



# Real Juice Recipes



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# Real Juice Recipes

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Freshly made fruit and vegetable juice is packed with nutrients, making it a simple step towards getting your five-a-day.

If you are always on the go then it might seem like an easy option to grab a bottled juice. However, shop-bought juices actually lose many of their nutrients over the course of their long shelf life due to the pasteurisation process. Plus they tend to be fruit-based making their sugar content higher. So add some vegetables to your juice and make it yourself for a real juice health boost.

**Whether you want a juice to fuel a workout, beat that afternoon slump or to help you sleep, here are 12 healthy juice recipes to get you started...**

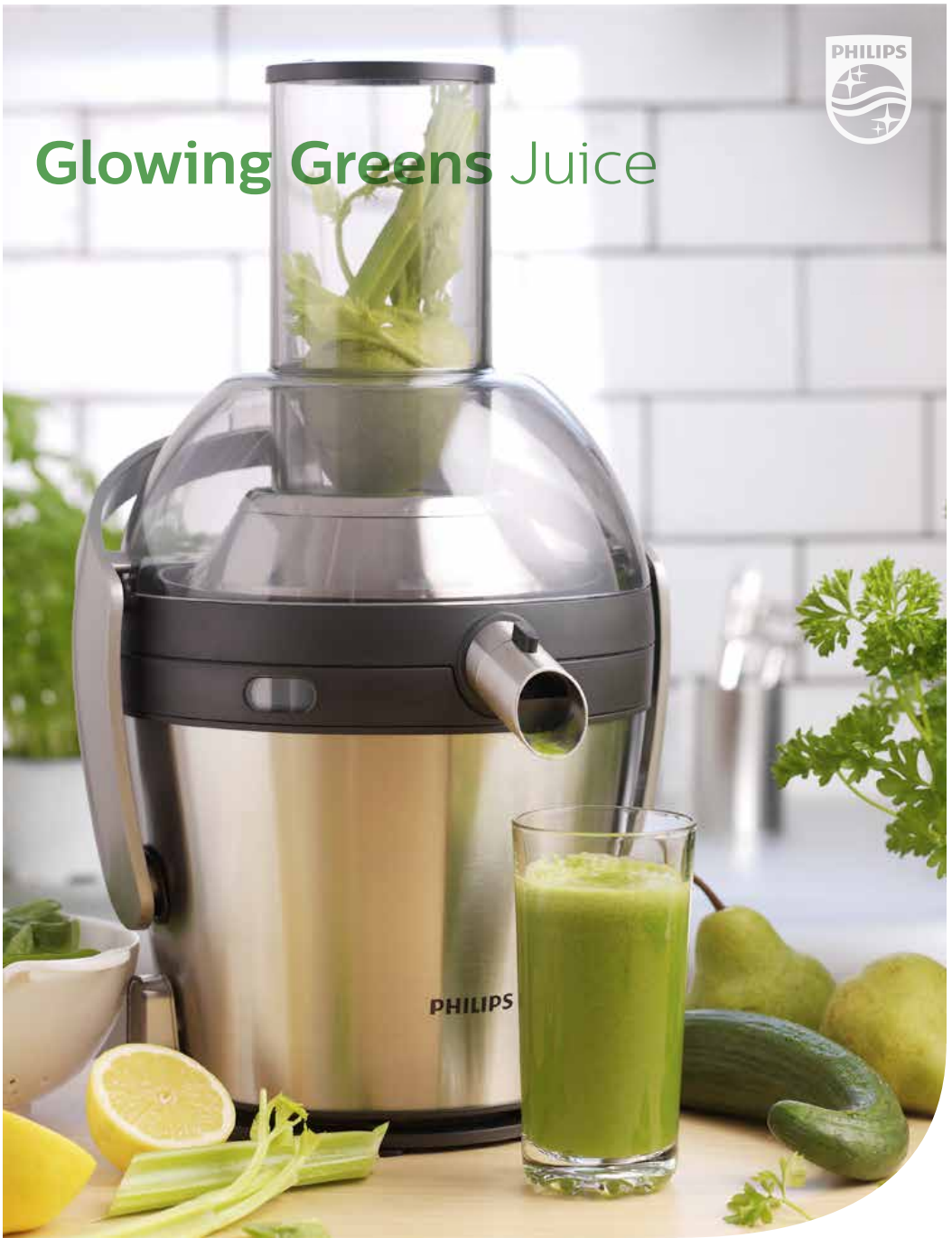


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# Glowing Greens Juice



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## Glowing Greens Juice

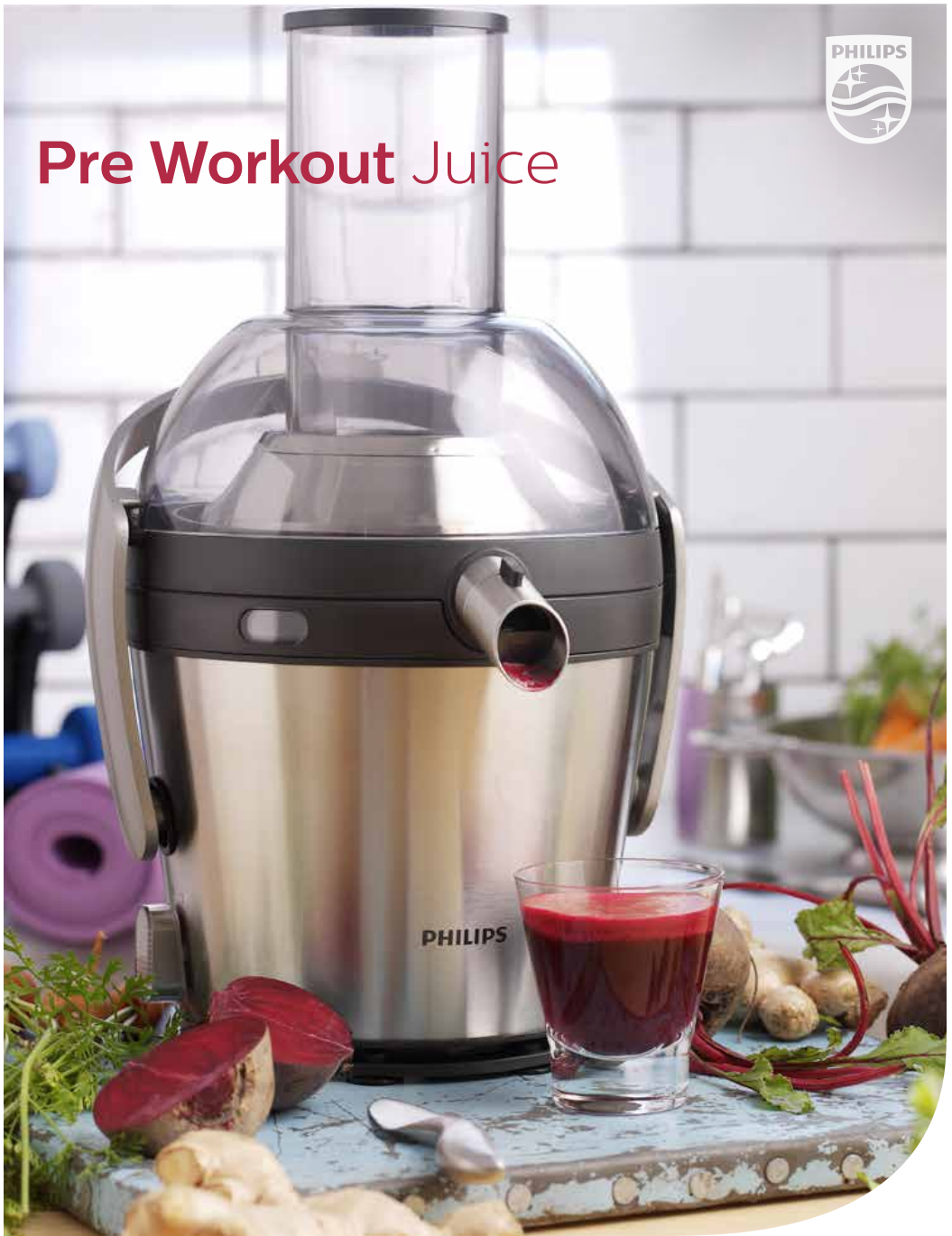
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For healthy glowing skin this juice includes cucumber, which contains silica to help keep the skin elastic, and a pear which has lots of vitamin C to help fight free radical damage to your skin.

- 3 stalks of celery
- 2 handfuls of spinach
- 1 pear
- 1/2 a cucumber
- 1 peeled lemon (or less according to taste)
- 1 handful of parsley



# Pre Workout Juice



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## Pre Workout Juice

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To help fuel your workout the carrots included within this juice are a great source of beta-carotene, which protects against the damaging effects of exercise and increases oxygen in the blood, tissues and brain.

- 3 carrots
- 1 beetroot
- 2 handfuls of parsley
- 2cm of ginger



# Classic Cleanse Juice



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## Classic Cleanse Juice

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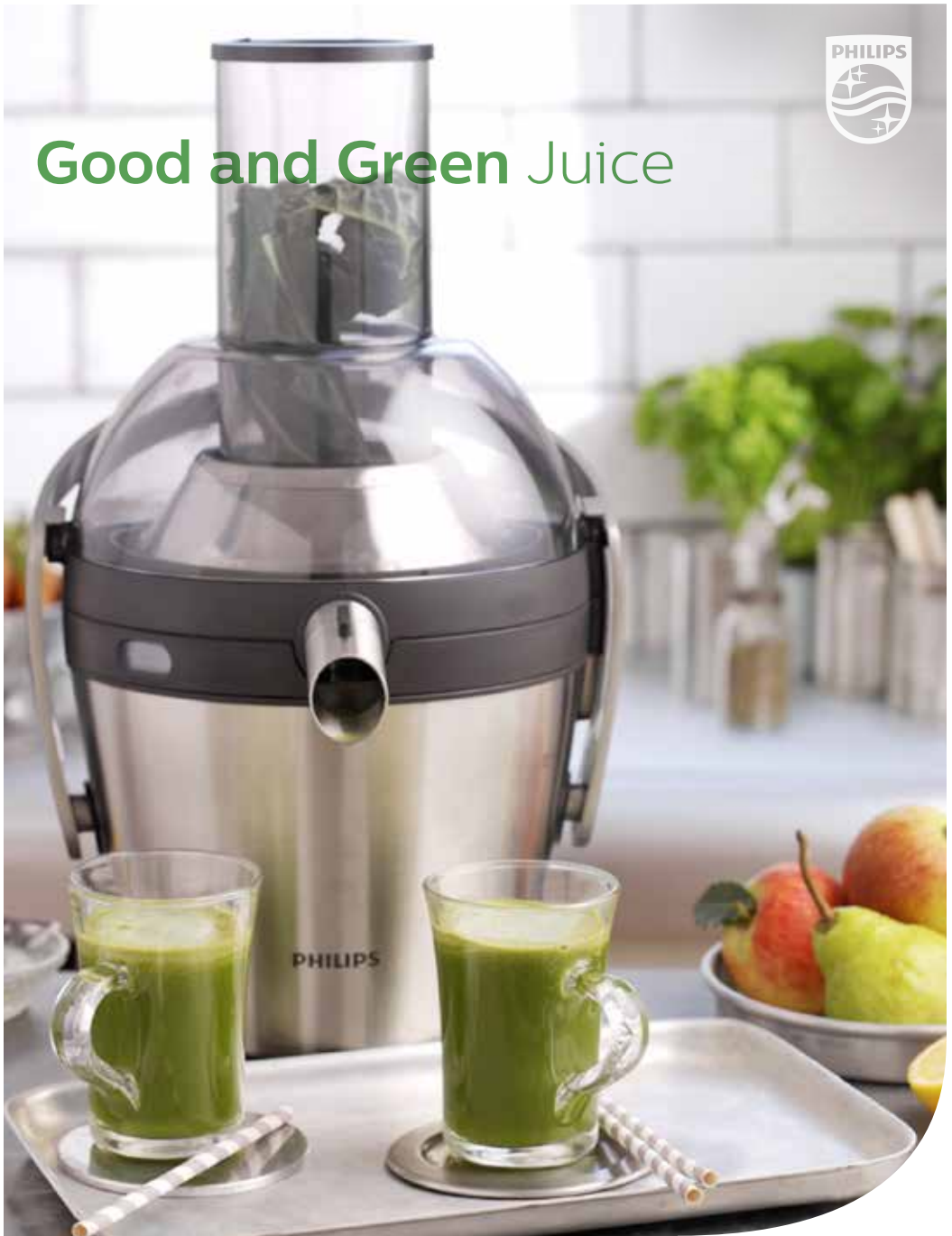
Beetroot juice contributes towards the cleansing of your liver, helping to reinvigorate your body.

- 3 medium carrots
- 1 small beetroot (with leaves if available)
- 1 apple
- 2 stalks of celery





# Good and Green Juice



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## Good and Green Juice

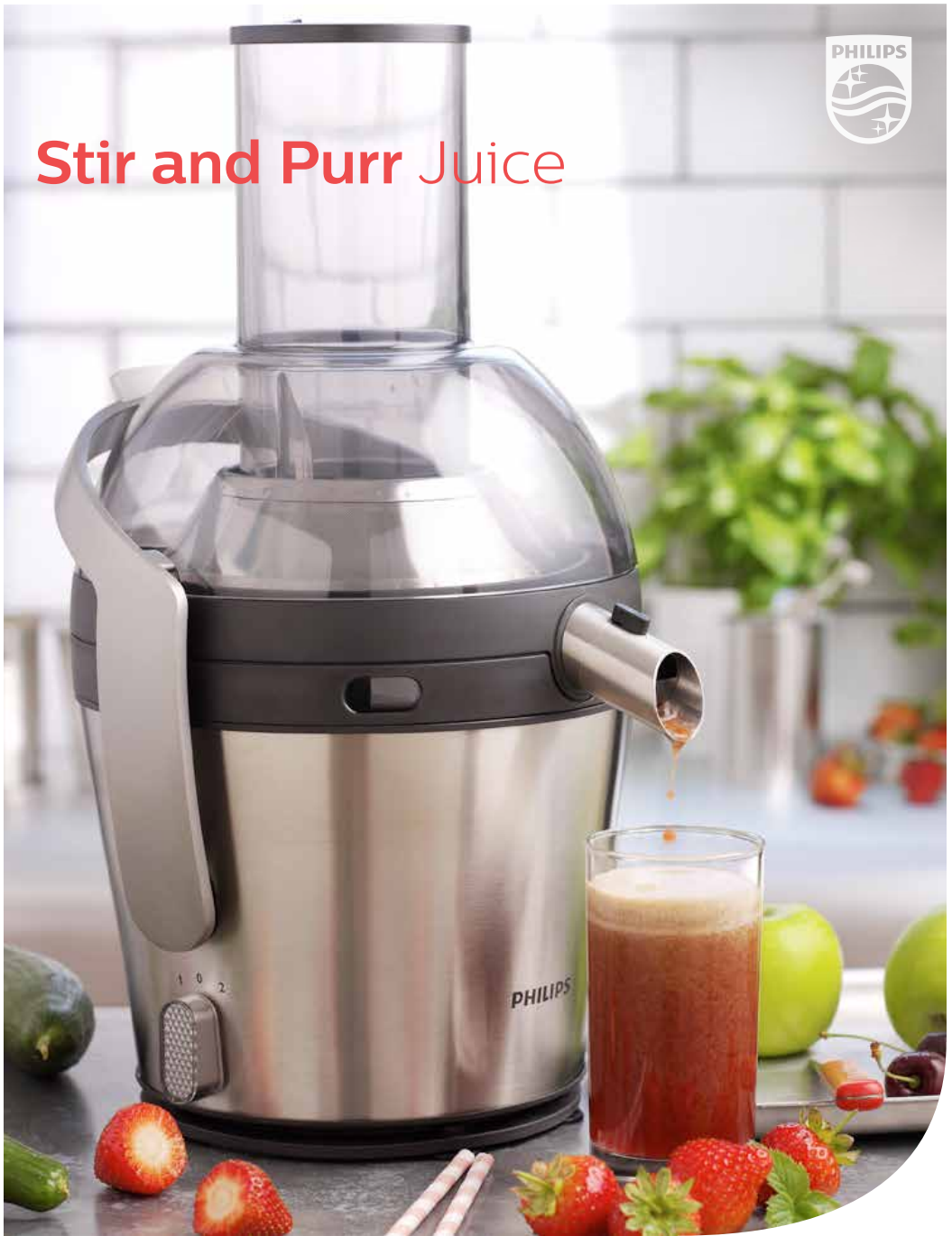
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Kale is included within this juice, which is great for aiding your digestion. The vitamin C in the pear also helps hydrate your body and increases your metabolism, leading to healthy weight loss and blood sugar levels.

- 6 kale leaves
- 2 carrots
- 1 apple
- 1 pear
- 1 peeled lemon (or less according to taste)



# Stir and Purr Juice



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## Stir and Purr Juice

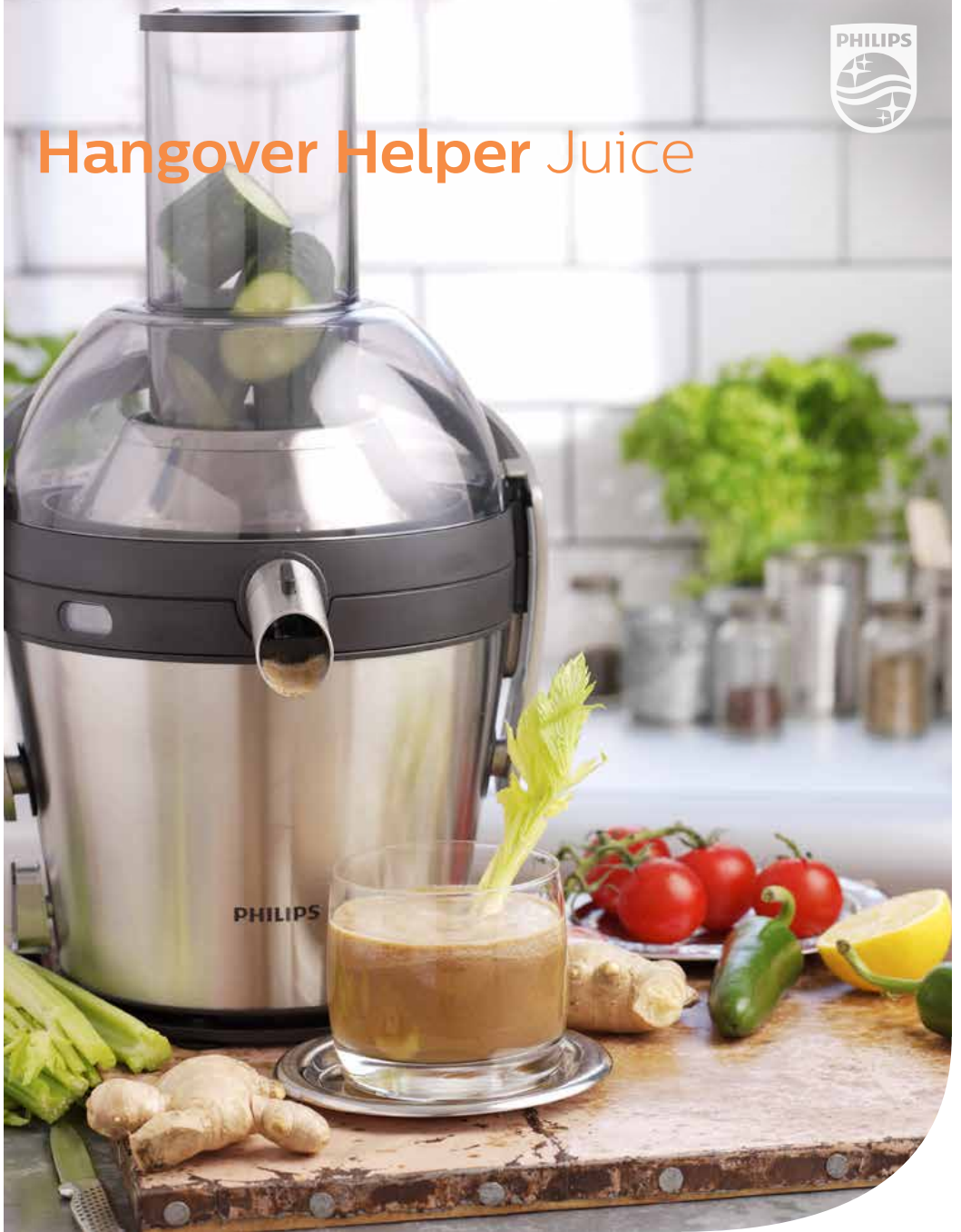
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This pre-bedtime juice contains cherries, which have lots of melatonin, a hormone that regulates the sleep cycle.

- 1 green apple
- 7 strawberries
- 15 de-stoned cherries
- 1/2 a cucumber



# Hangover Helper Juice



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# Hangover Helper Juice

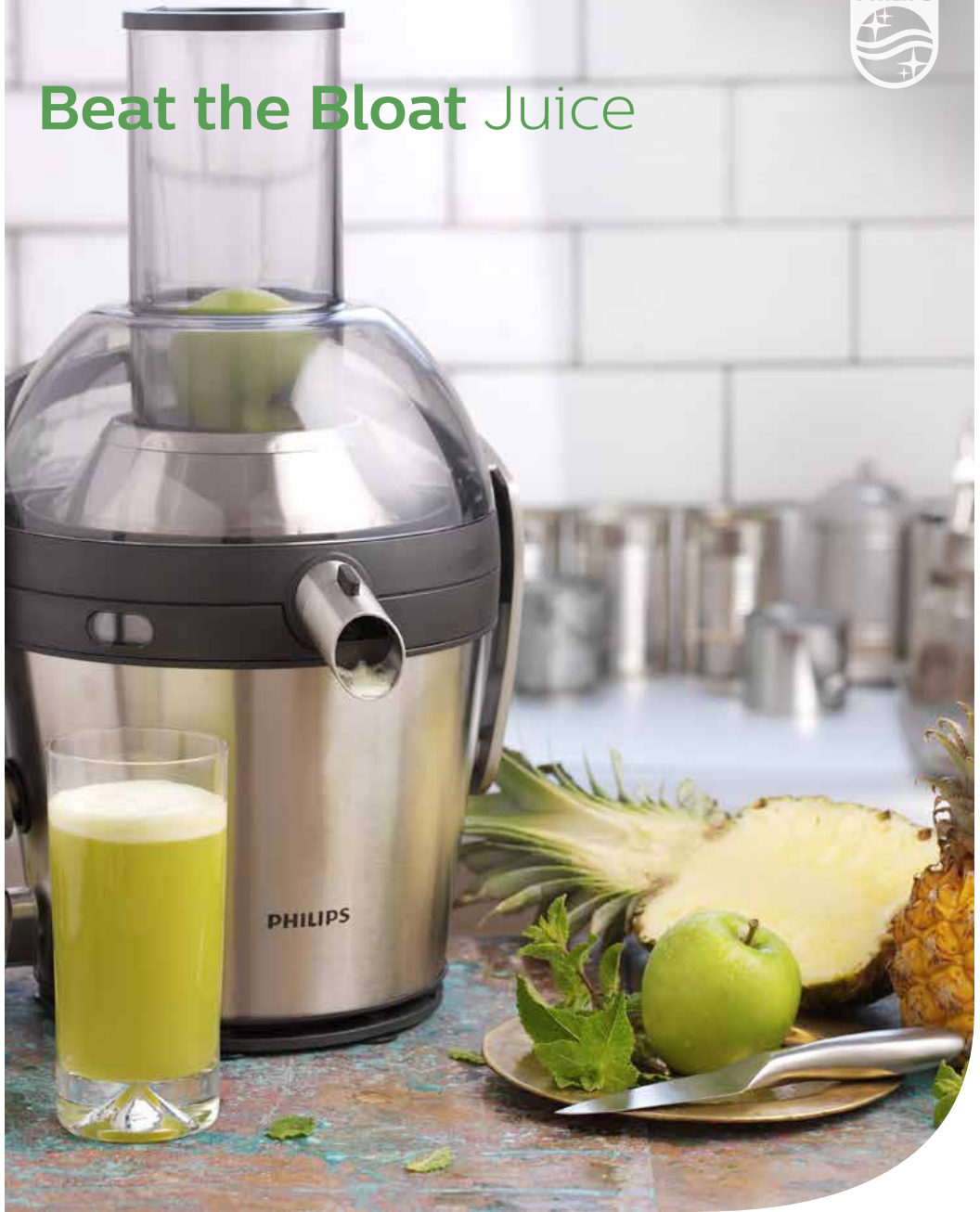
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The Bloody Mary was invented to cure hangovers; this juice has a slightly tamer approach. Tomatoes contain lots of lycopene and are seriously good for hydrating the body if you aren't feeling at your best.

- 3 medium-size tomatoes
- 3 stalks of celery
- 1 peeled lemon (or less according to taste)
- 2cm of ginger
- 1 jalapeño pepper (seedless)
- 1/2 a cucumber



# Beat the Bloat Juice



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## Beat the Bloat Juice

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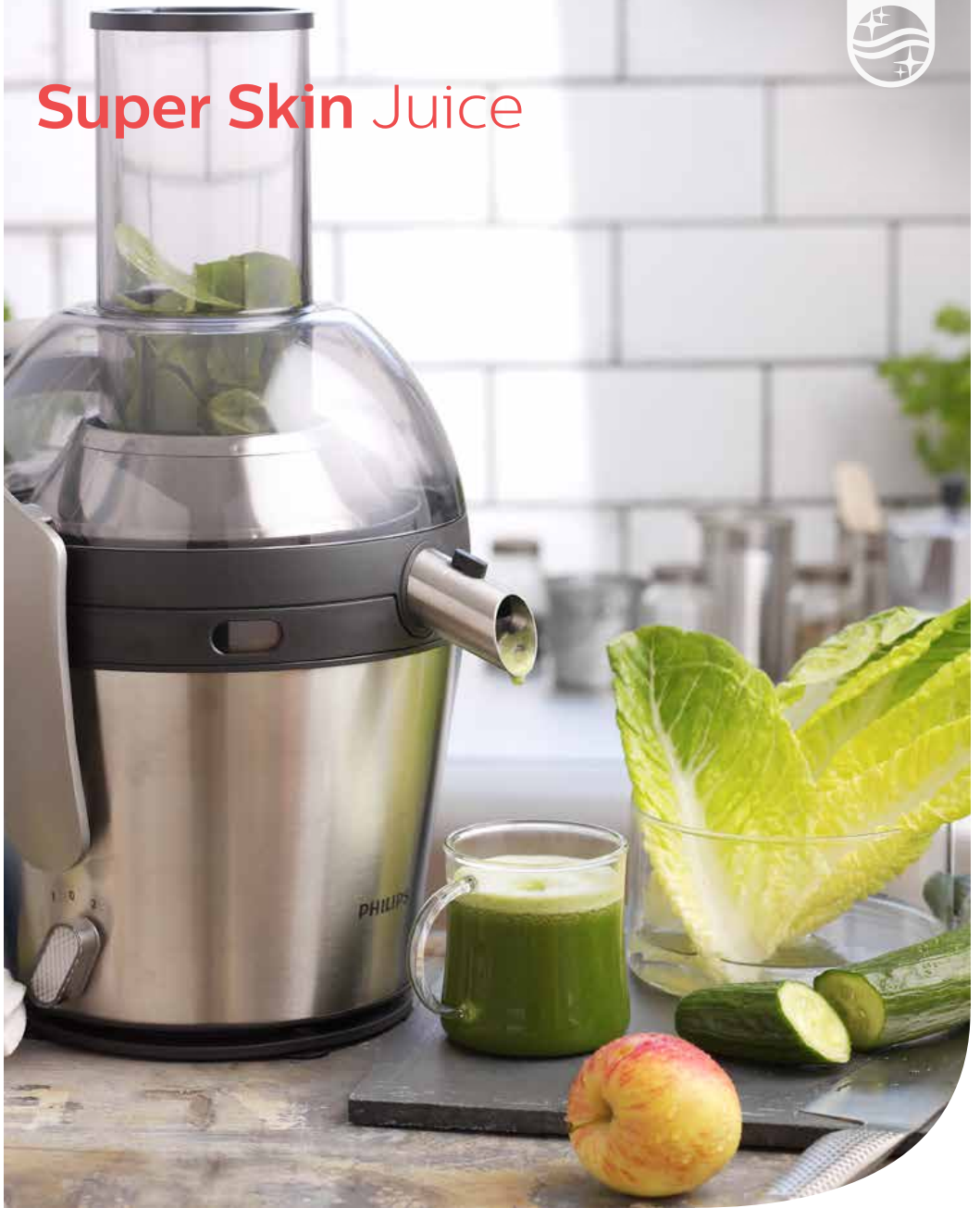
The inclusion of mint within this juice will help you to beat the bloat as it is great for digestion.

- 1/4 of a pineapple
- 2 Granny Smith apples
- 2 handfuls of fresh mint
- 1 peeled lime (or less according to taste)





# Super Skin Juice



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## Super Skin Juice

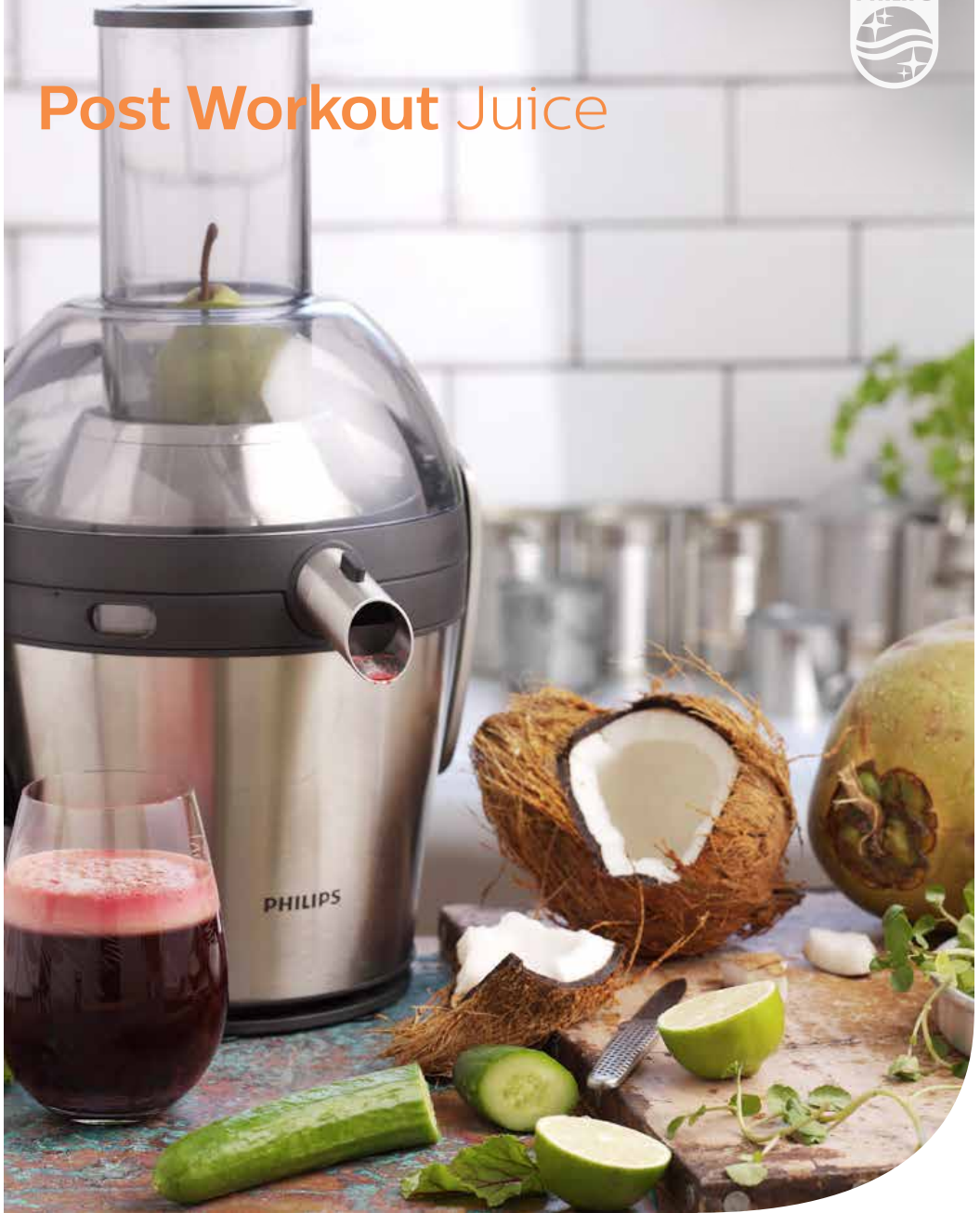
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Adding lime to your juices will make you glow from top to toe. It rejuvenates the skin, protects it from infection and keeps it glowing thanks to its vitamin C and flavonoids content. Both are classed as antioxidants.

- 7 stalks of celery
- 1 apple
- 1/2 a cucumber
- 1 handful of spinach leaves
- 5 large romaine lettuce leaves
- 1 peeled lime (or less according to taste)



# Post Workout Juice



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## Post Workout Juice

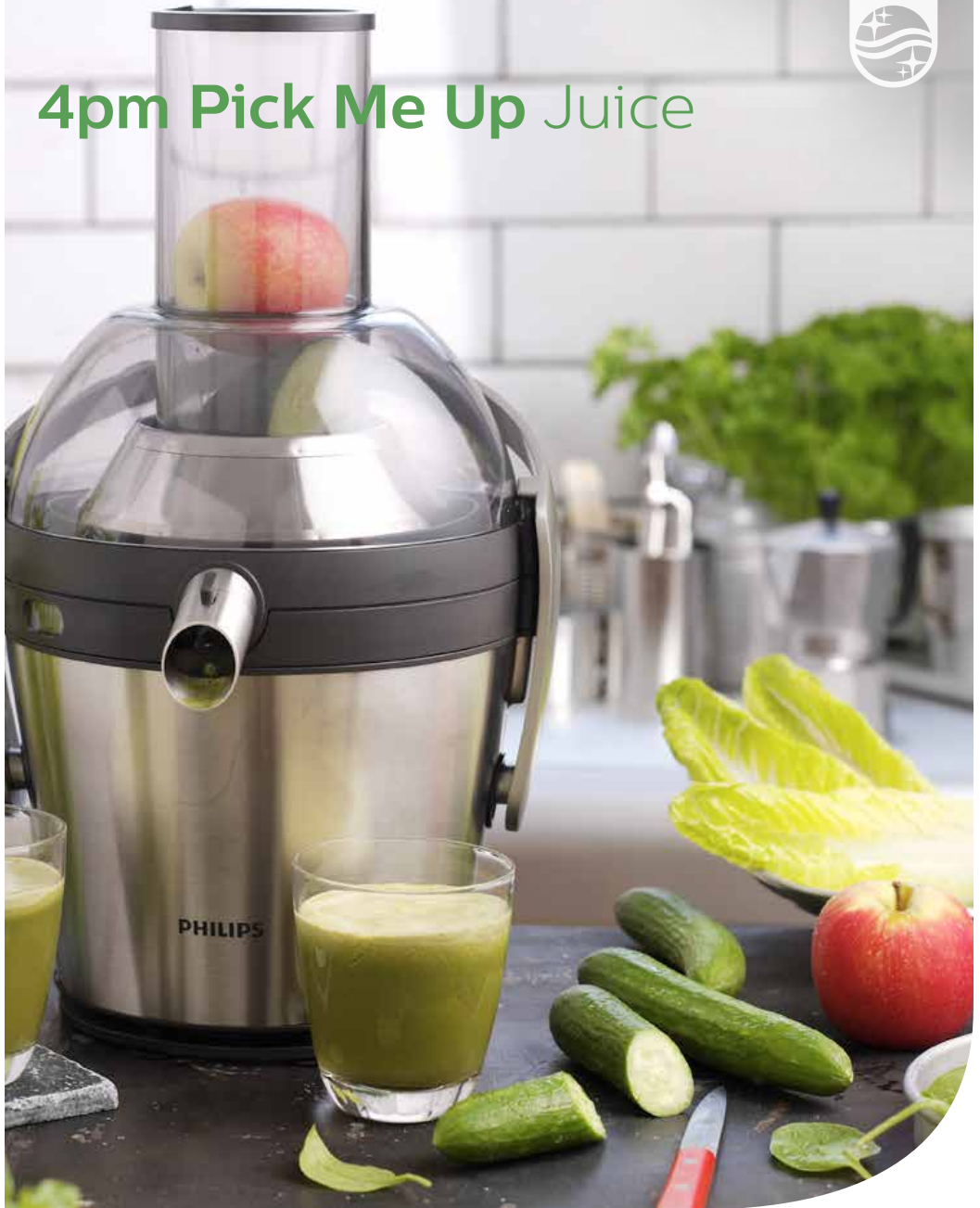
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Coconut water is packed full of potassium, great for you after a workout. The watercress will also help restore your energy levels.

- 1/2 a cucumber
- 1 pear
- 1 peeled lime (or less according to taste)
- 100ml coconut water
- 1 beetroot
- 1 handful of watercress



# 4pm Pick Me Up Juice



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## 4pm Pick Me Up Juice

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Try this juice when you hit the 4pm slump. The cinnamon is great for regulating your blood sugar levels.

- 1 handful of spinach
- 5 romaine lettuce leaves
- 1/4 of a cucumber
- 4 stalks of celery
- 1 peeled lemon (or less according to taste)
- 1 apple
- 2cm of ginger
- 1/2 teaspoon of ground cinnamon



# Fat Buster Juice



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## Fat Buster Juice

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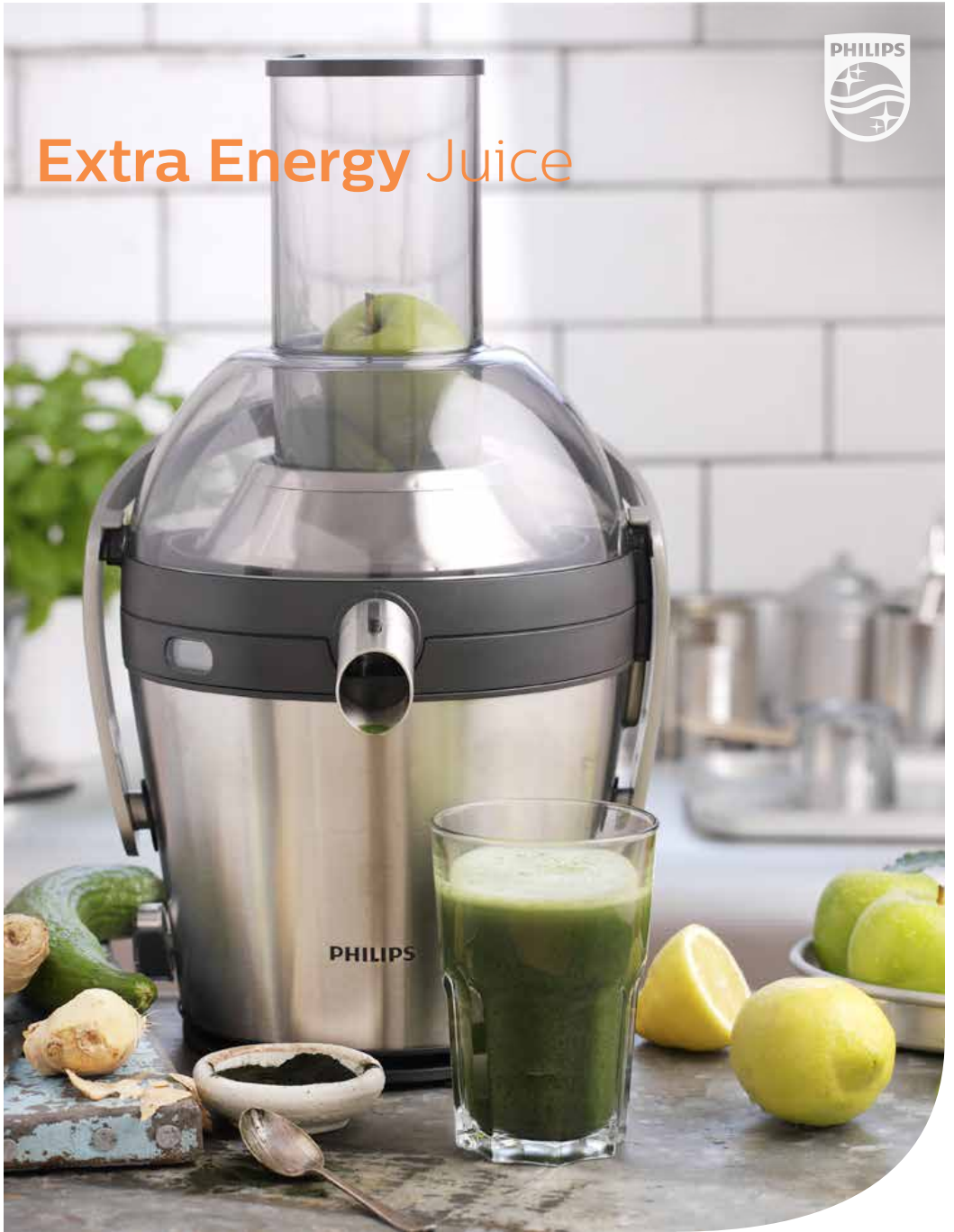
This is a total fat buster. The citrulline in watermelon has been shown to reduce the accumulation of fat in our fat cells.

- 1/4 of a watermelon
- 1 peeled lime (or less according to taste)
- 1 handful of fresh mint





# Extra Energy Juice



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## Extra Energy Juice

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Spirulina is the richest natural source of beta-carotene and vitamin E. It's packed full of vitamins and minerals, which is great for your energy levels. Plus it contains the antioxidant Phycocyanin.

- 1 peeled lemon (or less according to taste)
- 3 Granny Smith apples
- 2cm of ginger
- 1/2 a cucumber
- 1 tsp of spirulina