

15 KID-FRIENDLY JUICE RECIPES



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BONUS FROM JUICING FOR BEGINNERS

JUICING FOR GROWTH



It's incredibly important to teach our kids to like vegetables from an early age, as they provide essential nutrients that support healthy growth and development. Encouraging them to enjoy veggies sets the foundation for lifelong healthy eating habits.

Unfortunately, many **processed juices available today are loaded with sugar** and just made from fruit, which can lack the balance of vitamins and minerals our children need. These sugary drinks may taste good, but they don't provide the nutritional benefits of a well-rounded juice that includes both fruits and vegetables. That's why **each juice should strike a balance, incorporating the natural sweetness of fruits while sneaking in the powerful nutrients from vegetables.**

We've created this list of juice recipes to do just that. Not only are these drinks packed with the right balance of fruits and vegetables, but they've also been tested and approved by our very own 13-year-old daughter—so you can be confident that your kids will love them too!

Keep in mind that these juice recipes can easily be customized to fit your child's specific taste preferences. Feel free to experiment with different combinations of fruits and vegetables, but **it's important always to include at least one vegetable in each juice** to ensure that you're providing the essential nutrients that fruits alone might not offer. This balance helps deliver the vitamins and minerals kids need for healthy growth.

Since we don't know the exact size of the glasses you'll be using, you might have to adjust the quantities to fit what works best for your family. The good news is that these recipes give you a solid base, so you can confidently create healthy, delicious juices that your kids will enjoy!

01 - Green Island

- 2 cups fresh kale
- ¼ pineapple
- Coconut water

02 - StrawBasil Cooler

- 2 cups fresh strawberries
- Basil leaves (10 gr)
- ½ cucumber

03 - Peach Perfect

- 2 Peaches
- ¼ Cucumber
- Basil leaves (10 gr)

04 -Broccoli-Pineapple Splash

- 2 cups fresh broccoli
- ¼ pineapple
- 2 green apples
- 1 small piece of ginger

05 - Watermelon Mint Zing

- Watermelon
- Mint leaves (10 gr)
- 1 lime

06 - Carrot Lime Power Punch

- 4 Carrots
- ½ lime
- 2 cups fresh parsley

07 - Spinach-Apple Green Juice

- ¼ Cucumber
- ½ celery stalk
- 1 red-apple
- 2 cups fresh spinach
- 1/2 lemon

08 - Rainbow juice

- 1 oranges
- 1 beet
- 1 carrot
- 1 lemon
- 1 small piece of ginger

09 - Carrot-Orange Delight

- 4 carrots
- 1 orange
- 1 small piece of ginger

10 - Spinach Supa Juice

- 2 Apples
- 2 kiwi
- 2 cups fresh spinach
- ½ celery stalk
- ½ lime

11 - Carrot-Pear Smooth Blend

- 3 large carrots
- 1 pear
- 1 small piece of turmeric (optional)

12 - Kale-Watermelon Refresher

- 1 cup fresh kale
- 1 cup watermelon
- 1 lemon

13 - Cherry Loop

- 2 cups pitted sour cherries
- 2 cup fresh cantaloupe
- 2 cups fresh kale
- Coconut water

14 - Grape-grape juice

- 2 cups grapes
- ½ grapefruit
- 1 beet
- 1 lemon

15 - Brocapple dash

- 2 cups fresh broccoli
- 2 green apples
- 1 lemon



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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