



Blender Juices

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Beet Apple Carrot Juice

2 servings

5 minutes

Ingredients

2 Beet (peeled and chopped (from Gwillimdale Farms))
2 Apple (chopped, core removed)
2 Carrot (chopped (from Gwillimdale Farms))
1 Lemon (peeled and chopped)
2 tbsps Ginger (peeled)
2 cups Water

Directions

- 1 Add all of the ingredients to a blender. Blend until smooth.
- 2 Place a nut milk bag, fine mesh sieve, or clean cheesecloth over a large bowl or pitcher, pour the mixture in, and squeeze tightly to extract all the clear juice from the pulp. Enjoy!

Nutrition

Amount per serving	
Calories	165
Fat	1g
Carbs	42g
Fiber	9g
Sugar	28g
Protein	3g
Cholesterol	0mg
Sodium	114mg
Vitamin A	10317IU
Vitamin C	26mg
Calcium	70mg
Iron	1mg



Turmeric Parsnip Carrot Orange Juice

2 servings

5 minutes

Ingredients

2 Navel Orange (peeled)
2 Carrot (chopped (from Gwillimdale Farms))
2 Parsnip (chopped (from Gwillimdale Farms))
2 tbsps Ginger (peeled)
2 cups Water
1 tsp Turmeric

Directions

- 1 Add all of the ingredients to a blender. Blend until smooth.
- 2 Place a nut milk bag, fine mesh sieve, or clean cheesecloth over a large bowl or pitcher, pour the mixture in, and squeeze tightly to extract all the clear juice from the pulp. Enjoy!

Nutrition

Amount per serving	
Calories	217
Fat	1g
Carbs	53g
Fiber	11g
Sugar	23g
Protein	4g
Cholesterol	0mg
Sodium	65mg
Vitamin A	10536IU
Vitamin C	107mg
Calcium	167mg
Iron	2mg



Green Parsnip Juice

2 servings

5 minutes

Ingredients

- 2 Apple (chopped, core removed)
- 3 stalks Celery (chopped)
- 2 Parsnip (chopped (from Gwillimdale Farms))
- 1 Lemon (peeled)
- 2 tbsps Ginger (peeled)
- 2 cups Water

Directions

- 1 Add all of the ingredients to a blender. Blend until smooth.
- 2 Place a nut milk bag, fine mesh sieve, or clean cheesecloth over a large bowl or pitcher, pour the mixture in, and squeeze tightly to extract all the clear juice from the pulp. Enjoy!

Nutrition

Amount per serving	
Calories	227
Fat	1g
Carbs	57g
Fiber	11g
Sugar	28g
Protein	3g
Cholesterol	0mg
Sodium	72mg
Vitamin A	369IU
Vitamin C	41mg
Calcium	120mg
Iron	1mg