

Recipes for Juicing

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Fruit and vegetable juices are a great and convenient way for busy people to get their daily dose of goodness. Purchasing ready made juice at the grocery or convenience store can be pricey and instead you might want to consider investing in a home juicer.

There are many juicing recipes for home juicing machines available. Of course you might choose the standard orange, carrot or grapefruit juice but if you want to give your taste buds a treat consider a few juicing recipes for the added benefit of variety. Combining the juice of lemons and limes with sparkling water allows you to have a tangy treat that is low in calories and high in vitamins.

If you are adventurous when it comes to culinary delights that you can create your own juicing recipes for your family. Perhaps your children love tomato juice but they tire of its blandness. Consider juicing recipes for tomato juice cocktails that combine the hearty richness of the tomato base with some fragrant herbs and spices. The combinations are limitless and your family might decide to work on their own juicing recipes that suit their tastes to a tee.

You can use the same principle when it comes to juicing recipes for citrus. There is no denying that freshly squeezed orange juice is a breakfast favorite but if you combine that with the juice of a lemon than you've added new freshness to the beverage.

With a little research you can find many juicing recipes for lemonade. On a hot summer day there is nothing that quenches the thirst better than lemonade. If you want to try something new consider adding juicing recipes for lemonade that incorporate sorbet or mint. Although the basic lemonade is still there, adding something new and unusual makes it a drink that everyone, including your friends and family will remember long after the days of summer have turned to fall.

Carrot juice has become a very popular beverage for health conscious people. Carrot juice by itself can have a very strong taste. Therefore juicing recipes for carrot juice that add unique flavors are always welcome. Some juicing recipes for vegetables include herbs. Parsley and garlic are two popular choices. Another interesting addition when you are considering juicing recipes for carrot juice is nutmeg. Nutmeg is a perfect compliment to the taste of carrots.

When you are considering juicing recipes for anytime of the year think about what fruits and vegetables are available. Watermelon, berries and grapes all make wonderful and refreshing juices. There really is no limit on what juicing recipes for health you can create.