bliss

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸

## Orchard Fresh

### Apple Cinnamon Glow

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸

### Pear Ginger Spark

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸

### Apple Carrot Fusion

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸

### Plum Vanilla Cream

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water

- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸

## Apple Mint Breeze

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸

## Pear Berry Sparkle

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸

## Apple Pomegranate Twist

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.

3. Serve chilled and enjoy! 🌸

### Stone Fruit Medley

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸

### Orchard Glow Punch

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸

### Pear Rosemary Infusion

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸



## **Superfood Boosts**

### **Spirulina Pineapple Energy**

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸

### **Chia Berry Hydrator**

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸

### **Maca Mango Power**

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸

### **Matcha Coconut Glow**

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water

- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸

## **Cacao Banana Cream**

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸

## **Golden Glow Latte (turmeric)**

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸

## **Hemp Protein Shake-Juice**

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.

3. Serve chilled and enjoy! 🌸

### Goji Berry Elixir

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸

### Aloe Vera Mint Glow

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸

### Supergreens Energy

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸


## **Comfort Creams & Rich Juices**

### **Creamy Papaya Coconut**

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:


1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 

### **Banana Almond Cream**

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:


1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 

### **Cashew Vanilla Glow**

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 

### **Oat Milk Strawberry Cream**

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water

- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸

### **Mango Lassi (vegan)**

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸

### **Coconut Cinnamon Dream**

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸

### **Almond-Date Sweet Cream**

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.

3. Serve chilled and enjoy! 🌸

### **Pistachio Rose Glow**

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸

### **Peanut Butter Chocolate Shake-Juice**

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸

### **Creamy Tropical Fusion**

Ingredients:

- Fresh fruit(s) listed in title
- Water or coconut water
- Optional: splash of lemon or natural sweetener

Directions:

1. Chop fruits.
2. Blend with water or coconut water.
3. Serve chilled and enjoy! 🌸