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SEASONAL JUICE RECIPES



Clover Publishing

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BONUS FROM JUICING FOR BEGINNERS

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Publishing

ENJOYING EACH SEASON



Seasonal juicing is a fantastic way to enjoy the freshest, most flavorful produce while maximizing the nutritional benefits.

Fruits and vegetables are at their peak when in season, meaning they not only taste better but also retain more vitamins and minerals. Seasonal produce is often more affordable and sustainable, as it's harvested locally and doesn't require long-distance shipping.

Plus, juicing with what's in season allows for a variety of flavors throughout the year, keeping your juice recipes exciting and diverse. By following the rhythm of the seasons, you'll enjoy the best nature has to offer in every glass!

In addition, if you have a garden, you can grow these seasonal fruits and vegetables and harvest them immediately before turning them into juice. Juice can't get better than that!

SPRING

01 - Spring Awakening Juice

- 1 cucumber
- 1 green apple
- 1 handful of spinach
- 1/2 lemon (peeled)
- 1-inch piece of fresh ginger

02 - Strawberry Cherries Refresh

- 1 cup strawberries (hulled)
- 1 cup cherries
- 1/2 cucumber
- 1 orange (peeled)

03 - Green Garden Delight

- 1 handful of kale
- 1 handful of parsley
- 1/2 green apple
- 1/2 cucumber
- 1 celery stalk

04 - Citrus Beet Boost

- 1 small beet (peeled)
- 1 orange (peeled)
- 1/2 grapefruit (peeled)
- 1 carrot

05 - Mango & Greens Refresher

- 1 cup mango (peeled and chopped)
- 1 handful of spinach
- 1/2 cucumber
- 1 green apple
- 1/2 lemon (peeled)
- 1-inch piece of ginger (optional for a zing)

SUMMER

06 - Berry Citrus Splash

- 1 cup strawberries (hulled)
- 1/2 cup raspberries
- 2 cups fresh Arugula
- 1/2 lemon (peeled)
- 1 handful of mint leaves

07 - Watermelon Cooler

- 2 cups watermelon (cubed)
- 1 cucumber
- 1 lime (peeled)
- 1 handful of fresh basil

08 - Peach & Pineapple Zing

- 2 peaches (pitted)
- 1 cup pineapple (chopped)
- 1/2 lemon (peeled)
- 1-inch piece of ginger

09 - Cucumber Melon Refresher

- 1 cup cantaloupe (cubed)
- 1 cucumber
- 1 green apple
- 1 handful of Spinach
- 1/2 lime (peeled)

10 - Tomato & Pepper Energizer

- 2 ripe tomatoes
- 1 red bell pepper
- 1 carrot
- 1/2 cucumber
- 1 stalk celery

AUTUMN

11 - Pear & Carrot Fusion

- 3 carrots
- 1 pear
- 1/2 lemon (peeled)
- 1-inch piece of ginger

12 - Apple & Beet Boost

- 2 apples (cored)
- 1 small beet (peeled)
- 2 carrots
- 1-inch piece of fresh ginger
- 1/2 lemon (peeled)

13 - Pomegranate Pear Fusion

- 1 pomegranate (seeds only)
- 2 pears
- 1/2 cucumber
- 1 handful of spinach

14 - Pumpkin Spice Juice

- 1 cup pumpkin (peeled and cubed)
- 2 carrots
- 1 orange (peeled)
- 1-inch piece of fresh ginger
- A dash of cinnamon (optional)

15 - Cranberry Citrus Revitalizer

- 1/2 cup fresh cranberries
- 1 orange (peeled)
- 1/2 grapefruit (peeled)
- 1 apple (cored)

16 - Sweet Potato & Apple Power Juice

- 1 sweet potato (peeled and cubed)
- 2 carrots
- 1 Lime
- 1 orange

WINTER

17 - Kiwi Citrus Green Boost

- 2 kiwis (peeled)
- 1 green apple (cored)
- 1 handful of spinach
- 1/2 cucumber
- 1/2 lemon (peeled)

18 - Clementine & Carrot Ginger Burst

- 3 clementines (peeled)
- 3 carrots
- 1/2 lemon (peeled)
- 1-inch piece of fresh ginger
- 1/2 cucumber

19 - Pear & Parsnip Sweetness

- 2 pears
- 1 parsnip
- 1 apple (cored)
- 1/2 lemon (peeled)

20 - Pineapple & Kale Detox

- 1 cup pineapple (peeled and chopped)
- 1 handful of kale
- 1/2 cucumber
- 1/2 lemon (peeled)

21 - Winter Citrus & Beet Bliss

- 1 small beet (peeled)
- 1 grapefruit (peeled)
- 1 orange (peeled)
- 1/2 inch fresh turmeric (optional)



This bonus was created to complement **Juicing For Beginners**, A Collection of Quick & Delicious Recipes to Boost Your Immune System, Revitalize Your Energy, Enhance Weight Loss, and Detoxify Your Body

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