

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



Juicing Recipes

These recipes use a juicing machine but you can juice your own using a blender. (See Recipe Notes below)

Blueberry-Cabbage Power Juice (makes 2 servings)

- 1/4 medium red cabbage, sliced
 - 1 large cucumber, peeled and cut into chunks
 - 1 cup fresh blueberries
 - 1 large apple, cut into eighths
 - Ice cubes (optional)
1. Working in this order, process cabbage, cucumber, blueberries and apple through a juicer according to the manufacturer's directions. (No juicer? See Tip.)
 2. Fill 2 glasses with ice, if desired, and pour the juice into the glasses. Serve immediately.

Nutrition: 77 calories; 0 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 18 g carbohydrates; 0 g added sugars; 1 g protein; 0 g fiber; 27 mg sodium; 280 mg potassium; Vitamin C (37% daily value)

Carrot-Orange Juice (Makes 2 servings)

- 1 medium yellow tomato, cut into wedges
 - 1 medium orange, peeled and quartered
 - 1 medium apple, cut into eighths
 - 4 large carrots, peeled
 - Ice cubes (optional)
1. Working in this order, process tomato, orange, apple and carrots through a juicer according to the manufacturer's directions. (No juicer? See Tip.)
 2. Fill 2 glasses with ice, if desired, and pour the juice into the glasses. Serve immediately.

Nutrition: 111 calories; 1 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 24 g carbohydrates; 0 g added sugars; 2 g protein; 1 g fiber; 38 mg sodium; 434 mg potassium; Vitamin A (339% daily value), Vitamin C (66% dv)

Recipe Source: www.eatingwell.com

Recipe Notes: How to Make Juice with a Blender

Blend fruit and veggies in blender until liquefied. Cut two 24-inch-long pieces of cheesecloth. Unfold each piece then stack the pieces on top of each other. Fold the double stack in half so you have 4-layers. Line a large bowl with cheesecloth, pour the mixture into the center. Gather edges of the cloth and twist to squeeze the bundle to extract the juice. Wear a pair of rubber gloves if you don't want the juice to stain your hands.