Basic green juice

Any juicer (centrifugal or masticating), cutting board, knife | 1 serving = at least 14 fl oz | prep 10 min, total 15 min

Ingredients

Amount	Grams	Ingredient
1 cucumber (about 8 in)	300 g	cucumber, scrubbed
3 medium stalks	120 g	celery, leaves on
1 packed cup	30 g	spinach
1 medium	182 g	green apple, cored
1/2 lemon	35 g	lemon, peeled
5 slices (1 in across)	11 g	ginger, unpeeled

Method

1. Wash everything under running water. Scrub the cucumber and apple with a produce brush. No soap.
2. Cut the cucumber and apple into strips that fit your chute. Core the apple. Peel the lemon.
3. Start the juicer. Feed the spinach between pieces of cucumber so the leaves are pushed through.
4. Add the celery, apple, lemon and ginger one after another, ending with a piece of cucumber to clear the screen.
5. Stir the juice once and pour it into a glass. Rinse the juicer parts straight away while the pulp is still wet.

Per serving (USDA FoodData Central, estimate): 180 calories, 27 g sugars.

Storage: There is no official storage time for homemade juice, so we do not give a day count. Drink it right after making. If you must store it, use an airtight container filled to the top, keep it in a refrigerator at 40 °F (4 °C) or below and finish it as soon as you can, or freeze single servings straight after making and treat thawed juice like fresh juice.

Safety: Unpasteurized juice, Washing produce, Vitamin K, Oxalates, Sugar. Details at greenjuiceaday.com/recipe-disclaimer/

Full recipe: https://greenjuiceaday.com/recipes/basic-green-juice/

Ginger shots

Juicer, or a blender with a fine strainer; a grater if you hand-juice | 1 shot = about 2 fl oz | prep 10 min, total 15 min

Ingredients

Amount	Grams	Ingredient
about 1 1/2 cups sliced	150 g	ginger, scrubbed, not peeled
2 medium lemons	142 g	lemons, peeled, pith left on
1/2 cup	120 g	cold water

Method

1. Scrub the ginger root under running water and trim any dried ends. Slice it into coins about 1/4 in thick.
2. Peel the lemons and cut them into quarters.
3. Run the ginger through the juicer, then the lemon, and collect the juice in a jug.
4. Stir in the cold water, pour into three small glasses of about 2 fl oz each, and drink them right away.

Per serving (USDA FoodData Central, estimate): 50 calories, 2 g sugars.

Storage: There is no official storage time for homemade juice, so we do not give a day count. Drink it right after making. If you must store it, use an airtight container filled to the top, keep it in a refrigerator at 40 °F (4 °C) or below and finish it as soon as you can, or freeze single servings straight after making and treat thawed juice like fresh juice.

Safety: Unpasteurized juice, Washing produce, Ginger. Details at greenjuiceaday.com/recipe-disclaimer/

Full recipe: https://greenjuiceaday.com/recipes/ginger-shots/

Green smoothie

Any blender (personal, high-speed or jug), measuring cup | 1 serving = about 10 fl oz | prep 5 min, total 8 min

Ingredients

Amount	Grams	Ingredient
2 packed cups	60 g	spinach
1 medium	118 g	banana, peeled
1 cup chunks	165 g	pineapple, fresh or thawed
1 cup	240 g	coconut water

Method

1. Pour the coconut water into the blender first, so the blades turn freely.
2. Add the spinach, then the banana and the pineapple on top.
3. Blend on low for 10 seconds, then on high for 40 to 60 seconds until no green flecks are left.
4. Pour into two glasses. If the blender stalls, add water 2 tablespoons at a time.

Per serving (USDA FoodData Central, estimate): 120 calories, 20 g sugars.

Storage: There is no official storage time for homemade juice, so we do not give a day count. Drink it right after making. If you must store it, use an airtight container filled to the top, keep it in a refrigerator at 40 °F (4 °C) or below and finish it as soon as you can, or freeze single servings straight after making and treat thawed juice like fresh juice.

Safety: Unpasteurized juice, Washing produce, Vitamin K, Oxalates, Sugar. Details at greenjuiceaday.com/recipe-disclaimer/

Full recipe: https://greenjuiceaday.com/recipes/green-smoothie/

Celery juice

Juicer, or a blender with a nut milk bag or fine strainer | 1 serving = about 9 fl oz | prep 8 min, total 12 min

Ingredients

Amount	Grams	Ingredient
12 medium stalks (7 1/2 to 8 in)	480 g	celery, washed, leaves left on

Method

1. Cut the base off the celery and separate the stalks. Wash each stalk under running water, rubbing the ridges with your thumb or a brush.
2. Cut the stalks into pieces about 4 in long so they feed without tangling.
3. Juice them one handful at a time and let the juicer clear between handfuls.
4. Pour into a glass and drink it right away; the juice separates as it stands, so stir before you drink.

Per serving (USDA FoodData Central, estimate): 70 calories, 6 g sugars.

Storage: There is no official storage time for homemade juice, so we do not give a day count. Drink it right after making. If you must store it, use an airtight container filled to the top, keep it in a refrigerator at 40 °F (4 °C) or below and finish it as soon as you can, or freeze single servings straight after making and treat thawed juice like fresh juice.

Safety: Unpasteurized juice, Washing produce, Vitamin K. Details at greenjuiceaday.com/recipe-disclaimer/

Full recipe: https://greenjuiceaday.com/recipes/celery-juice/

Wheatgrass juice

Masticating (slow) juicer, or a blender with a nut milk bag; scissors | 1 serving = at least 3 fl oz | prep 10 min, total 15 min

Ingredients

Amount	Grams	Ingredient
about 2 oz	60 g	fresh wheatgrass blades, cut above the roots and rinsed
1/2 medium	91 g	green apple, cored
1/2 lemon	35 g	lemon, peeled

Method

1. Cut the wheatgrass with clean scissors about 1/2 in above the soil, or buy it cut. Rinse it in a bowl of cold water and drain it well.
2. Cut the apple and lemon into pieces that fit the chute.
3. Run the juicer slowly. Feed the wheatgrass a small bunch at a time, folded into a loose roll, and follow it with a piece of apple to push it through.
4. Add the lemon last. Stir the juice and pour it into a small glass.

Per serving (USDA FoodData Central, estimate): at least 60 calories, at least 10 g sugars.

Storage: There is no official storage time for homemade juice, so we do not give a day count. Drink it right after making. If you must store it, use an airtight container filled to the top, keep it in a refrigerator at 40 °F (4 °C) or below and finish it as soon as you can, or freeze single servings straight after making and treat thawed juice like fresh juice.

Safety: Unpasteurized juice, Washing produce. Details at greenjuiceaday.com/recipe-disclaimer/

Full recipe: https://greenjuiceaday.com/recipes/wheatgrass-juice/

Cucumber juice

Any juicer, or a blender with a strainer | 1 serving = at least 8 fl oz | prep 8 min, total 12 min

Ingredients

Amount	Grams	Ingredient
2 cucumbers (about 8 in each)	602 g	cucumbers, scrubbed
2 tablespoons leaves	11 g	spearmint leaves, stems removed
1 lime	67 g	lime, peeled

Method

1. Wash the cucumbers and scrub the skin; keep it on if it is thin, peel it if it is waxed or thick.
2. Cut the cucumbers into spears. Peel the lime and cut it in half.
3. Pack the mint into a loose ball and push it through the juicer between two cucumber spears.
4. Juice the rest of the cucumber and the lime. Stir the jug, divide between two glasses and add ice if you like.

Per serving (USDA FoodData Central, estimate): 60 calories, at least 6 g sugars.

Storage: There is no official storage time for homemade juice, so we do not give a day count. Drink it right after making. If you must store it, use an airtight container filled to the top, keep it in a refrigerator at 40 °F (4 °C) or below and finish it as soon as you can, or freeze single servings straight after making and treat thawed juice like fresh juice.

Safety: Unpasteurized juice, Washing produce, Vitamin K. Details at greenjuiceaday.com/recipe-disclaimer/

Full recipe: https://greenjuiceaday.com/recipes/cucumber-juice/

Kale juice

Masticating or centrifugal juicer, or a blender with a strainer | 1 serving = about 9 fl oz | prep 10 min, total 15 min

Ingredients

Amount	Grams	Ingredient
5 packed cups	105 g	kale, stems trimmed
3 medium	183 g	carrots, scrubbed
1 medium	182 g	green apple, cored
1/2 lemon	35 g	lemon, peeled

Method

1. Wash the kale in a bowl of cold water, lifting it out so grit stays behind. Shake it dry.
2. Trim the thick lower stems. Scrub the carrots and core the apple.
3. Roll the kale leaves into tight bundles. Feed each bundle with a piece of carrot behind it.
4. Add the apple and lemon and finish with a carrot to push the last of the kale through. Pour and drink right away.

Per serving (USDA FoodData Central, estimate): 220 calories, 29 g sugars.

Storage: There is no official storage time for homemade juice, so we do not give a day count. Drink it right after making. If you must store it, use an airtight container filled to the top, keep it in a refrigerator at 40 °F (4 °C) or below and finish it as soon as you can, or freeze single servings straight after making and treat thawed juice like fresh juice.

Safety: Unpasteurized juice, Washing produce, Vitamin K, Sugar. Details at greenjuiceaday.com/recipe-disclaimer/

Full recipe: https://greenjuiceaday.com/recipes/kale-juice/

Spinach juice

Centrifugal or masticating juicer, or a blender with a strainer | 1 serving = at least 10 fl oz | prep 8 min, total 12 min

Ingredients

Amount	Grams	Ingredient
4 packed cups	120 g	spinach, stems on
1 cucumber (about 8 in)	301 g	cucumber, scrubbed
1 medium	178 g	pear, cored
1/2 lime	33 g	lime, peeled

Method

1. Rinse the spinach in a bowl of cold water, lift it out and spin or shake it dry.
2. Cut the cucumber into spears and the pear into wedges. Peel the lime.
3. Press the spinach into a loose ball the size of a tennis ball, and feed it in between two cucumber spears.
4. Repeat with the rest of the spinach, then the pear and lime. Stir and drink right away.

Per serving (USDA FoodData Central, estimate): 180 calories, 23 g sugars.

Storage: There is no official storage time for homemade juice, so we do not give a day count. Drink it right after making. If you must store it, use an airtight container filled to the top, keep it in a refrigerator at 40 °F (4 °C) or below and finish it as soon as you can, or freeze single servings straight after making and treat thawed juice like fresh juice.

Safety: Unpasteurized juice, Washing produce, Vitamin K, Oxalates, Sugar. Details at greenjuiceaday.com/recipe-disclaimer/

Full recipe: https://greenjuiceaday.com/recipes/spinach-juice/

Mean green juice

Juicer with a wide chute is easiest; cutting board, knife | 1 serving = at least 11 fl oz | prep 15 min, total 20 min

Ingredients

Amount	Grams	Ingredient
4 packed cups	84 g	kale, stems trimmed
6 medium stalks	240 g	celery
1 cucumber (about 8 in)	301 g	cucumber, scrubbed
2 medium	364 g	green apples, cored
1 medium	71 g	lemon, peeled
1/4 cup slices	24 g	ginger, unpeeled

Method

1. Wash and scrub everything. Trim the kale stems and core the apples. Peel the lemon.
2. Cut the celery, cucumber and apples into lengths that fit the chute. Keep the ginger in slices.
3. Juice in this order: kale bundle, celery, apple, ginger, cucumber, lemon, then a last handful of celery to clear the screen.
4. Stir the jug, pour into two glasses, and clean the juicer while the pulp is wet.

Per serving (USDA FoodData Central, estimate): 170 calories, 25 g sugars.

Storage: There is no official storage time for homemade juice, so we do not give a day count. Drink it right after making. If you must store it, use an airtight container filled to the top, keep it in a refrigerator at 40 °F (4 °C) or below and finish it as soon as you can, or freeze single servings straight after making and treat thawed juice like fresh juice.

Safety: Unpasteurized juice, Washing produce, Vitamin K, Sugar. Details at greenjuiceaday.com/recipe-disclaimer/

Full recipe: https://greenjuiceaday.com/recipes/mean-green-juice/

Low-sugar green juice

Juicer, or a blender with a strainer; kitchen scale | 1 serving = at least 6 fl oz | prep 10 min, total 15 min

Ingredients

Amount	Grams	Ingredient
6 medium stalks	240 g	celery
1 cucumber (about 8 in)	301 g	cucumber, scrubbed
2 cups shredded	94 g	romaine lettuce
1/4 cup chopped	15 g	flat-leaf parsley
1 small	58 g	lemon, peeled
5 slices (1 in across)	11 g	ginger, unpeeled

Method

1. Wash everything. Cut the celery and cucumber into lengths that fit the chute, and tear the romaine into large pieces.
2. Roll the romaine and parsley into a tight bundle and feed it in between the celery and cucumber.
3. Add the ginger and lemon, finishing with a piece of cucumber.
4. Stir, pour into two glasses and add ice if you like.

Per serving (USDA FoodData Central, estimate): 60 calories, 6 g sugars.

Storage: There is no official storage time for homemade juice, so we do not give a day count. Drink it right after making. If you must store it, use an airtight container filled to the top, keep it in a refrigerator at 40 °F (4 °C) or below and finish it as soon as you can, or freeze single servings straight after making and treat thawed juice like fresh juice.

Safety: Unpasteurized juice, Washing produce, Vitamin K. Details at greenjuiceaday.com/recipe-disclaimer/

Full recipe: https://greenjuiceaday.com/recipes/low-sugar-green-juice/

Green lemonade

Blender, hand reamer or citrus juicer, fine strainer or nut milk bag | 1 serving = at least 12 fl oz | prep 10 min, total 15 min

Ingredients

Amount	Grams	Ingredient
2 medium lemons	142 g	lemons, juiced
1 lime	67 g	lime, juiced
1/2 cucumber	150 g	cucumber, scrubbed and chopped
2 tablespoons leaves	11 g	spearmint leaves
2 cups	480 g	cold water (360 ml in the blender, 120 ml to finish)
1 tablespoon	21 g (optional)	honey, optional

Method

1. Roll the lemons and lime firmly on the counter, cut them in half, and squeeze them with a hand reamer or citrus juicer. Pick out the seeds.
2. Put the cucumber, mint and 360 ml (1 1/2 cups) of the water in the blender. Blend on high for 30 seconds.
3. Strain the green liquid through a fine mesh strainer into a jug and press the pulp.
4. Stir in the citrus juice and the last 120 ml (1/2 cup) of water. Add the honey if you are using it and stir until it dissolves. Serve over ice.

Per serving (USDA FoodData Central, estimate): 45 calories, at least 3.6 g sugars.

Storage: There is no official storage time for homemade juice, so we do not give a day count. Drink it right after making. If you must store it, use an airtight container filled to the top, keep it in a refrigerator at 40 °F (4 °C) or below and finish it as soon as you can, or freeze single servings straight after making and treat thawed juice like fresh juice.

Safety: Unpasteurized juice, Washing produce. Details at greenjuiceaday.com/recipe-disclaimer/

Full recipe: https://greenjuiceaday.com/recipes/green-lemonade/

Watermelon rind green juice

Juicer, or a blender with a strainer; sharp knife, peeler | 1 serving = at least 3 fl oz | prep 15 min, total 20 min

Ingredients

Amount	Grams	Ingredient
about 10 oz	300 g	white watermelon rind, green skin peeled off, cut in strips
1/2 cucumber	150 g	cucumber, scrubbed
2 medium stalks	80 g	celery
1 lime	67 g	lime, peeled
5 slices (1 in across)	11 g	ginger, unpeeled

Method

1. Scrub the whole watermelon rind under running water with a brush before you cut it, so nothing on the outside is dragged into the flesh by the knife. No soap.
2. Cut away the pink flesh for eating. Peel the tough green skin off the rind with a vegetable peeler and cut the white rind into strips 1/2 in thick.
3. Juice the rind strips first, alternating with the celery and cucumber so the firm rind clears the screen.
4. Add the lime and ginger last. Stir and pour into two glasses.

Per serving (USDA FoodData Central, estimate): at least 30 calories, at least 2.4 g sugars.

Storage: There is no official storage time for homemade juice, so we do not give a day count. Drink it right after making. If you must store it, use an airtight container filled to the top, keep it in a refrigerator at 40 °F (4 °C) or below and finish it as soon as you can, or freeze single servings straight after making and treat thawed juice like fresh juice.

Safety: Unpasteurized juice, Washing produce. Details at greenjuiceaday.com/recipe-disclaimer/

Full recipe: https://greenjuiceaday.com/recipes/watermelon-rind-green-juice/