

JUICER RECIPES



KitchenAid®

JUICER RECIPES

KitchenAid®



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Pictured on the front cover: Yellow Mango Tango (page 104).

Pictured on the back cover (left to right, top to bottom): Orange Apricot (page 10), Purpleberry (page 38), Spicy Pineapple Carrot (page 48), Kiwi Twist (page 84), Red Cabbage and Pineapple (page 78), Yellow Mango Tango (page 104) and Mediterranean Artichoke Omelet (page 120).

Manufactured in China.

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EASY CLEAN JUICER

Fresh fruits. Fresh vegetables. Fresh results. Take your culinary creativity to new heights with over 50 new recipes that will inspire and delight; each recipe has been rigorously tested and earned the KitchenAid®

Official Recipe Seal of Approval. Discover easy to prepare, nutritious and tasty recipes using a variety of fresh fruits and vegetables.

Start the day with Citrus Carrot Juice, then power back up for lunch with a Melon Refresher. But don't stop there... keep the juices flowing with an energizing Yellow Mango Tango for a late afternoon kick. And make the best use of the pulp with Carrot Oat Muffins.

Just like your favorite fresh market stand, we guarantee you'll be returning to this recipe book and your juicer for fresh results daily.





MORNING JUICES

Morning Blend	8
Orange Apricot	10
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MORNING BLEND

- 1 orange, peeled
- ¼ pineapple, peeled
- 1 inch fresh ginger, peeled

- 1 Adjust 3-in-1 adjustable pulp screen to desired setting on KitchenAid® Juicer.
- 2 Juice orange on low, using food pusher to slowly guide food through feed chute. Juice pineapple and ginger on high. Stir; serve immediately.

Makes 2 servings



ORANGE

APRICOT

- 1 orange, peeled**
- 6 apricots, pitted**
- Ice cubes (optional)**

- 1** Adjust 3-in-1 adjustable pulp screen to desired setting on KitchenAid® Juicer.
- 2** Juice orange and apricots on low, using food pusher to slowly guide food through feed chute. Stir; serve immediately over ice, if desired.

Makes 2 servings



CRANBERRY

APPLE TWIST

- ¾ cup cranberries**
- ½ cucumber**
- ½ lemon, peeled**
- 2 apples**
- 1 inch fresh ginger, peeled**

- 1** Adjust 3-in-1 adjustable pulp screen to desired setting on KitchenAid® Juicer.
- 2** Juice cranberries, cucumber and lemon on low, using food pusher to slowly guide food through feed chute. Juice apples and ginger on high. Stir; serve immediately.

Makes 3 servings



CITRUS

CARROT

- 1 orange, peeled
- ½ lemon, peeled
- 2 carrots, ends trimmed

- 1 Adjust 3-in-1 adjustable pulp screen to desired setting on KitchenAid® Juicer.
- 2 Juice orange and lemon on low, using food pusher to slowly guide food through feed chute. Juice carrots on high. Stir; serve immediately.

Makes 2 servings

Note: Use the leftover pulp from this juice to make Carrot and Oat Muffins (page 118). Juice the orange and carrots first and measure ½ cup pulp for the muffins before juicing the lemon. For pulp with a better consistency, peel the carrots before juicing them and remove any large pieces of orange rind.



DAILY GREEN

- 3 leaves kale
- ½ cucumber
- ½ lemon, peeled
- 1 green apple
- 2 stalks celery
- 1 inch fresh ginger, peeled

- 1 Adjust 3-in-1 adjustable pulp screen to desired setting on KitchenAid® Juicer.
- 2 Juice kale, cucumber and lemon on low, using food pusher to slowly guide food through feed chute. Juice apple, celery and ginger on high. Stir; serve immediately.

Makes 2 servings



PEACHY KEEN

- 2 peaches, pitted
- 1 cup red seedless grapes
- ¼ lemon, peeled

- 1 Adjust 3-in-1 adjustable pulp screen to desired setting on KitchenAid® Juicer.
- 2 Juice peaches, grapes and lemon on low, using food pusher to slowly guide food through feed chute. Stir; serve immediately.

Makes 2 servings



RED ORANGE

- 1 orange, peeled
- ½ cup raspberries
- ½ cup strawberries, hulled
- 1 apple

- 1 Adjust 3-in-1 adjustable pulp screen to desired setting on KitchenAid® Juicer.
- 2 Juice orange, raspberries and strawberries on low, using food pusher to slowly guide food through feed chute. Juice apple on high. Stir; serve immediately.

Makes 2 servings



PINEAPPLE MANGO CUCUMBER

- 1 mango, peeled and pitted
- 1 cucumber
- ½ lemon, peeled
- ¼ pineapple, peeled

- 1 Adjust 3-in-1 adjustable pulp screen to desired setting on KitchenAid® Juicer.
- 2 Juice mango, cucumber and lemon on low, using food pusher to slowly guide food through feed chute. Juice pineapple on high. Stir; serve immediately.

Makes 2 servings

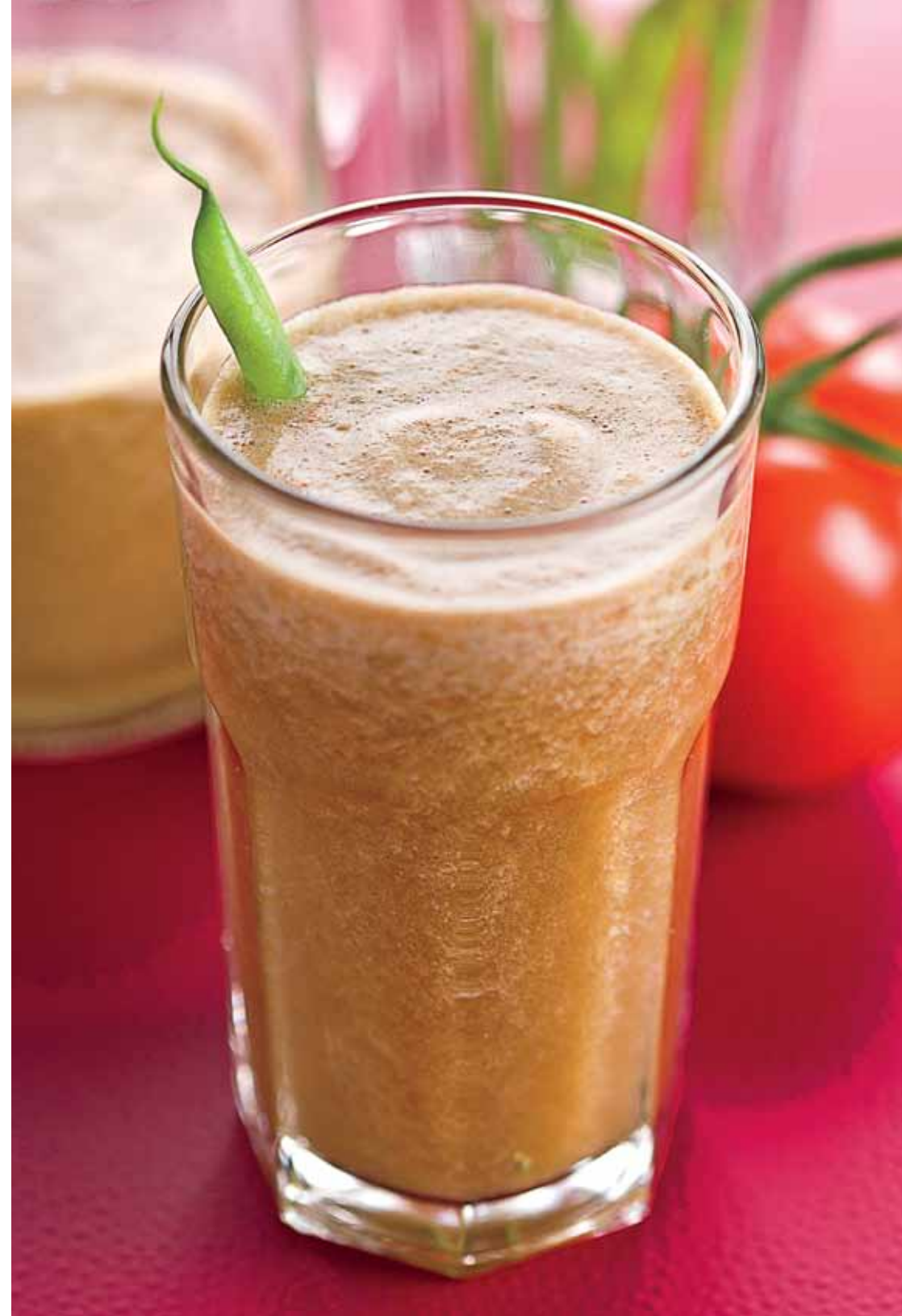


MORNING VEGGIE

- 2 tomatoes
- ½ cucumber
- 8 green beans
- ½ lemon, peeled
- Dash hot pepper sauce

- 1 Adjust 3-in-1 adjustable pulp screen to desired setting on KitchenAid® Juicer.
- 2 Juice tomatoes, cucumber, green beans and lemon on low, using food pusher to slowly guide food through feed chute. Stir in hot pepper sauce until well blended; serve immediately.

Makes 2 servings



MIDDAY JUICES

Melon Raspberry Medley 28

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Melon Refresher 32

Pomegranate Lime Coconut 34

Parsley Pineapple 36

Purpleberry 38

Cool Pear Melon 40

Ruby Apple Stinger 42

Melonade 44



MELON

RASPBERRY MEDLEY

- 1/8 honeydew melon, rind removed
- 1/8 seedless watermelon, rind removed
- 1/3 cup raspberries
- Ice cubes (optional)

- 1 Adjust 3-in-1 adjustable pulp screen to desired setting on KitchenAid® Juicer.
- 2 Juice honeydew, watermelon and raspberries on low, using food pusher to slowly guide food through feed chute. Stir; serve immediately over ice, if desired.

Makes 2 servings

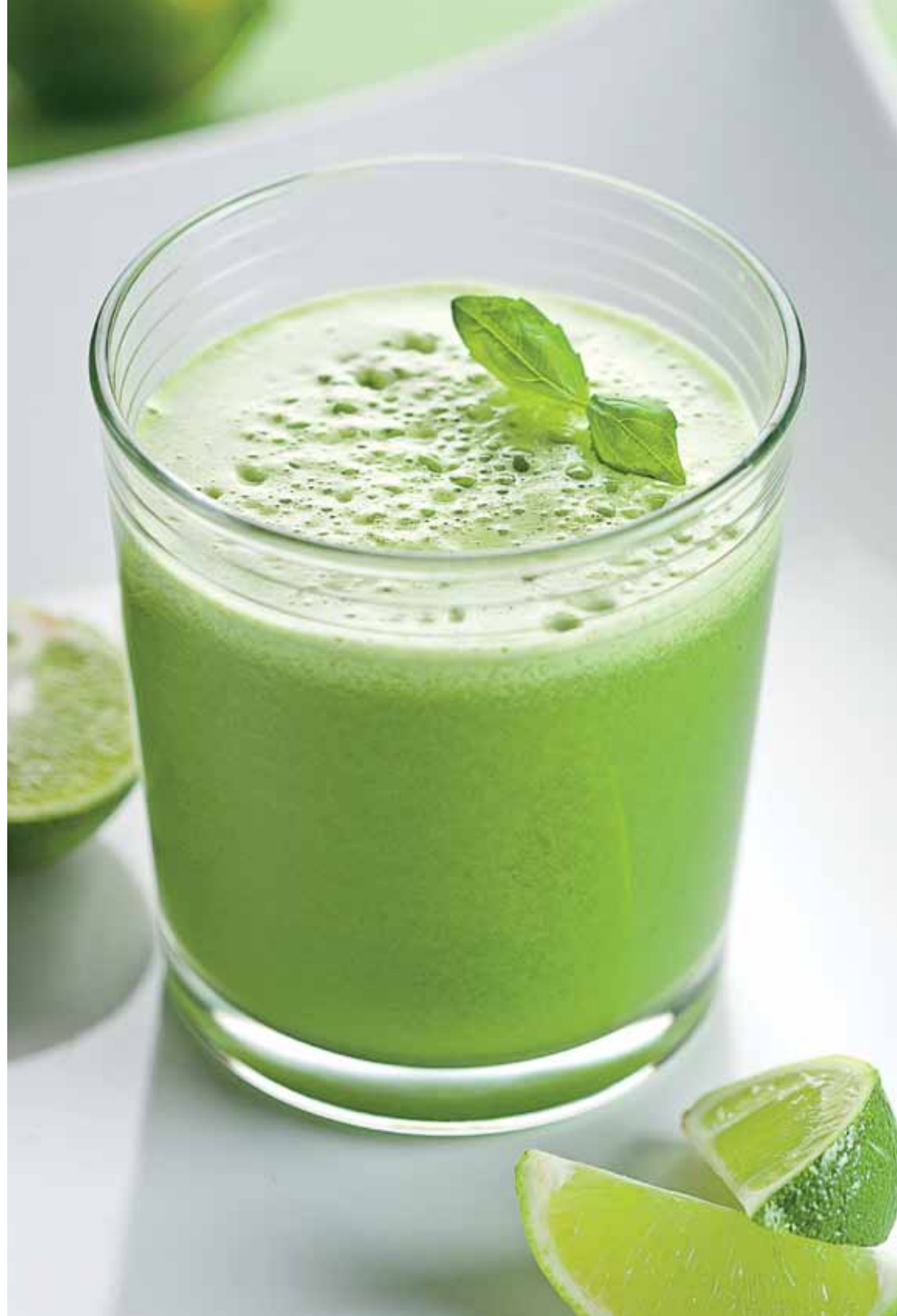


CUCUMBER BASIL COOLER

- 1 cucumber
- ½ cup fresh basil
- ½ lime, peeled
- 1 apple

- 1 Adjust 3-in-1 adjustable pulp screen to desired setting on KitchenAid® Juicer.
- 2 Juice cucumber, basil and lime on low, using food pusher to slowly guide food through feed chute. Juice apple on high. Stir; serve immediately.

Makes 2 servings



MELON REFRESHER

- 1/4 cantaloupe, rind removed
- 1 lime, peeled
- 2 sprigs fresh mint
- 1 pear

- 1 Adjust 3-in-1 adjustable pulp screen to desired setting on KitchenAid® Juicer.
- 2 Juice cantaloupe, lime and mint on low, using food pusher to slowly guide food through feed chute. Juice pear on high. Stir; serve immediately.

Makes 3 servings



POMEGRANATE

LIME COCONUT

- 1 pomegranate, peeled
- ½ cucumber
- 1 lime, peeled
- ¼ cup coconut water

- 1 Adjust 3-in-1 adjustable pulp screen to desired setting on KitchenAid® Juicer.
- 2 Juice pomegranate seeds, cucumber and lime on low, using food pusher to slowly guide food through feed chute. Stir in coconut water until well blended; serve immediately.

Makes 2 servings



PARSLEY

PINEAPPLE

- ½ grapefruit, peeled
- 2 cups fresh spinach, rinsed
- 1 cup fresh parsley, rinsed
- ¼ pineapple, peeled
- 1 pear

- 1 Adjust 3-in-1 adjustable pulp screen to desired setting on KitchenAid® Juicer.
- 2 Juice grapefruit, spinach and parsley on low, using food pusher to slowly guide food through feed chute. Juice pineapple and pear on high. Stir; serve immediately.

Makes 4 servings



PURPLEBERRY

- 2 cups red seedless grapes
- ½ cup blackberries
- 1 apple
- ½ inch fresh ginger, peeled

- 1 Adjust 3-in-1 adjustable pulp screen to desired setting on KitchenAid® Juicer.
- 2 Juice grapes and blackberries on low, using food pusher to slowly guide food through feed chute. Juice apple and ginger on high. Stir; serve immediately.

Makes 2 servings



COOL

PEAR MELON

- ¼ honeydew melon, rind removed**
- ½ cucumber**
- 1 pear**

- 1** Adjust 3-in-1 adjustable pulp screen to desired setting on KitchenAid® Juicer.
- 2** Juice honeydew and cucumber on low, using food pusher to slowly guide food through feed chute. Juice pear on high. Stir; serve immediately.

Makes 3 servings



RUBY

APPLE STINGER

- 2 beets**
- 2 carrots, ends trimmed**
- ½ apple**
- 1 inch fresh ginger, peeled**
- ¼ lemon, peeled**

- 1** Adjust 3-in-1 adjustable pulp screen to desired setting on KitchenAid® Juicer.
- 2** Juice beets, carrots, apple and ginger on high, using food pusher to slowly guide food through feed chute. Juice lemon on low. Stir; serve immediately.

Makes 2 servings



MELONADE

- ¼ seedless watermelon, rind removed**
- 1 lemon, peeled**
- 1 apple**

- 1** Adjust 3-in-1 adjustable pulp screen to desired setting on KitchenAid® Juicer.
- 2** Juice watermelon and lemon on low, using food pusher to slowly guide food through feed chute. Juice apple on high. Stir; serve immediately.

Makes 4 servings



EVENING JUICES

- Spicy Pineapple Carrot **48**
- Spring Green **50**
- Orange Fennel Sprout **52**
- Fennel Cabbage **54**
- Garden Fresh **56**
- Mojo Mojito **58**
- Amazing Green **60**



SPICY **PINEAPPLE CARROT**

- ½ pineapple, peeled**
- 2 carrots, ends trimmed**
- 1 inch fresh ginger, peeled**
- Ice cubes (optional)**

- 1** Adjust 3-in-1 adjustable pulp screen to desired setting on KitchenAid® Juicer.
- 2** Juice pineapple, carrots and ginger on high, using food pusher to slowly guide food through feed chute. Stir; serve immediately over ice, if desired.

Makes 2 servings



SPRING GREEN

- 1 cucumber
- 1 tomato
- 8 spears asparagus
- ½ lemon, peeled

- 1 Adjust 3-in-1 adjustable pulp screen to desired setting on KitchenAid® Juicer.
- 2 Juice cucumber, tomato, asparagus and lemon on low, using food pusher to slowly guide food through feed chute. Stir; serve immediately.

Makes 3 servings

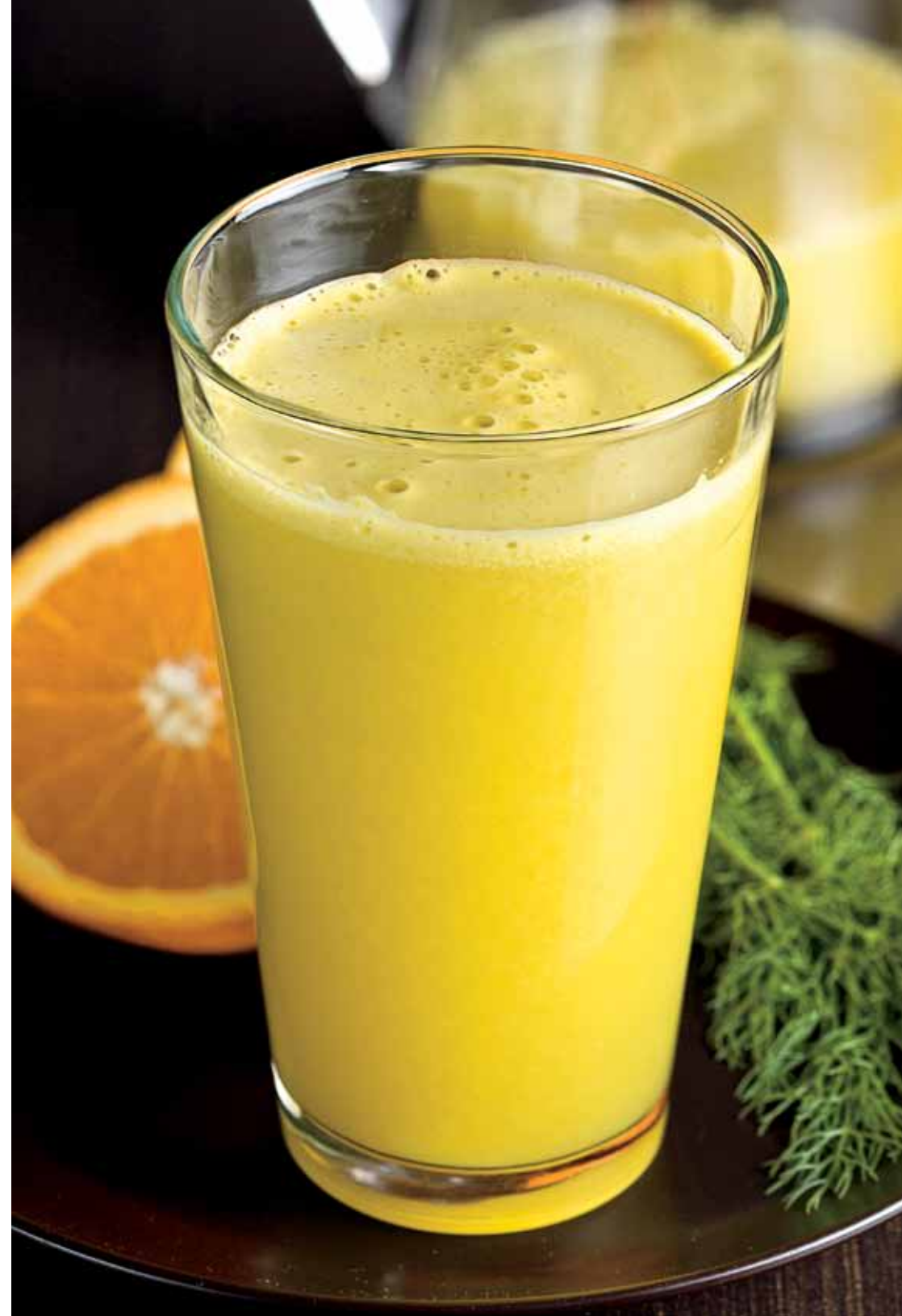


ORANGE FENNEL SPROUT

- 2 oranges, peeled
- 1 cup alfalfa sprouts
- 1 bulb fennel
- 2 stalks celery

- 1 Adjust 3-in-1 adjustable pulp screen to desired setting on KitchenAid® Juicer.
- 2 Juice oranges and sprouts on low, using food pusher to slowly guide food through feed chute. Juice fennel and celery on high. Stir; serve immediately.

Makes 3 servings



FENNEL CABBAGE

- ¼ small green cabbage
- 1 lemon, peeled
- 1 apple
- ½ bulb fennel

- 1 Adjust 3-in-1 adjustable pulp screen to desired setting on KitchenAid® Juicer.
- 2 Juice cabbage and lemon on low, using food pusher to slowly guide food through feed chute. Juice apple and fennel on high. Stir; serve immediately.

Makes 2 servings

Note: Use the leftover pulp from this juice to make Mediterranean Artichoke Omelet (page 120). Juice the fennel and cabbage first and measure ¼ cup pulp for the omelet before juicing the apple and lemon.



GARDEN

FRESH

- 3 tomatoes, stemmed**
- 3 carrots, ends trimmed**
- 2 radishes**

- 1** Adjust 3-in-1 adjustable pulp screen to desired setting on KitchenAid® Juicer.
- 2** Juice tomatoes on low, using food pusher to slowly guide food through feed chute. Juice carrots and radishes on high. Stir; serve immediately.

Makes 3 servings

Note: Use the leftover pulp from this juice to make Garlic Spinach Lasagna (page 124). Pick out any large pieces of pulp and measure 1 cup for the lasagna. For pulp with a better consistency, peel the carrots before juicing them, if desired.



MOJO

MOJITO

- 1 cucumber
- 1 cup fresh mint
- ½ lime, peeled
- 1 pear

- 1 Adjust 3-in-1 adjustable pulp screen to desired setting on KitchenAid® Juicer.
- 2 Juice cucumber, mint and lime on low, using food pusher to slowly guide food through feed chute. Juice pear on high. Stir; serve immediately.

Makes 2 servings



AMAZING GREEN

- 1 cucumber
- 3 leaves kale
- 1 green apple
- ½ bulb fennel
- 2 stalks celery

- 1 Adjust 3-in-1 adjustable pulp screen to desired setting on KitchenAid® Juicer.
- 2 Juice cucumber and kale on low, using food pusher to slowly guide food through feed chute. Juice apple, fennel and celery on high. Stir; serve immediately.

Makes 3 servings



VEGETABLE JUICES

Veggie Delight **64**

Sweet and Green **66**

Carrot Cuke Parsnip **68**

Waldorf **70**

Purple Pineapple **72**

Cruciferous **74**

Sweet Pepper Carrot **76**

Red Cabbage and Pineapple **78**

Tropical Veggie **80**



VEGGIE DELIGHT

- 1 beet
- 1 apple
- ½ small sweet onion
- 1 carrot, ends trimmed
- 1 stalk celery

- 1 Adjust 3-in-1 adjustable pulp screen to desired setting on KitchenAid® Juicer.
- 2 Juice beet, apple, onion, carrot and celery on high, using food pusher to slowly guide food through feed chute. Stir; serve immediately.

Makes 2 servings



SWEET AND GREEN

- 1 cup broccoli florets**
- ¼ pineapple, peeled**
- 2 stalks celery**

- 1** Adjust 3-in-1 adjustable pulp screen to desired setting on KitchenAid® Juicer.
- 2** Juice broccoli on low, using food pusher to slowly guide food through feed chute. Juice pineapple and celery on high. Stir; serve immediately.

Makes 2 servings



CARROT CUKE

PARSNIP

- ½ cucumber
- 1 lemon, peeled
- 2 parsnips, ends trimmed
- 2 carrots, ends trimmed

- 1 Adjust 3-in-1 adjustable pulp screen to desired setting on KitchenAid® Juicer.
- 2 Juice cucumber and lemon on low, using food pusher to slowly guide food through feed chute. Juice parsnips and carrots on high. Stir; serve immediately.

Makes 2 servings

Note: Use the leftover pulp from this juice to make Vegetarian Chili with Brown Rice (page 122). Juice the cucumber, parsnips and carrots first and measure 1 cup pulp for the chili before juicing the lemon. For pulp with a better consistency, peel the parsnips and carrots before juicing them, if desired.



WALDORF

- 6** leaves beet greens, Swiss chard or kale
- 2** apples
- 2** stalks celery

- 1** Adjust 3-in-1 adjustable pulp screen to desired setting on KitchenAid® Juicer.
- 2** Juice beet greens on low, using food pusher to slowly guide food through feed chute. Juice apples and celery on high. Stir; serve immediately.

Makes 2 servings



PURPLE PINEAPPLE

- 1 beet
- 1 pear
- ¼ pineapple, peeled
- 1 inch fresh ginger, peeled

- 1 Adjust 3-in-1 adjustable pulp screen to desired setting on KitchenAid® Juicer.
- 2 Juice beet, pear, pineapple and ginger on high, using food pusher to slowly guide food through feed chute. Stir; serve immediately.

Makes 3 servings



CRUCIFEROUS

- 1 cup cauliflower florets
- 1 cup broccoli florets
- 1 apple

- 1 Adjust 3-in-1 adjustable pulp screen to desired setting on KitchenAid® Juicer.
- 2 Juice cauliflower and broccoli on low, using food pusher to slowly guide food through feed chute. Juice apple on high. Stir; serve immediately.

Makes 2 servings



SWEET PEPPER

CARROT

- 1 red bell pepper, stemmed
- 1 yellow bell pepper, stemmed
- 3 carrots, ends trimmed

- 1 Adjust 3-in-1 adjustable pulp screen to desired setting on KitchenAid® Juicer.
- 2 Juice bell peppers and carrots on high, using food pusher to slowly guide food through feed chute. Stir; serve immediately.

Makes 2 servings

Note: Use the leftover pulp from this juice to make Penne Pasta with Chunky Tomato Sauce and Spinach (page 116). For pulp with a better consistency, peel the carrots before juicing them, if desired.



RED CABBAGE AND PINEAPPLE

¼ red cabbage

¼ pineapple, peeled

- 1** Adjust 3-in-1 adjustable pulp screen to desired setting on KitchenAid® Juicer.
- 2** Juice cabbage on low, using food pusher to slowly guide food through feed chute. Juice pineapple on high. Stir; serve immediately.

Makes 1 serving



TROPICAL VEGGIE

- 5 leaves kale
- ½ cucumber
- ⅛ pineapple, peeled
- ½ cup coconut water

- 1 Adjust 3-in-1 adjustable pulp screen to desired setting on KitchenAid® Juicer.
- 2 Juice kale and cucumber on low, using food pusher to slowly guide food through feed chute. Juice pineapple on high. Stir in coconut water until well blended; serve immediately.

Makes 2 servings



SWEET JUICES

Kiwi Twist **84**

Plum Cherry **86**

Cherry and Melon **88**

Autumn Apple Pie **90**

Island Orange **92**

Pomegranate Apple **94**

Sweet Celery **96**



KIWI TWIST

- 2 kiwis, peeled**
- ½ lemon, peeled**
- 2 pears**

- 1** Adjust 3-in-1 adjustable pulp screen to desired setting on KitchenAid® Juicer.
- 2** Juice kiwis and lemon on low, using food pusher to slowly guide food through feed chute. Juice pears on high. Stir; serve immediately.

Makes 2 servings



PLUM CHERRY

2 dark plums, pitted
1½ cups cherries, pitted

- 1** Adjust 3-in-1 adjustable pulp screen to desired setting on KitchenAid® Juicer.
- 2** Juice plums and cherries on low, using food pusher to slowly guide food through feed chute. Stir; serve immediately.

Makes 2 servings



CHERRY AND MELON

- 1/8** small watermelon, rind removed
- 1/4** cantaloupe, rind removed
- 3/4** cup cherries, pitted

- 1** Adjust 3-in-1 adjustable pulp screen to desired setting on KitchenAid® Juicer.
- 2** Juice watermelon, cantaloupe and cherries on low, using food pusher to slowly guide food through feed chute. Stir; serve immediately.

Makes 3 servings



AUTUMN

APPLE PIE

- 2 apples
- ½ butternut squash, peeled
- ¼ teaspoon pumpkin pie spice

- 1 Adjust 3-in-1 adjustable pulp screen to desired setting on KitchenAid® Juicer.
- 2 Juice apples and squash on high, using food pusher to slowly guide food through feed chute. Stir in pumpkin pie spice until well blended; serve immediately.

Makes 2 servings



ISLAND ORANGE

- 2 oranges, peeled**
- 2 guavas**
- ½ cup strawberries, hulled**

- 1** Adjust 3-in-1 adjustable pulp screen to desired setting on KitchenAid® Juicer.
- 2** Juice oranges, guavas and strawberries on low, using food pusher to slowly guide food through feed chute. Stir; serve immediately.

Makes 2 servings



POMEGRANATE

APPLE

- 2 pomegranates, peeled**
- 2 apples**

- 1** Adjust 3-in-1 adjustable pulp screen to desired setting on KitchenAid® Juicer.
- 2** Juice pomegranates on low, using food pusher to slowly guide food through feed chute. Juice apples on high. Stir; serve immediately.

Makes 2 servings



SWEET CELERY

- 1 lemon, peeled**
- ¼ cup raspberries**
- 1 apple**
- 3 stalks celery**
- 1 carrot, ends trimmed**

- 1** Adjust 3-in-1 adjustable pulp screen to desired setting on KitchenAid® Juicer.
- 2** Juice lemon and raspberries on low, using food pusher to slowly guide food through feed chute. Juice apple, celery and carrot on high. Stir; serve immediately.

Makes 2 servings



RAINBOW OF JUICES

Red Citrus Berry 100

Orange Twist 102

Yellow Mango Tango 104

Green Kale and Spinach 106

Green Fennel 108

Blueberry Apple 110

Purple Orange Grapefruit 112



RED CITRUS BERRY

- 2 oranges, peeled
- 1 grapefruit, peeled
- 1 lemon, peeled
- ½ cup cranberries
- 2 teaspoons honey

- 1 Adjust 3-in-1 adjustable pulp screen to desired setting on KitchenAid® Juicer.
- 2 Juice oranges, grapefruit, lemon and cranberries on low, using food pusher to slowly guide food through feed chute. Stir in honey until well blended; serve immediately.

Makes 2 servings



ORANGE TWIST

- 1 orange, peeled
- ½ lemon, peeled
- ⅛ small red onion
- 1 clove garlic
- ½ teaspoon honey

- 1 Adjust 3-in-1 adjustable pulp screen to desired setting on KitchenAid® Juicer.
- 2 Juice orange and lemon on low, using food pusher to slowly guide food through feed chute. Juice onion and garlic on high. Stir in honey until well blended; serve immediately.

Makes 1 serving



YELLOW MANGO TANGO

- 1 mango, pitted
- 1 lime, peeled
- ½ lemon, peeled
- Ice cubes (optional)

- 1 Adjust 3-in-1 adjustable pulp screen to desired setting on KitchenAid® Juicer.
- 2 Juice mango, lime and lemon on low, using food pusher to slowly guide food through feed chute. Stir; serve immediately over ice, if desired.

Makes 2 servings

Tip: Leave the peel on the mango for maximum juice extraction.



GREEN KALE AND SPINACH

- 6 leaves kale
- ½ cup fresh spinach
- ½ cucumber
- ½ lemon, peeled
- 2 apples
- 2 stalks celery
- ¼ bulb fennel
- 1 inch fresh ginger, peeled

- 1 Adjust 3-in-1 adjustable pulp screen to desired setting on KitchenAid® Juicer.
- 2 Juice kale, spinach, cucumber and lemon on low, using food pusher to slowly guide food through feed chute. Juice apples, celery, fennel and ginger on high. Stir; serve immediately.

Makes 4 servings



GREEN

FENNEL

- 4** leaves bok choy
- ½** cucumber
- ½** lemon, peeled
- 1** stalk celery
- ¼** bulb fennel

- 1** Adjust 3-in-1 adjustable pulp screen to desired setting on KitchenAid® Juicer.
- 2** Juice bok choy, cucumber and lemon on low, using food pusher to slowly guide food through feed chute. Juice celery and fennel on high. Stir; serve immediately.

Makes 2 servings



BLUEBERRY APPLE

½ grapefruit, peeled

1½ cups blueberries

2 apples

1 inch fresh ginger, peeled

- 1 Adjust 3-in-1 adjustable pulp screen to desired setting on KitchenAid® Juicer.
- 2 Juice grapefruit and blueberries on low, using food pusher to slowly guide food through feed chute. Juice apples and ginger on high. Stir; serve immediately.

Makes 2 servings



PURPLE

ORANGE GRAPEFRUIT

- 1 grapefruit, peeled**
- 2 oranges, peeled**
- ½ cup blackberries**

- 1** Adjust 3-in-1 adjustable pulp screen to desired setting on KitchenAid® Juicer.
- 2** Juice grapefruit, oranges and blackberries on low, using food pusher to slowly guide food through feed chute. Stir; serve immediately.

Makes 3 servings



USES FOR PULP

Penne Pasta with
Chunky Tomato Sauce and Spinach **116**

Carrot and Oat Muffins **118**

Mediterranean Artichoke Omelet **120**

Vegetarian Chili with Brown Rice **122**

Garlic Spinach Lasagna **124**



PENNE PASTA

WITH CHUNKY TOMATO SAUCE AND SPINACH

- 4 cups uncooked whole wheat or multigrain penne pasta
 - 1 jar (24 ounces) spicy marinara sauce
 - 1 large ripe tomato, chopped (about 1½ cups)
 - 4 cups packed baby spinach or torn spinach leaves (4 ounces)
 - ½ cup pulp from Sweet Pepper Carrot (page 76)
 - ¼ cup grated Parmesan cheese
 - ¼ cup chopped fresh basil
- 1 Cook pasta according to package directions.
 - 2 Meanwhile, heat marinara sauce and tomato in medium saucepan over medium heat 3 to 4 minutes or until hot and bubbly, stirring occasionally. Remove from heat; stir in spinach and juice pulp.
 - 3 Drain pasta; return to saucepan. Add sauce mixture; toss to combine. Divide evenly among serving bowls; top with cheese and basil.

Makes 4 to 6 servings



CARROT AND OAT MUFFINS

- 2 eggs
- ½ cup milk
- ½ cup unsweetened applesauce
- 2 tablespoons canola oil
- ½ cup shredded carrot (1 medium carrot)
- ½ cup orange and carrot pulp from Citrus Carrot (page 14)
- ¾ cup old-fashioned oats
- ¾ cup all-purpose flour
- ¾ cup whole wheat flour
- ½ cup sugar
- 1½ teaspoons baking powder
- ¾ teaspoon ground cinnamon
- ½ teaspoon baking soda
- ½ teaspoon salt
- ¼ cup finely chopped walnuts (optional)

- 1 Preheat oven to 350°F. Spray 12 standard (2½-inch) muffin cups with nonstick cooking spray.
- 2 Whisk eggs in large bowl. Whisk in milk, applesauce and oil until blended. Stir in carrot and juice pulp. Combine oats, all-purpose flour, whole wheat flour, sugar, baking powder, cinnamon, baking soda and salt in medium bowl; mix well. Add applesauce mixture; stir just until moistened. *Do not overmix.*

- 3 Spoon batter evenly into prepared muffin cups. Sprinkle 1 teaspoon walnuts over each muffin, if desired.
- 4 Bake 20 to 22 minutes or until muffins are golden brown. Cool in pan 5 minutes; remove to wire rack to cool completely.

Makes 12 muffins



MEDITERRANEAN

ARTICHOKE OMELET

- 2 eggs
- 1 tablespoon grated Parmesan cheese
- 2 tablespoons olive oil
- 3 canned water-packed small artichoke hearts, diced
- 1 ounce (about 2 pieces) roasted red bell peppers, diced
- ¼ cup fennel and cabbage pulp from Fennel Cabbage Juice (page 54)
- ½ teaspoon minced garlic
- Tomato salsa

- 1 Beat eggs in small bowl. Stir in cheese.
- 2 Heat oil in large nonstick skillet over medium-high heat. Add artichokes; cook and stir 2 to 3 minutes or until beginning to brown. Add roasted peppers and pulp; cook and stir 2 minutes or until liquid has evaporated. Add garlic; cook and stir 30 seconds. Remove to small plate; keep warm.
- 3 Add egg mixture to skillet. Cook 1 to 2 minutes or until omelet is almost set, lifting edge of omelet with spatula to allow uncooked portion to flow underneath. Spoon artichoke mixture onto half of omelet; fold omelet over filling. Cook 2 minutes or until set. Serve with salsa.

Makes 1 serving



VEGETARIAN CHILI

WITH BROWN RICE

- 1 tablespoon canola oil
- 1 onion, chopped
- 1 green bell pepper, diced
- 1 red bell pepper, diced
- 1 stalk celery, diced
- 1 jalapeño pepper, minced
- 1 clove garlic, minced
- 2 cups vegetable broth
- 1 can (about 14 ounces) diced tomatoes
- 1 cup cooked brown rice
- 1 cup canned pinto beans, rinsed and drained
- ½ teaspoon dried oregano
- ½ teaspoon chipotle chili powder
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ¼ teaspoon ground cumin
- 1 cup pulp from Carrot Cuke Parsnip (page 68)
- Shredded Cheddar cheese

- 1 Heat oil in large saucepan over medium-high heat. Add onion, bell peppers, celery, jalapeño and garlic; cook and stir 7 minutes or until vegetables are softened.
- 2 Add broth, tomatoes, rice, beans, oregano, chili powder, salt, black pepper and cumin; bring to a boil



- over high heat. Reduce heat to medium; cover and cook 15 minutes or until vegetables are tender. Stir in juice pulp. Cook, uncovered, 10 minutes or until thickened.
- 3 Ladle chili into bowls; top each serving with cheese.

Makes 6 servings

GARLIC SPINACH LASAGNA

- 9 uncooked lasagna noodles
- 2 tablespoons olive oil
- 4 cloves garlic, minced
- 2 packages (10 ounces each) frozen chopped spinach, thawed and squeezed dry
- 1 teaspoon salt
- ½ teaspoon freshly ground black pepper
- 1 cup pulp from Garden Fresh (page 56), large pieces removed
- 3 cups ricotta cheese
- ¾ cup plus 2 tablespoons grated Parmesan cheese, divided
- 2 eggs, lightly beaten
- 1 jar (about 24 ounces) pasta sauce
- 2 cups (8 ounces) shredded mozzarella cheese

- 1 Cook lasagna noodles according to package directions. Drain and return to saucepan; cover with cold water. Preheat oven to 350°F.
- 2 Heat olive oil in medium skillet over medium heat. Add garlic; cook 30 seconds. Add spinach, salt and pepper; cook and stir 3 minutes. Stir in juice pulp.
- 3 Combine ricotta, ¾ cup Parmesan and eggs in medium bowl; mix well.



- 4 Spread ¼ cup pasta sauce in bottom of 13×9-inch baking dish. Layer with three noodles, 1 cup sauce, half of ricotta mixture, half of spinach mixture and ½ cup mozzarella. Repeat layers. Top with remaining noodles, sauce, 1 cup mozzarella and 2 tablespoons Parmesan. Cover tightly with foil.
- 5 Bake 30 minutes or until hot and bubbly. Uncover and bake 15 minutes or until browned.

Makes 8 servings

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METRIC

CONVERSION CHART

VOLUME MEASUREMENTS (dry)

$\frac{1}{8}$ teaspoon = 0.5 mL
 $\frac{1}{4}$ teaspoon = 1 mL
 $\frac{1}{2}$ teaspoon = 2 mL
 $\frac{3}{4}$ teaspoon = 4 mL
 1 teaspoon = 5 mL
 1 tablespoon = 15 mL
 2 tablespoons = 30 mL
 $\frac{1}{4}$ cup = 60 mL
 $\frac{1}{3}$ cup = 75 mL
 $\frac{1}{2}$ cup = 125 mL
 $\frac{2}{3}$ cup = 150 mL
 $\frac{3}{4}$ cup = 175 mL
 1 cup = 250 mL
 2 cups = 1 pint = 500 mL
 3 cups = 750 mL
 4 cups = 1 quart = 1 L

VOLUME MEASUREMENTS (fluid)

1 fluid ounce (2 tablespoons) = 30 mL
 4 fluid ounces ($\frac{1}{2}$ cup) = 125 mL
 8 fluid ounces (1 cup) = 250 mL
 12 fluid ounces ($1\frac{1}{2}$ cups) = 375 mL
 16 fluid ounces (2 cups) = 500 mL

WEIGHTS (mass)

$\frac{1}{2}$ ounce = 15 g
 1 ounce = 30 g
 3 ounces = 90 g
 4 ounces = 120 g
 8 ounces = 225 g
 10 ounces = 285 g
 12 ounces = 360 g
 16 ounces = 1 pound = 450 g

DIMENSIONS

$\frac{1}{16}$ inch = 2 mm
 $\frac{1}{8}$ inch = 3 mm
 $\frac{1}{4}$ inch = 6 mm
 $\frac{1}{2}$ inch = 1.5 cm
 $\frac{3}{4}$ inch = 2 cm
 1 inch = 2.5 cm

OVEN TEMPERATURES

250°F = 120°C
 275°F = 140°C
 300°F = 150°C
 325°F = 160°C
 350°F = 180°C
 375°F = 190°C
 400°F = 200°C
 425°F = 220°C
 450°F = 230°C

BAKING PAN SIZES

Utensil	Size in	Metric	Size in
	Inches/Quarts	Volume	Centimeters
Baking or Cake Pan	8×8×2	2 L	20×20×5
(square or rectangular)	9×9×2	2.5 L	23×23×5
	12×8×2	3 L	30×20×5
	13×9×2	3.5 L	33×23×5
Loaf Pan	8×4×3	1.5 L	20×10×7
	9×5×3	2 L	23×13×7
Round Layer Cake Pan	8×1½	1.2 L	20×4
	9×1½	1.5 L	23×4
Pie Plate	8×1¼	750 mL	20×3
	9×1¼	1 L	23×3
Baking Dish or Casserole	1 quart	1 L	—
	1½ quarts	1.5 L	—
	2 quarts	2 L	—

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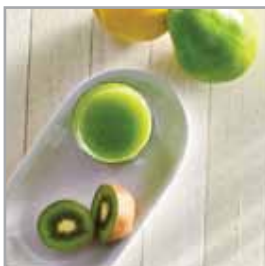
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