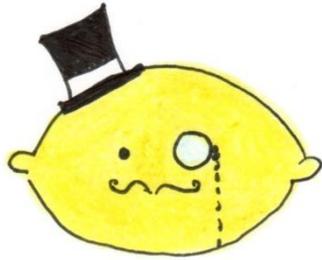


JUICE FOR THOUGHT



Contents

Introduction.....	5
How you start your day matters:	5
5-a-Day? More like none, I say!	5
Benefits of daily juicing	9
Why I love it and recommend it to everyone:.....	9
About the juices in this book	11
About the Thoughts in this book.....	12
Haiku	12
Kōans	13
Quotes and Proverbs	13
Getting Started	14
What do I need?.....	14
Any tips?	14
The First Week	15
3 Ingredients or Less	17
ABC of Beetroot.....	17
Samy’s Beetroot Juice.....	18
Beetroot Delight.....	19
Celery Boost	20
Triple Green	20
Carrot Sunshine.....	21
Orange Light	22
Carrots and more carrots	23
The Thing	23
Pineapple and Carrot.....	24
Fennel Detox.....	25
Fennelicious.....	25
Watermelon Refresher	26
Watermelon and Strawberries	27

Strawberry summer.....	27
More than 3 Ingredients	28
Minty Glow	28
Green Power.....	29
Mango Mambo.....	29
Pimm’s Juice.....	30
Beetroot Love	31
Super Celery	32
Pineapple and Celery	32
Kiwi and Pear.....	33
Red Pepper and orange.....	33
Bloody Mary Juice.....	34
Tomato and apple	35
Beetroot and fennel Juice	35
Fennel and Carrot.....	36
Watercress and Pear.....	36
Fennel and Grapefruit.....	37
Mango and Lime.....	38
Heroes	39
Green Goblin.....	39
Green Arrow.....	40
The Hulk	41
Green Hornet	42
Green Lantern.....	42
Not your cup of tea.....	44
Green Tea Based Drinks	44
Green Apricot.....	44
Green Lychee	45
Green Mango.....	45
Jasmine Tea Based Drinks	46

Jasmine Dream	46
Sweet Jasmine	47
Aromatic Jasmine.....	47
Mango and Strawberry Tea Based Drinks	48
Minty Mango	48
Mango Orange	49
Mango Grapefruit	49
Nutritional Information.....	51
Bibliography.....	55

Introduction



How you start your day matters:

How you start your morning will determine how your day goes, and if you start it with coffee and biscuits, the odds are that you will keep craving more of the same throughout the day, and eventually feel fatigued and bloated.

On the other hand, starting your day with a juice is a great way to regulate blood-sugar levels from the start, and in so doing, keep cravings and unhealthy snacking at bay.



5-a-Day? More like none, I say!

Most of us know, that we need to eat at least 5 portions of vegetable and fruit every day to make sure that our bodies are receiving all the nutrients they need to function healthily.

And yet, the busier our lives get, the harder it is for most people to achieve this quota. It is understandable that most of us will be discouraged by the idea of having to eat our way through a pile of vegetables; but that is not the only option. With little preparation and almost no cleaning, juicing is a fast and easy way to give your body all the nutrients it needs. For me, it has been a great way to add to my diet vegetables which I didn't normally eat, like fennel and celery, and to increase the intake of others which I was eating only sporadically.

We all have those vegetables we never cook ourselves because there is too much hassle involved. In my case, I love beetroot, but cooking it, having to deal with everything being

stained red, peeling it and having purple fingertips for 2 days afterwards...well, it was too much work.

Now, I just juice it raw, no need to peel or cook or wash a million stained utensils. And it makes a mean juice! Sweet and earthy, with a beautifully vibrant colour.

Two years ago, I went through a patch of bad eating, which, in turn, resulted in low levels of energy, lots of pimples (and I'm in my thirties), bloating and a general feeling of unhappiness. There was too much caffeine, too many processed foods, baked goods and sugar, way too much sugar. I was still eating fruit and vegetables daily, but nowhere near the 5-a-Day.

I came across the book "Honestly Healthy" by Natasha Corret and Vicky Edgson on a bookshop and decided to give the Alkaline Diet a try. It started with a Cleanse which included daily juices. Not completely convinced, I bought a cheap juicer and started on their Menu Plan.

What a difference it made! After the first few days, I had my energy back, my skin was on its way to looking healthier and the bloating was completely gone.

I did not stay fully alkaline, because I thought it a bit extreme, and despite many claims to the contrary, I found that it was impossible to eat fully alkaline without supplementing my diet with powders and oils and moving my office to the kitchen ...or hiring a cook.

However, the main concepts stayed with me because they really lead to better eating habits and a healthier and balanced approach to food and therefore I have made my juices as alkaline as possible.

These are the key points of the alkaline diet:



Viruses prosper in an acidic environment, they cannot live in an alkaline environment. Your body has mainly an alkaline pH, except in your stomach where you need the acid to digest food. To keep the pH in your body alkaline, every time you eat something acidic, your

body uses minerals (calcium, magnesium, potassium) to balance the pH out and bring it back to alkaline, which is the pH of health. However, if you constantly eat acidic foods (meat, dairy, coffee, sugar, alcohol, junk food) and not enough alkaline foods which are the ones containing the minerals your body uses to balance out the pH (vegetables, fruit, seaweeds), then it starts taking up the minerals from your body's reserves. For example: your body uses calcium to process caffeine, therefore, if you are constantly drinking coffee and not taking enough calcium, your body will start taking the calcium stored in your bones, causing a calcium deficiency.



You don't have to remove all acidic foods from your diet, but rather eat less of them and when you do, pair them with alkaline foods. Example: If you are having a steak (acidic), eat it with a fresh salad and some asparagus (very alkaline).



Avoid sugar: It is very acidic! White sugar has no nutritional value at all, is addictive and causes mood swings. You can replace it with Stevia, but preferably, don't replace it at all: learn to enjoy the real taste of food. If you are baking and must add some sort of sweetener, then use Stevia or some raw honey.



How much sugar is *too much sugar* anyway? According to the NHS, the U.K National Health Service: more than 70g for men (18 teaspoons) and 50g for women (12 teaspoons) a day. The American Heart Association says it shouldn't be more than 37.5g for men and 25g for women, which is the equivalent of 9 and 6 teaspoons of sugar respectively.

Remember, we are talking about added sugars, like the sugar you add to tea and the added sugars in the products you buy (which can appear on food labels as: sugar, glucose, fructose, dextrose, molasses, malt syrup, to name but a few), you are already getting sugar from fruits and vegetables.

The main offenders in the added sugar department are breakfast cereals, jams and marmalades, soft drinks and baked goods.



Dairy and white flour (and this means anything made from white flour) are very acidic. Some people also have a mild intolerance to dairy which can show up as a blocked nose, swollen eyes, a bit like a cold. If you notice this after eating cheese or drinking milk, replace your milk with almond milk. Almond milk is delicious, can be used as regular milk for cooking and baking and has a fraction of the calories of dairy milk. Shop bought almond milk also contains added calcium and vitamin D.

Wheat based products, such as cakes, biscuits and bread are associated with fatigue and mild depression, so if you suffer from any of these, you might want to cut on your intake for a few days and see if you notice any difference. Spelt, rye and pumpernickel bread are a good alternative to white bread.

When choosing sandwiches at lunch time, go for those made with wholegrain bread, rather than white.



Eat as many raw vegetables as you can, also, eat raw fruits. Because fruits have a higher content of sugar (which is acidic) you should try to eat more veg than fruit. That is also the reason why you will find that none of the juices in this book are made with just fruit. This is something you should take into account too, when making up your own juices recipes at home: use 60% veg to 40% fruit.



Start your day with a juice.



Benefits of daily juicing

- 1.- Juicing is a great fuss-free way to make sure you get the recommended daily intake of fruit and vegetables.
- 2.- Because juice is liquid, it is a lot easier to digest and the nutrients can be rapidly assimilated by your body.
- 3.- By having a juice as the first meal of the day, you will be waking up your body in a more gentle way than if you were forcing it to digest a cooked breakfast, a processed croissant or slice of white bread, or a coffee. We never think about this, but your body has been sleeping for 8 hours and just as you need some time to adjust to the new day, so does it.
- 4.- The antioxidants found in fruits and vegetables are essential for a healthy skin.
- 5.- Folic acid found in fruits and vegetables contributes to healthy nails and hair.
- 6.- They will leave you feeling satiated for longer, with no sugar cravings, helping you cut down on unhealthy snacking and aiding weight-loss and health.
- 7.- Juicing is a great way to introduce a more varied array of vegetables into your diet.
- 8.- It is a great way to help children “eat their vegetables”.



Why I love it and recommend it to everyone:

It is the *easiest* (by far!!) way to add more vegetables to your diet. We all manage to sneak some fruit in, especially in summer, but the rest of the time, we are stuck with the same two

or three vegetables: lettuce of some sort or other, tomatoes and carrots. That is, if we eat vegetables at all.

What about all the others plants out there? Who cares! We are too busy to go looking for recipes to make fennel taste nice, or include more cucumber in our diet. It is easier to just grab a bag of ready-made salad and that's that.

Therefore, even though we all know things like: "fennel is very detoxing" and "tomatoes help prevent prostate cancer" very few of us really do anything about it. And to heal through a change of diet, you need *quantity* and *consistency*: eating a salad with fennel once a month and some spinach here and there, is not enough. You need a constant intake so that your body can start operating on the basis that it *will* be getting all these vitamins.

I understand that even *thinking* about the prospect of eating kale and fennel 3 times a week might sound daunting, but believe me, if all you need to do is drink them, you will hardly notice. Spinach, in particular, which is such a great vegetable, can be sneaked into almost any green juice and you won't taste it. Which also makes it a great way to introduce spinach into a child's diet.

My partner does not like beetroot, but he will drink it in a juice made with grapefruit and carrot. I don't particularly like raw celery, but I love it in a juice with green apple and spinach.

With juicing there is very little prepping, you simply pop everything into the juicer and off you go; there is no thinking involved. And also, there is no waste: normally you'll buy a packet of spinach, celery or leeks and use half. The other half ends up in the bin.

With juicing, as long as you juice every day, you'll use everything you've bought, and therefore juicing is great for the planet too!



About the juices in this book

These are the juices I make daily. I've been having a juice every morning for 2 years now, and it makes a difference. A huge difference.

There are 36 juice recipes in this book, plus another 10 iced-tea recipes which use fresh fruits, herbs and fruit juices and are ideal for the coming months.

And really, that is all you need. You don't need 100 juice recipes because you will only make a handful of them, the ones you like and the ones that do not bankrupt you. You need real, possible, tested recipes that you can actually make.

These juices have been tried and tested, every morning, for 2 years.

I've divided the juices into 2 categories, those with 2/3 ingredients, so that you can make them in the morning, before work (as I do) and those with more than 3 ingredients for weekends, after work pick-me-ups or once you've got the hang of it, and can make a 5 ingredient juice in 5 minutes (which is possible, but won't happen on the first morning).

Finally, you'll find a nutrients table, so you know what's in your juice, but as long as you keep them more vegetable than fruit, you can pretty much mix them the way you want.

These days, it's a mystery to me that people will choose a bag of crisps or a muffin over a

fresh juice, and soon it will be a mystery to you too.



About the Thoughts in this book

Life is not only about nourishing the body, but also the spirit and the mind, which we seldom take the time to do these days; so I've carefully selected Haikus, Kōan and Quotes to make you reflect, meditate or simply smile.

I hope you enjoy them and take the time to read and maybe reflect about them on your way to work or while you sip your juice.

Haiku

A Haiku is a “*short Japanese poem with 17 syllables*”. They convey a fully formed idea, a mental picture of great beauty and yet profound simplicity.

The essence of Haiku is the juxtaposition of two images or ideas and a “cutting word” between them, a kind of verbal punctuation which detonates the moment of separation. During translation many of those “cutting words” are lost and replaced with a whole structure to convey the same meaning.

A haiku traditionally contains a *kigo*, a word or phrase that symbolizes or implies the season of the poem and which is drawn from a *saijiki*, an extensive but prescriptive list of such words.

Haiku can be written about many topics, but traditional haiku deals with nature, the seasons and love.

In this book you will find Haikus by Matsuo Bashō, Yosa Busson and Kobayashi Issa. All of them lived in the 17th century and yet their ideas and poems, because they dwell upon universal and unchanging subjects, feel as contemporary today as they were back then.

Kōans

There are different definitions of a Kōan depending on the Buddhist tradition you research. For simplicity purposes, I'll take the Merriam-Webster definition which states that a kōan is *“a paradox to be meditated upon that is used to train Zen Buddhist monks to abandon ultimate dependence on reason and to force them into gaining sudden intuitive enlightenment.”*

These statements or questions are meant to provoke in the student the “great doubt” which would make them think beyond what they believed to be real and true.

Through reflecting upon the kōan, the student is meant to get an insight, and after solving different kōans, some of which can take years, they would finally become enlightened.

For those of us who are not looking for enlightenment, these statements and questions, or as they are sometimes called, Zen riddles, are a way to force our mind to think outside logic, outside the normal realm of things and everyday occurrences.

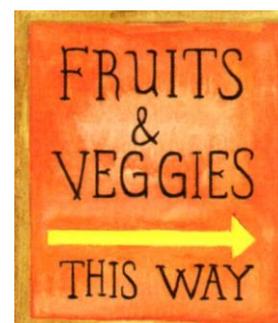
It is thought that by working on a kōan, your mind broadens and your brain makes new connections as you look for alternative ways to solve it.

Quotes and Proverbs

The quotes and proverbs in this book were selected to be related in one way or another to the Haikus and kōans chosen.

They are inspiring and entertaining.

Without further ado, let's move on with the book!



Getting Started



What do I need?

Juicing is not meant to be complex or time consuming so the equipment needed to make this juices is minimal:

A juicer (doh!)

A chopping board

A knife

A peeler (just to make things easier)



Any tips?

- 1.- Always wash all your vegetables and fruit.
- 2.- Peel only the ingredients that must be peeled: limes, mangoes, ginger, grapefruit etc. A lot of the nutrients are in the skin of vegetables and fruits, so by peeling them you are losing nutrients.
- 3.- Drink your juice as soon as you make it. Many vitamins are lost after a few hours. Vitamin C for example, oxidizes once in contact with the air, so the longer you keep your juice sitting in the counter the more Vitamin C you lose.

Same applies to your chopped fruit and vegetables: if you chop them the night before, they will have very little nutrients left by the time you juice them. So Peel, Chop, Juice and Drink.

4.- If, for whatever reason, you cannot drink your juice there and then, place it in the fridge covered; that will delay the process of oxidation.



The First Week

If I could suggest something for your first week of morning juices, it would be this: it is better if you choose just 2, maximum 3 different juices that have similar ingredients and alternate between them.

That way you will minimize waste and get the hang of making your juices faster.

Example 1:

2 Juices: Choose to start with Celery Boost and Carrot Sunshine.

Shopping List

- 1 bag celery stalks
- 1 bag of spinach
- 1 bag of apples (4/5 apples)
- 1 kilo of carrots
- 2 grapefruits

Example 2:

3 Juices: Choose to start with Celery Boost, Triple Green and Carrot Sunshine.

Shopping List

- 1 bag celery stalks
- 1 bag of spinach
- 1 bag of apples (4/5 apples)
- 1 kilo of carrots
- 2 grapefruits
- 1 cucumber

As you can see, the only difference between making 2 or 3 different juices in this case is just the cucumber, starting with 3 juices is not a matter of ingredients but rather of how confident you are about your juicing skills.

Those ingredients should be enough for 7 days, you might have leftover spinach or carrots, but carrots and spinach keep well in the fridge and you can use them the following week.



3 Ingredients or Less

For those early mornings during the week, when you want a real fresh start but you don't have time to be peeling, chopping or selecting 8 different vegetables and fruits.

Choosing a fresh juice over a cup of coffee or a mug of tea will help you fight sugar cravings and feel more energized with a minimum of effort.

To make the most out of your juice, remember to drink it as soon as possible!



ABC of Beetroot

1 Apple, (green)

1 Beetroot

1 Carrot

How to:

1.- Wash all your ingredients.

2.- Core the apple.

3.- Add 100 ml of water to the jar in your juicer.

4.- Place the ingredients in your juicer in the following order: beetroot, apple and carrot.

5.- Juice!

Tastes: Sweet and earthy. You can taste the beetroot clearly.

Kōan

Suppose you meet a Zen master on the road, you can't talk to him, you can't stand there silent. What would you do?

No, seriously, what would you do to approach him without talking and without being silent?



Samy's Beetroot Juice

This juice was created by a friend of mine so it carries her name. She kindly let me use her recipe here, so...thank you Sam!

- 1 beetroot
- 1 grapefruit
- 2 carrots

How to:

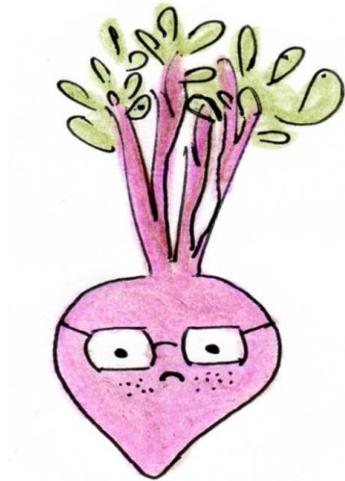
- 1.- Wash all your ingredients.
- 2.- Peel the grapefruit.
- 3.- Add 100 ml of water to the jar in your juicer.
- 4.- Place the ingredients in your juicer in the following order: beetroot, carrot, grapefruit.
- 5.- Juice!

Tastes: Sweet, with a mild, earthy taste.

Haiku

First day of Spring –
can't stop thinking about
the end of Autumn.

Bashō



Beetroot Delight

- 1 beetroot
- ½ a cucumber
- 2 carrots

How to:

- 1.- Wash all your ingredients.
- 2.- Add 100 ml of water to the jar in your juicer.
- 3.- Place the ingredients in your juicer, beetroot first.
- 4.- Juice!

Tastes: Earthy and refreshing. This juice carries a lot more beetroot flavour than those made with fruit in them so it might not be to everyone's taste at first.

Proverb

The person who says it cannot be done should not interrupt the person who is doing it. –
Chinese Proverb



Celery Boost

- 1 bunch of spinach
- 2 stalks of celery
- 1 green apple

How to:

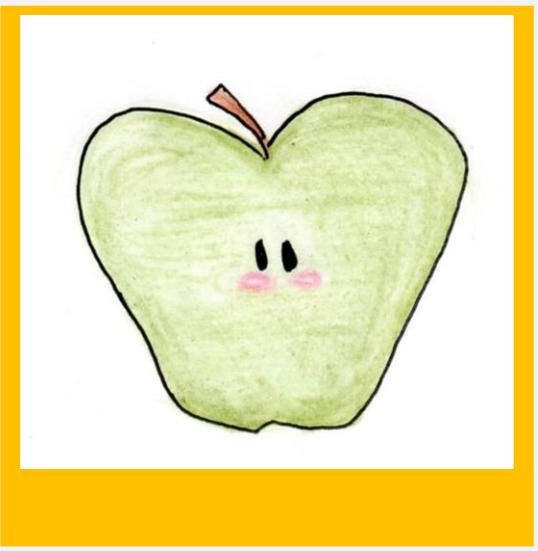
- 1.- Wash all your ingredients.
- 2.- Core the apple and cut the celery stalks in half.
- 3.- Add 100 ml of water to the jar in your juicer.
- 4.- Place the ingredients in your juicer in the following order: Spinach, celery and apple.
- 5.- Juice!

Tastes: Refreshing and slightly sweet. You cannot taste the spinach at all.

Kōan

Shuzan held up his staff and waved it before his monks.

“If you call this a staff”, he said, “You deny its eternal life. If you do not call this a staff, you deny its present fact. What shall you call it then?”



Triple Green

- 1 bunch of spinach
- 1/2 a cucumber
- 1 green apple.

How to:

- 1.- Wash all your ingredients.
- 2.- Core the apple.
- 3.- Add 100 ml of water to the jar in your juicer.
- 4.- Add your ingredients to the juicer in the following order: spinach, cucumber and apple.

5.- Juice!

Tastes: Very refreshing, summery and light.

Quote

“Be yourself. Everybody else is taken. Anonymous



Carrot Sunshine

1 pink grapefruit

3 carrots

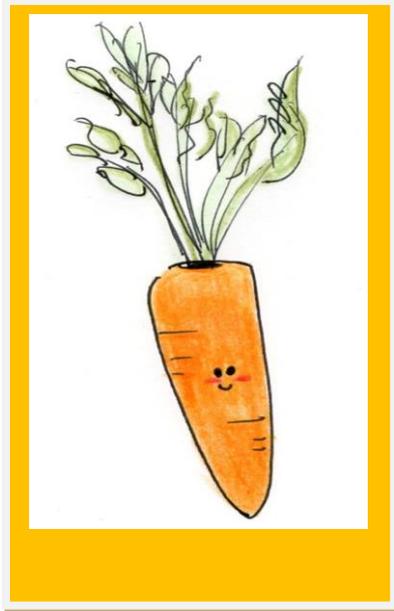
How to:

- 1.- Wash all your ingredients.
- 2.- Peel the grapefruit and cut in half.
- 3.- Add 100 ml of water to the jar in your juicer.
- 4.- Add your ingredients to the juicer in any order you want.
- 5.- Juice!

Tastes: Sweet, probably the sweetest of all juices so far. This is an easy one to start with if you are finding greener juices a bit bitter.

Haiku

Old pond,
Frog jumps in,
-splash
Bashō



Orange Light

- 1 orange
- 2 carrots
- ½ lemon

How to:

- 1.- Wash all your ingredients.
- 2.- Peel the orange and half a lemon.
- 3.- Add 100 ml of water to the jar in your juicer.
- 4.- Add your ingredients to the juicer in any order you want.
- 5.- Juice!

Tastes: Sweet and sharp.

Haiku

Awake at night –
the sound of the water jar
cracking in the cold.

Bashō



Carrots and more carrots

- 2 carrots
- 1 yellow grapefruit
- ½ a cucumber

How to:

- 1.- Wash all your ingredients.
- 2.- Peel the grapefruit.
- 3.- Add 100 ml of water to the jar in your juicer.
- 4.- Add your ingredients to the juicer in the following order: carrot, cucumber, grapefruit.
- 5.- Juice!

Tastes: This is a less sweet version of the carrot-grapefruit juice.

Kōan

Two monks were watching a flag flapping in the wind. One said to the other, "The flag is moving."

The other replied, "The wind is moving."

Huineng overheard this. He said, "Not the flag, not the wind; mind is moving."



The Thing

- 2 carrots
- 1 pink grapefruit
- 1 thumb of ginger

How to:

- 1.- Wash all your ingredients.
- 2.- Peel the grapefruit and ginger.
- 3.- Add 100 ml of water to the jar in your juicer.
- 4.- Add your ingredients to the juicer in the following order: ginger, carrot, grapefruit.
5. Juice!

Tastes: Sweet and spicy with a mild flavour of carrots.

Haiku

A summer river being crossed
how pleasing
with sandals in my hands!
Yosa Buson.

Pineapple and Carrot

150g pineapple

2 carrots

½ a lime

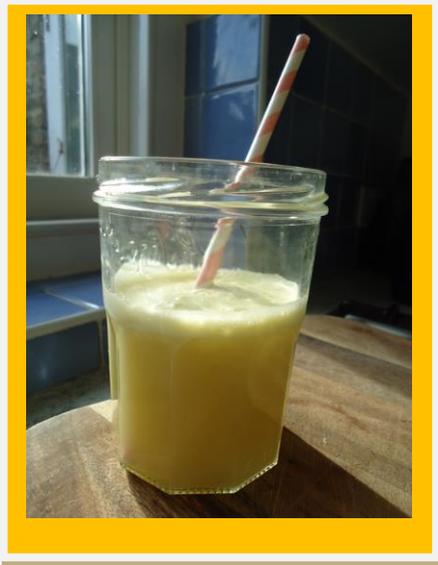
How to:

- 1.- Wash all your ingredients.
- 2.- Peel the lime.
- 3.- Add 100 ml of water to the jar in your juicer.
- 4.-Add your ingredients to the juicer, lime first. Juice!

Tastes: Sweet and sharp. It also has a lovely summery colour!

Quote

Nature does not hurry and yet everything is accomplished. Lao Tze.



Fennel Detox

- 1 fennel
- 1 red apple
- ½ a lemon

How to:

- 1.- Wash all your ingredients.
- 2.- Core the apple and peel the lemon.
- 3.- Trim the fennel, if not already trimmed.
- 4.- Add 100 ml of water to the jar in your juicer.
- 5.- Add your ingredients to the juicer in the following order:

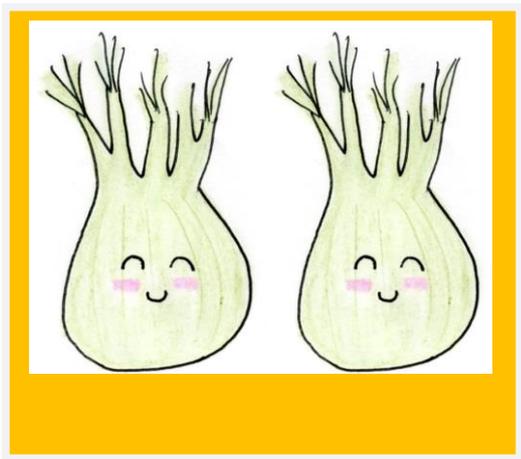
lemon, fennel, apple.

6.- Juice!

Tastes: Refreshing, sweet and only slightly fennely.

Haiku

The wind of Mount Fuji
I've brought on my fan!
A gift from Edo
Bashō



Fennelicious

- 1 fennel
- 1 orange
- 1 lime

How to:

- 1.- Wash all your ingredients.
- 2.- Peel the lime and orange.

- 3.- Trim the fennel, if not already trimmed.
- 4.- Add 100 ml of water to the jar in your juicer.
- 5.- Add your ingredients to the juicer in the following order: fennel, lime and orange.
- 6.- Juice!

Tastes: Sweet, citrusy and sharp, with a hint of fennel.

Haiku

*The first cold shower
Even the monkey seems to want
A little coat of straw.*

Bashō



Watermelon Refresher

- 100 g. watermelon
- 1/4 cucumber

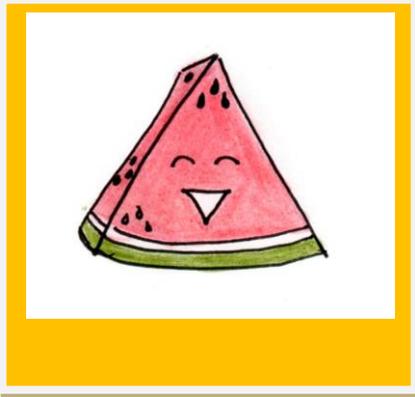
How to:

- 1.- Wash all your ingredients.
- 2.- Remove the seeds from the watermelon and chop it so that it would fit in the juicer.
- 3.- Add 100 ml of water to the jar in your juicer.
- 4.- Juice!

Tastes: Like a flavoured water. Neither watermelon nor cucumber have a very strong flavour. This is an ideal drink for a hot summer day: juice 500g watermelon and 1 cucumber to make a whole jug, add ice and some mint.

Proverb

The best time to plant a tree was 20 years ago. The second best time is now. –Chinese Proverb



Watermelon and Strawberries

- 200 g watermelon
- 10 strawberries
- A bunch of mint leaves

How to:

- 1.- Wash all your ingredients.
- 2.- Add 100 ml of water to the jar in your juicer.
- 3.- Add your ingredients to the juicer, mint first.
- 4.- Juice!

Tastes: *Minty and sweet. Has a lovely pink-red colour.*

Quote

When you do things from your soul, you feel a river moving in you, a joy. Rumi



Strawberry summer

- 100 g of strawberries
- 2 tomatoes
- 1 bunch of basil leaves

How to:

- 1.- Wash all your ingredients.
- 2.- Add 100 ml of water to the jar in your juicer.
- 3.- Add your ingredients to the juicer, basil first.
- 4.- Juice!

Tastes: *Very summery, with the berries and the basil leaves giving it a lovely fragrance.*

Rōan

You know the sound of two hands clapping, now, can you tell me: What is the sound of one hand clapping?

More than 3 Ingredients

These are juices for those days in which you have a bit more time, or after a couple of weeks of making the other juices, you are now comfortable with the concept and are fast at assembling the juices, therefore adding a few more ingredients won't take that much time.

Feel free to replace kale for spinach and vice versa.

You can also replace green apple for a pear, if you'd like a sweeter juice.



Minty Glow

- 1 bunch of kale
- 1 lime
- 3 sprigs of mint
- 1 pear

How to:

- 1.- Wash all your ingredients.
- 2.- Core the pear and peel the lime.
- 3.- Add 100 ml of water to the jar in your juicer.
- 4.- Add your ingredients to the juicer in the following order: kale, mint, lime and pear.
- 5.- Juice!

Tastes: Sharp, sweet and minty.

Quote

Whether you think you can or you think you can't, you're right. –Henry Ford

Green Power

- 1 papaya
- 1 head of pack choi
- 1 bunch of spinach
- 1 lime

How to:

- 1.- Wash all your ingredients.
- 2.- Cut the papaya in half and scoop the seeds out.
- 3.- Peel the lime.
- 3.- Add 100 ml of water to the jar in your juicer.
- 4.- Add your ingredients to the juicer in the following order: spinach, pack choi, lime and papaya.
- 5.- Juice!

Tastes: Like sharp papaya juice.

Haiku

Clouds come from time to time-
and bring to men a chance to rest
from looking at the moon.

Bashō



Mango Mambo

- 1 mango
- 1 lime
- 1 bunch of spinach
- ¼ cucumber

How to:

- 1.- Wash all your ingredients.
- 2.- Peel the mango and the lime.
- 3.- Remove the stone from the mango.

- 4.- Add 100 ml of water to the jar in your juicer.
- 5.- Add your ingredients to the juicer, spinach first.
- 6.- Juice!

Tastes: *Deliciously sweet and a bit sharp from the lime. You'll get a mild cucumber taste coming through, but you won't taste the spinach.*

Haiku

Wake! The sky is light!
let us take to the road
again...
companion butterfly!
Bashō



Pimm's Juice

- 5-7 strawberries
- ½ a cucumber
- 1 lemon
- 1 orange.
- Mint leaves

How to:

- 1.- Wash all your ingredients.
- 2.- Peel the lemon and orange.
- 3.- Add 100 ml of water to the jar in your juicer.
- 4.- Add your ingredients to the juicer, mint and strawberries first.

- 5.- Juice!

Tastes: Sweet and extremely refreshing. Make a whole jug of it: juice one more orange, top with soda water and decorate with slices of cucumber, lemon, orange and mint like in the photo.

Quote

Whatever you can do, or dream you can, begin it. Boldness has genius, power and magic in it. –Johann Wolfgang von Goethe

Beetroot Love

- 1 beetroot
- 1 green apple
- ½ a cucumber
- 2 sticks of celery

How to:

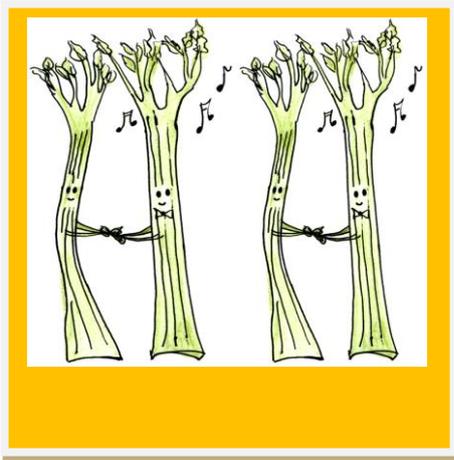
- 1.- Wash all your ingredients.
- 2.- Core the apple.
- 3.- Add 100 ml of water to the jar in your juicer.
- 4.- Add your ingredients to the juicer, beetroot first.
- 5.- Juice!

Tastes: Green and earthy. A delicious beetroot juice!

Haiku

Grasshopper-
do not trample to pieces
the pearls of bright dew.

Kobayashi Issa.



Super Celery

- 1 bunch of spinach
- 2 stalks of celery
- 1 red apple
- ½ a cucumber

How to:

- 1.- Wash all your ingredients.
- 2.- Core the apple.
- 3.- Add 100 ml of water to the jar in your juicer.
- 4.- Add your ingredients to the juicer, spinach first.
- 5.- Juice!

Tastes: A bit like cucumber and a bit like celery. It is only mildly sweet.

Quote

Life shrinks or expands in proportion to one's courage. —Anais Nin

Pineapple and Celery

- 150 g pineapple
- 2 celery stalks
- 1 bunch of spinach
- 1 bunch of seedless green grapes (approx. 10)

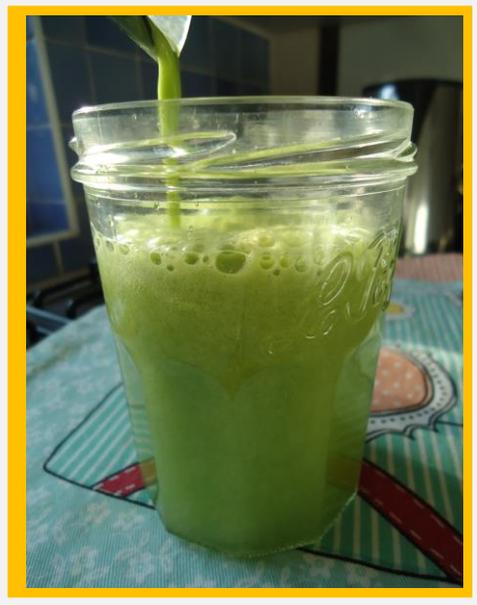
How to:

- 1.- Wash all your ingredients.
- 2.- Add 100 ml of water to the jar in your juicer.
- 3.- Add your ingredients to the juicer, spinach first.
- 4.- Juice!

Tastes: Sweet and refreshing. Probably one of the sweetest juices in the book.

Kōan

What was your original face—the one you had before your parents gave birth to you?



Kiwi and Pear

- 1 kiwi
- 1 pear
- A bunch of kale
- ½ a cucumber

How to:

- 1.- Wash all your ingredients.
- 2.- Core the pear and peel the kiwi.
- 3.- Add 100 ml of water to the jar in your juicer.
- 4.- Add your ingredients to the juicer, kale first.
- 5.- Juice!

Tastes: Sweet and a bit sharp.

Quote

∅ person who never made a mistake never tried anything new. – Albert Einstein

Red Pepper and orange

- 1 red bell pepper
- 1 yellow or orange bell pepper
- 1 orange
- 1 tomato

How to:

- 1.- Wash all your ingredients.
- 2.- Cut the peppers in half and remove seeds.
- 3.- Peel the orange.
- 4.- Add 100 ml of water to the jar in your juicer.
- 5.- Add your ingredients to the juicer, tomato first.
- 6.- Juice!

Tastes: *This juice tastes like peppers, but it is also sweet. So if you like bell peppers give it a go!*

Quote

It does not matter how slowly you go as long as you do not stop. –Confucius

Bloody Mary Juice

2 stalks of celery

2 big tomatoes

1 bunch of parsley

¼ cucumber

How to:

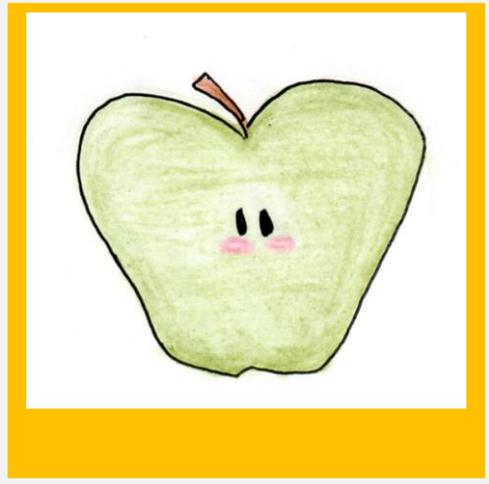
- 1.- Wash all your ingredients.
- 2.- Add 100 ml of water to the jar in your juicer.
- 3.- Add your ingredients to the juicer, parsley first.
- 4.- Juice!

Tastes: *Like a slightly over-celeried virgin Bloody Mary.*

Haiku

Evening wind:
water laps
the heron's legs.

Yosa Buson.



Tomato and apple

- 1 big tomato
- 1 celery stick
- 1 green apple
- ½ a lime

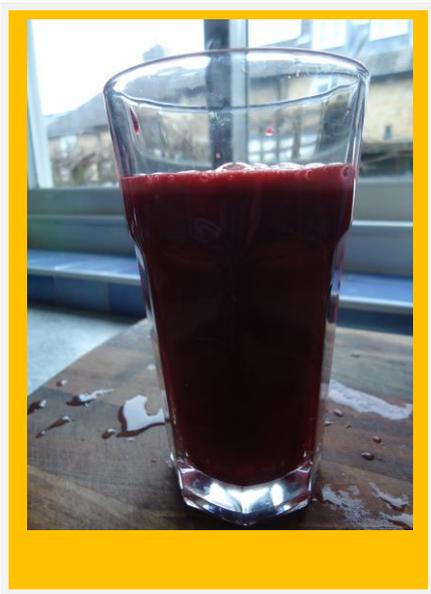
How to:

- 1.- Wash all your ingredients.
- 2.- Core the apple and peel the lime.
- 3.- Add 100 ml of water to the jar in your juicer.
- 4.- Add your ingredients to the juicer, lime first.
- 5.- Juice!

Tastes: Like vegetables, this juice is also a bit sharp.

Quote

It is never too late to be what you might have been. –George Eliot



Beetroot and fennel Juice

- 1 beetroot
- 1 fennel
- 1 carrot
- 1 lime

How to:

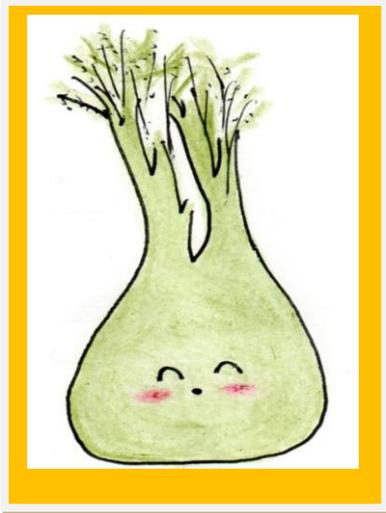
- 1.- Wash all your ingredients.
- 2.- Trim the fennel and peel the lime.
- 3.- Add 100 ml of water to the jar in your juicer.
- 4.- Add your ingredients to the juicer, beetroot first.
- 5.- Juice!

Tastes: Because beetroot has such an earthy quality and fennel has such a particular flavour, this juice is quite something. A special treat for those brave juicers out there!

Haiku

Snail
inch by inch, climb
Mount Fuji!

Kobayashi Issa.



Fennel and Carrot

- 2 carrots
- 1 fennel
- 1 red apple
- 1 lime

How to:

- 1.- Wash all your ingredients.
- 2.- Trim the fennel, core the apple and peel the lime.
- 3.- Add 100 ml of water to the jar in your juicer.
- 4.- Add your ingredients to the juicer, fennel first.
- 5.- Juice!

Tastes: Sweet and fennely and has a lovely, light orange colour.

Haiku

Coolness--
the sound of the bell
as it leaves the bell.

Yosa Buson

Watercress and Pear

- 1 pear
- 1 bunch of watercress
- 1 bunch of spinach
- 2 stalks of celery

How to:

- 1.- Wash all your ingredients.
- 2.- Core the pear.
- 2.- Add 100 ml of water to the jar in your juicer.
- 3.- Add your ingredients to the juicer, watercress and spinach first.
- 4.- Juice!

Tastes: Sweet and green.

Haiku

Just simply alive,
Both of us, I
And the poppy.

Kobayashi Issa.



Fennel and Grapefruit

- 1 grapefruit
- 1 fennel
- 2 celery stalks
- 1 bunch of spinach

How to:

- 1.- Wash all your ingredients.
- 2.- Add 100 ml of water to the jar in your juicer.
- 3.- Add your ingredients to the juicer, spinach first.
- 4.- Juice!

Tastes: Sweet, refreshing and green.

Koan

Disciple: "I plan to carve a stone into a Buddha. Can I do it?"

Master: "Yes, you can do it."

Disciple: "Can I not do it?"

Master: "No, you cannot do it."

Mango and Lime

1 mango

1 lime

1 bunch of kale

3 sprigs of mint

How to:

- 1.- Wash all your ingredients.
- 2.- Cut the mango in half and remove the stone.
- 3.- Peel the lime.
- 4.- Add 100 ml of water to the jar in your juicer.
- 5.- Add your ingredients to the juicer, kale first.
- 6.- Juice!

Tastes: Minty and sweet.

Koan

Nansen was working on the mountain, and a monk walked up to him

Monk: "What way leads to Nansen?"

Nansen: (Raising up his farming tool) "I bought this farming tool for 25 cents."

Monk: "I'm not asking about the farming tool you bought for 25 cents. What way leads to Nansen?"

Heroes

The following juices have a little extra power and nutrition and therefore they deserve special names, straight out of a comic book.

They contain Spirulina and instead of fresh water, coconut water for extra hydration.

Spirulina is an algae which has many immune boosting and liver cleansing properties, as well as being rich in iron and B vitamins, including vitamin B12. Adding a teaspoon of this algae to your juice will increase its nutrient content and help you detox.

Having said this, please be aware that this algae tastes...well, like an algae. To me it tastes a bit like a pond, and as much as I'd love to say that you won't taste it in these juices, the truth is, you will.

Some of them mask the taste a bit more, like the Hulk juice, but none can completely cover it.

This doesn't mean that you'll hate the juices, not at all! Some of you might even like it. It brings a kind of sea vegetable flavour and makes for a different drink, which can be good after having some of the others for a long time. It also gives the juices a lovely dark, rich colour. I just thought I should warn you, so there you go, you've been warned ☺



Green Goblin

- 1 bunch of spinach
- ½ a cucumber
- 1 red apple
- 1 lime
- 1 stalk of celery
- 1 teaspoon of Spirulina
- 100 ml coconut water

How to:

- 1.- Wash all your ingredients.
- 2.- Core the apple and peel the lime.

3.- Add 100 ml of coconut water to the jar in your juicer and dissolve the Spirulina powder in it.

4.- Add your ingredients to the juicer, spinach first.

5.- Juice!

Tastes: You'll taste the spirulina but it combines well with the vegetables in the juice. A little sweetness comes through from the apple.

Quote

There is nothing left to you at this moment but to have a good laugh.

Zen Master



Green Arrow

1 bunch of spinach

½ a cucumber

green apple

3 sprigs of mint

1 teaspoon of Spirulina

100 ml coconut water

How to:

1.- Wash all your ingredients.

2.- Core the apple.

3.- Add 100 ml of coconut water to the jar in your juicer and dissolve the Spirulina powder in it.

4.- Add your ingredients to the juicer, spinach first.

5.- Juice!

Tastes: The mint somehow manages to cover the flavour of the algae a lot better than fruit or veg, so this is a good juice to get started on the Heroes.

Koan

Disciple: "What is leaving home?"

Master: "Not yearning for approval, not searching for impurities."



The Hulk

1 bunch of spinach

¼ cucumber

1 mango

1 teaspoon of Spirulina.

100 ml of coconut water

How to:

1.- Wash all your ingredients.

2.- Remove the stone from the mango.

3.- Add 100 ml of coconut water to the jar in your juicer and dissolve the Spirulina powder in it.

4.- Add your ingredients to the juicer, spinach first.

5.- Juice!

Tastes: Sweet. Make sure your mango is ripe, as the success of this juice depends on it.

Haiku

Atop the mushroom
who knows from where
a leaf!

Bashō



Green Hornet

- 1 bunch of spinach
- 1 pear
- ½ a cucumber
- 1 teaspoon of Spirulina
- 100 ml coconut water

How to:

- 1.- Wash all your ingredients.
- 2.- Core the pear.

- 3.- Add 100 ml of coconut water to the jar in your juicer and dissolve the spirulina powder in it.
- 4.- Add your ingredients to the juicer, spinach first.
- 5.- Juice!

Tastes: Sweet and algae-ish. Beginning to see a pattern? I warned you Spirulina has a strong flavour...

Quote

Wherever you go, go with all your heart.

Confucius

Green Lantern

- 1 head of lettuce
- 1 green apple
- ½ a cucumber
- ½ a lime
- 1 teaspoon of Spirulina
- 100 ml coconut water

How to:

- 1.- Wash all your ingredients.
- 2.- Core the apple.
- 3.- Add 100 ml of coconut water to the jar in your juicer and dissolve the spirulina powder in it.

4.- Add your ingredients to the juicer, spinach first.

5.- Juice!

Tastes: Green and light.

Quotes

Music in the soul can be heard by the Universe. Lao tzu

Not your usual cup of tea

For those hot summer days, or lazy picnics in the park, here are some refreshing iced tea ideas to cool down and slow down.

Green Tea Based Drinks



Green Apricot

1 litre of Sencha green tea, prepared according to the instructions on the package.

3 tablespoons of yuzu juice

1 apricot.

How to:

1. Prepare the tea. Let it cool to room temperature.
2. Once cooled down, place the tea and the remaining ingredients in a blender, and blend until combined.
3. Place in the fridge to chill or serve straight away in glasses topped with ice cubes.

Tastes: This is a very fragrant tea. Yuzu juice has a strong citrus fragrance that combines really well with the sweetness of the apricot.

Haiku

When the winter chrysanthemums go,
there's nothing to write about
but radishes.

Bashō



Green Lychee

1 litre of Sencha green tea, prepared according to the instructions on the package.

5 lychees (fresh or tinned)

1 sprig of mint

How to:

1. Prepare the tea. Let it cool to room temperature.
2. Once cooled down, place the tea and the remaining ingredients in a blender, and blend until combined.
3. Place in the fridge to chill or serve straight away in glasses topped with ice cubes.

Tastes: If you use tinned lychees, this tea will have a mild sweetness. The lychees and mint combine to make a very refreshing drink.

Haiku

A monk sips morning tea,
it's quiet,
the chrysanthemum's flowering.

Bashō

Green Mango

1 litre of Sencha green tea, prepared according to the instructions on the package.

Juice from 1 mango

Juice from 1/2 a lime

How to:

1. Prepare the tea. Let it cool to room temperature.
2. In the meantime, peel and cut the mango in half, remove the stone. Peel the lime; and then juice mango and lime together.
3. Add the fruit juice to the tea and mix to combine.
4. Place in the fridge to chill or serve straight away in glasses topped with ice cubes.

Tastes: The combination of mango and lime give this tea a tropical feel. Lovely on a hot summer afternoon

Quote

Let us be grateful to the people who make us happy; they are the charming gardeners who make our souls blossom.” Marcel Proust

Jasmine Tea Based Drinks

Jasmine Dream

1 litre of Jasmine tea, prepared according to the instructions on the package.

5 lychees (fresh or tinned)

½ a mango, peeled.

How to:

1. Prepare the tea. Let it cool to room temperature.
2. Once cooled down, place the tea and the remaining ingredients in a blender, and blend until combined.
3. Place in the fridge to chill or serve straight away in glasses topped with ice cubes.

Tastes: Fragrant and sweet. Jasmine tea is one of my favourites for the summer season.

Roan

Disciple: “Other than words, please say something.”

Master: (coughs)



Sweet Jasmine

1 litre of Jasmine tea, prepared according to the instructions on the package.

2 sprigs of mint

½ a papaya, peeled and seeds removed.

How to:

1. Prepare the tea. Let it cool to room temperature.
2. Once cooled down, place the tea and the remaining ingredients in a blender, and blend until combined.
3. Place in the fridge to chill or serve straight away in glasses topped with ice cubes.

Tastes: Tropical and minty.

Haiku

Summer night--
even the stars
are whispering to each other.

Kobayashi Issa.

Aromatic Jasmine

1 litre of Jasmine tea, prepared according to the instructions on the package.

Juice from 1 grapefruit

3 basil leaves

How to:

1. Prepare the tea. Let it cool to room temperature.
2. Peel the grapefruit and juice together with the basil leaves.
3. Once cooled down, place the tea and the remaining ingredients in a blender, and blend until combined.
4. Place in the fridge to chill or serve straight away in glasses topped with ice cubes.

Tastes: Sweet, citrusy and floral.

Quote

"He is a wise man who does not grieve for the things which he has not, but rejoices for those which he has." Epictetus

Mango and Strawberry Tea Based Drinks



Minty Mango

1 litre of mango and strawberry tea, prepared according to the instructions on the package.

2 sprigs of mint

1 small cucumber, washed.

10 strawberries, washed.

How to:

1. Prepare the tea. Let it cool to room temperature.
2. Cut $\frac{1}{4}$ of the cucumber and set aside, together with 2 strawberries.
3. Juice the remaining strawberries with the $\frac{3}{4}$ cucumber.
4. Mix the juice with the cold tea. Add the remaining cucumber sliced and the remaining strawberries chopped.
5. Place in the fridge to chill or serve straight away in glasses topped with ice cubes.

Tastes: Like strawberries and mint. Amazing!

Koan

Disciple: "If a million objects come to you, what do you do?"

Master: "A green object is not yellow. A long object is not short. Each object conducts its own fate. Why should I interfere with them?"



Mango Orange

1 litre of mango and strawberry tea, prepared according to the instructions on the package.

Juice from 1 orange

¼ cucumber, washed.

A couple of orange slices to decorate.

How to:

1. Prepare the tea. Let it cool to room temperature.
2. Mix the orange juice with the cold tea. Add the cucumber sliced and the orange slices.
3. Place in the fridge to chill or serve straight away in glasses topped with ice cubes.

Tastes: Mildly sweet and strongly like summer: oranges, strawberries and mango. The cucumber just adds a bit of freshness.

Quote

Everything has beauty, but not everyone can see. –Confucius

Mango Grapefruit

1 litre of mango and strawberry tea, prepared according to the instructions on the package.

1 sprig of mint

Juice from 1 grapefruit

How to:

1. Prepare the tea. Let it cool to room temperature.
2. Mix the juice with the cold tea. Add the mint leaves.
3. Place in the fridge to chill or serve straight away in glasses topped with ice cubes.

Tastes: Sweet and minty, with a delightful citrus undertone.

Haiku

What a strange thing!
to be alive
beneath cherry blossoms.

Kobayashi Issa.

Nutritional Information

<i>Vegetable/Fruit</i>	<i>Nutrients</i>	<i>Action on the body</i>
Apple	Potassium, beta-carotene, pectin and vitamin C.	A tonic: lowers cholesterol and removes toxins from the body.
Beetroot	Calcium, magnesium, potassium, manganese and vitamin C.	Cleansing properties. Reduces kidney stones and detoxes liver and bladder.
Carrot	Calcium, magnesium and beta-carotene.	Cleanses the liver by encouraging detox. Also supports eye function.
Celery	Calcium, magnesium, sodium, folic acid and vitamin B3.	Helps lower blood pressure. Aids digestion and prevents fermentation in the gut and arthritis.
Coconut Water	Magnesium, zinc, potassium, folic acid and vitamin C.	Very rehydrating. Helps support and regulate the thyroid metabolism in energy production.
Fennel	Calcium, magnesium, sodium, potassium, folic acid and vitamin C.	Antispasmodic, helps relieve cramps, and digest fats. It is good for weight control.

Ginger	Calcium, magnesium, potassium and phosphorus.	Antispasmodic, anti-nausea, stimulates liver and gall bladder and improves circulation.
Grapefruit	Has magnesium, calcium, vitamin C and potassium. It is low in sugar.	Supports heart health and prevents calcium deposits. Relieves arthritic pain through salicylic acid.
Kale	Calcium, magnesium, phosphorus, potassium, Vitamins C, E and K. Folic Acid and Iodine.	Supports the thyroid and metabolism. Detoxes the stomach aiding digestion. It is also a potent antioxidant.
Lemon/Lime	Contain potassium and vitamin C.	Potent antiseptic and natural antibiotic. Boosts the immune system and dissolves gallstones.
Mango	Vitamin C, beta-carotene, potassium, calcium and magnesium	Reduces acidity, supports kidneys, relieves poor digestion and is a good blood cleanser.
Papaya	Vitamin C, beta-carotene, potassium, calcium and magnesium	Anti-parasitic. Soothes intestinal inflammation and reduces wind. Also a potent antioxidant.

Pear	Magnesium, calcium, potassium, iodine and pectin.	Diuretic. Stimulates metabolism, benefits the thyroid and (like the apple) the pectin help remove toxins from the gut.
Pineapple	Vitamin C, beta-carotene, potassium, calcium and magnesium	Antispasmodic, contains bromelain which is good for digestion, and clears bacteria and parasites.
Spinach	Iron, calcium, magnesium, folic acid and vitamins B6 and C.	Helps regulate blood pressure. Boosts the immune system and supports bone health.
Spirulina	Calcium, niacin, potassium, magnesium, B vitamins, beta-carotene and iron.	Helps lower cholesterol and has anti-oxidant properties.
Strawberries	Vitamin C, Calcium, Iron and manganese	Antioxidant and anti-inflammatory properties.
Tomato (raw)	Calcium, magnesium, phosphorus, folic acid and vitamin C	Anti-bacterial and antiseptic. Supports liver function and reduces inflammation.
Watercress	Calcium, magnesium, phosphorus, vitamin C, beta-carotene, iron and iodine	Diuretic, breaks up kidney and bladder stones, reduces mucus in the digestive and

		nasal tracts and helps increase metabolism.
Watermelon	Source of lycopene, vitamin A and C, potassium and L-citrulline.	Soothes sore-muscles and improves circulation. Diuretic. May help prevent cancer as it is rich in lycopene, an amino acid associated with the prevention of prostate cancer.

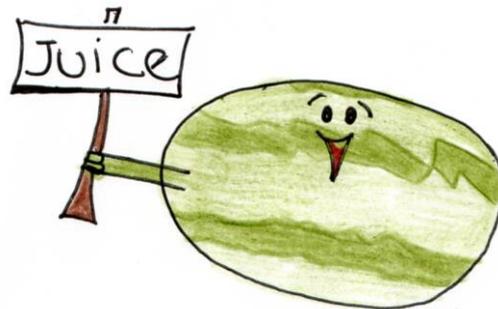
Bibliography

The nutritional information and explanation about the alkaline diet come from the following sources:

Vyas, Bharti & Le Quesne Suzanne. *The pH Diet: Recharge your energy. Regain your figure. Restore your Health*. London: Thorsons, 2004.

Corret, Natasha & Edgson, Vicki. *Honestly Healthy: Eat with your body in mind, the alkaline way*. London: Aurum Press, 2012.

Corret, Natasha & Edgson, Vicki. *Honestly Healthy For Life: Healthy alternatives for everyday eating*. London: Jacqui Small, 2014.



To Simon, for giving me the idea for this book.