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LANG 

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FOR THE
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HEALTHY
AND SLIM
WITH FRESH
JUICES



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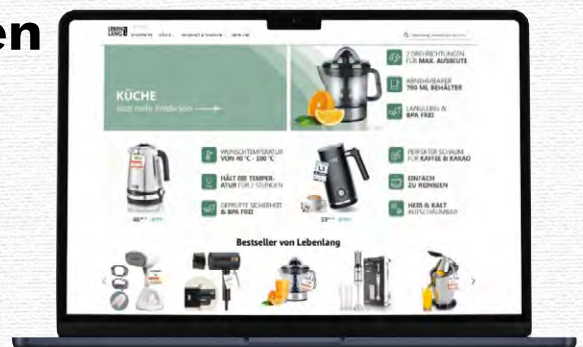
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FRUIT JUICES

Packed with a delicious blend of fruity flavors
and natural sweetness.



TROPICAL CALM

Ingredients

- 1 ripe mango
- ½ pineapple
- 1 passion fruit
- 1 small banana
- 2 slices of papaya



Nutritional Highlight

It is packed with vitamins A, C, and E, which are essential for skin health and immune system support.

Instructions

1. Wash and peel the mango, pineapple, and papaya. Be sure to remove the stone from the mango and the seeds from the papaya.
2. Scoop out the pulp from the passion fruit.
3. Put all the ingredients directly into the juicer.
4. Serve and enjoy!

Nutritional value (per serving)

Calories: 180, Protein: 2g, Carbohydrates: 45g, Fat: 1g

BERRY EXPLOSION

Ingredients

5,3oz strawberries
2,6oz blueberries
2,6oz raspberries
2,6oz blackberries
2,6oz cranberries (optional for extra tartness)



Nutritional Highlight

The antioxidants and vitamins C and K promote heart and skin health.

Instructions

1. Wash all the berries thoroughly.
2. Mix the berries in a bowl.
3. Put the berries in the juicer.

Nutritional value (per serving)

Calories: 90, Protein: 1.5g, Carbohydrates: 22g, Fat: 0.5g





CITRUS CARNIVAL

Ingredients

- 2 oranges
- 1 grapefruit
- 1 lemon
- 1 lime



Nutritional Highlight

Packed with vitamin C, which boosts immune function and promotes radiant skin.

Instructions

1. Wash and peel the citrus fruits.
2. Cut them into pieces suitable for the juicer.
3. Place the fruit pieces into the juicer.

Nutritional value (per serving)

Calories: 110, Protein: 2g, Carbohydrates: 26g, Fat: 0.3g

MANGO-MIRAGE

Ingredients

2 ripe mangoes
1 small papaya
A touch of fresh ginger (about 1 in)
½ lime



Nutritional Highlight

Packed with vitamins A and C, it supports vision and digestion and provides a refreshing spiciness.

Instructions

1. Remove the seeds from the mangoes and the papaya.
2. Cut the ginger and the lime into smaller pieces.
3. Place all ingredients into the juicer.

Nutritional value (per serving)

Calories: 180, Protein: 2.5g, Carbohydrates: 45g, Fat: 0.7g





PINEAPPLE-KICK

Ingredients

- ½ pineapple
- 1 kiwi
- 1 apple
- A pinch of cayenne pepper (optional)



Nutritional Highlight

Rich in bromelain and vitamin C, it supports digestion, strengthens the immune system, and gives a spicy kick.

Instructions

1. Peel and chop the pineapple and kiwi. Cut the apple into smaller pieces.
2. Put the fruits into the juicer.
3. Add a pinch of cayenne pepper to taste.

Nutritional value (per serving)

Calories: 120, Protein: 1.3g, Carbohydrates: 30g, Fat: 0.3g

DELICIOUS LYCHEE LAGOON

Ingredients

20 lychees, peeled and pitted
4,2oz coconut water
½ dragon fruit
½ lime



Nutritional Highlight

Supports heart health, improves hydration, and gives a tropical note. Rich in vitamin C and antioxidants.

Instructions

1. Place the lychees and pieces of dragon fruit into the juicer.
2. Squeeze in the juice of the lime.
3. Mix the juice with the coconut water.

Nutritional value (per serving)

Calories: 130, Protein: 1.5g, Carbohydrates: 32g, Fat: 0.4g





KIWI KISS

Ingredients

5 ripe kiwis
1 green apple
A handful of fresh mint leaves
½ lemon



Nutritional Highlight

Rich in vitamins C and K, it supports digestion, strengthens the immune system, and gives a refreshing taste.

Instructions

1. Peel the kiwis and cut the apple.
2. Put them together with the mint leaves into the juicer.
3. Squeeze the lemon juice into the juice.

Nutritional value (per serving)

Calories: 140, Protein: 2.2g, Carbohydrates: 35g, Fat: 0.6g

POMEGRANATE PARADE

Ingredients

2 large pomegranates
1 orange
½ lime
A pinch of fresh ginger (approx. 1 in)



Nutritional Highlight

Rich in antioxidants and vitamin C, it promotes heart health and supports digestion

Instructions

1. Remove the seeds from the pomegranates and peel the orange.
2. Put all the ingredients into the juicer.

Nutritional value (per serving)

Calories: 150, Protein: 2g, Carbohydrates: 37g, Fat: 1g





PASSION FRUIT PARADE

Ingredients

5 ripe passion fruits
1 apple
½ lemon

A**C**

Nutritional Highlight

Rich in vitamins A and C, it boosts immune function and offers a tropical tang.

Instructions

1. Halve the passion fruits and scoop out the pulp.
2. Cut the apple into pieces.
3. Put the passion fruit pulp and the apple pieces into the juicer.
4. Squeeze the lemon juice into the juice.

Nutritional value (per serving)

Calories: 120, Protein: 1.5g, Carbohydrates: 30g, Fat: 0.5g

GUAVA GALA

Ingredients

4 ripe guavas
1 kiwi
A handful of fresh basil leaves
½ lime



Nutritional Highlight

Rich in vitamins C and A, it promotes healthy skin and offers a refreshing herbal note.

Instructions

1. Wash and cut the guavas, removing the seeds.
2. Peel the kiwi.
3. Put the guava, kiwi pieces, and basil leaves into the juicer.
4. Squeeze the lime juice into the juice.

Nutritional value (per serving)

Calories: 130, Protein: 2.5g, Carbohydrates: 32g, Fat: 1g



VEGETABLE JUICES

Packed with healthy vegetables, perfect for
nourishing your body.



GUAVA GALA

Ingredients

- 2 green apples
- 1 handful of spinach
- 1 cucumber
- ½ lemon



Nutritional Highlight

This juice is packed with vitamin K, which is important for blood clotting, and fiber from green apples that support digestion and promote heart health

Instructions

1. Cut the apples and cucumber into smaller pieces.
2. Put the apples, spinach, and cucumber into the juicer.
3. Squeeze the lemon into the juice.

Nutritional Value (Per Serving)

Calories: 110, Protein: 1.8g, Carbohydrates: 28g, Fat: 0.5g

SPINACH SERENITY

Ingredients

2,1oz spinach
2 celery stalks
1 green apple
½ lime



Nutritional Highlight

With spinach as the main ingredient, this juice is rich in iron, which helps in the formation of red blood cells, and vitamin A, which is essential for vision and immune function.

Instructions

1. Wash the spinach thoroughly.
2. Cut the celery into thumb-sized pieces and the apple into smaller pieces.
3. Put all the ingredients into the juicer.
4. Squeeze the lime into the juice.

Nutritional Value (Per Serving)

Calories: 95, Protein: 1.5g, Carbohydrates: 23g, Fat: 0.4g





CUCUMBER CASCADE

Ingredients

2 cucumbers
A handful of mint leaves
1 lemon



Nutritional Highlight

Primarily a source of hydration from cucumbers, this juice contains vitamin K, which is important for bone health, and antioxidants from mint that help combat oxidative stress.

Instructions

1. Cut the cucumbers into pieces.
2. Put the cucumbers and mint leaves into the juicer.
3. Squeeze the lemon into the juice.

Nutritional Value (Per Serving)

Calories: 50, Protein: 1.2g, Carbohydrates: 12g, Fat: 0.3g

BROCCOLI BLISS

Ingredients

2 broccoli heads
1 green apple
1 carrot
½ lemon



Nutritional Highlight

This drink is rich in vitamin C, an important antioxidant for skin health, and fiber from broccoli and apples, which support digestive well-being.

Instructions

1. Wash and chop the broccoli.
2. Cut the apple and carrot into pieces.
3. Put all the ingredients into the juicer.
4. Squeeze the lemon into the juice.

Nutritional Value (Per Serving)

Calories: 90, Protein: 3g, Carbohydrates: 20g, Fat: 0.5g





KALE CARNIVAL

Ingredients

14,1oz kale
1 green apple
1 celery stalk
½ lime



Nutritional Highlight

By combining vitamins K, A, and C, this juice supports blood health, vision, and immune function, while also providing antioxidants to combat free radicals.

Instruction

1. Thoroughly wash the kale.
2. Chop the apple and celery.
3. Put all the ingredients into the juicer.
4. Squeeze the lime into the juice afterward.

Nutritional Value (Per Serving)

Calories: 100, Protein: 2g, Carbohydrates: 25g, Fat: 0.6g

GREEN GLORY

Ingredients

2 green apples
1 handful of parsley
1 cucumber
½ lemon



Nutritional Highlight

A powerful blend of vitamin C from apples and parsley. This juice also provides antioxidants that protect the body from harmful free radicals and inflammation.

Instructions

1. Cut the apples and cucumber into pieces.
2. Place the apples, parsley, and cucumber into the juicer.
3. Squeeze in the lemon juice.

Nutritional Value (Per Serving)

Calories: 112, Protein: 1.9g, Carbohydrates: 29g, Fat: 0.5g





HERBAL HARMONY

Ingredients

- 2 celery stalks
- 1 handful of basil leaves
- 1 cucumber
- ½ lime



Nutritional Highlight

This refreshing mix is rich in vitamin K, which is essential for bone health and blood clotting, with the added benefit of basil's essential oils, which can act as natural anti-inflammatory agents.

Instructions

1. Cut the celery and cucumber.
2. Place the celery, basil leaves, and cucumber into the juicer.
3. Squeeze in the lime juice.

Nutritional Value (Per Serving)

Calories: 54, Protein: 1.3g, Carbohydrates: 13g, Fat: 0.3g



CELERY EVENING

Ingredients

5 celery stalks
1 green apple
½ lemon



Nutritional Highlight

This juice offers a generous amount of fiber from the celery, aiding digestion. The vitamin A from the green apple supports vision and a healthy immune system.

Instructions

1. Cut the celery stalks into thumb-sized pieces and the apple into smaller pieces.
2. Place all ingredients into the juicer.
3. Squeeze in the lemon juice.

Nutritional Value (Per Serving)

Calories: 86, Protein: 1.5g, Carbohydrates: 22g , Fat: 0.4g





LETTUCE LUMINARY

Ingredients

14,1oz lettuce (romaine or iceberg)
1 cucumber
1 green apple
½ lime

Nutritional Highlight

Primarily a source of hydration, this juice is also enriched with minerals like potassium and magnesium from the lettuce and cucumber, which support muscle function and bone health.

Instructions

1. Wash the lettuce thoroughly.
2. Cut the cucumber and apple into smaller pieces.
3. Place the lettuce, cucumber, and apple into the juicer.
4. Squeeze in the lime juice.

Nutritional Value (Per Serving)

Calories: 92, Protein: 1.6g , Carbohydrates: 23g, Fat: 0.5g

ZUCCHINI ZENITH

Ingredients

2 zucchinis
1 green apple
½ lemon
A piece of fresh ginger (approx. 1 in)



Nutritional Highlight

Zucchini, a rich source of vitamin B6, promotes brain health. Together with ginger, the juice also offers manganese, which plays a crucial role in the metabolism of amino acids, cholesterol, and carbohydrates.

Instructions

1. Wash and chop the zucchini.
2. Cut the apple and ginger into pieces.
3. Put the zucchini, apple, and ginger into the juicer.
4. Squeeze in the lemon juice.

Nutritional Value (Per Serving)

Calories: 80, Protein: 2g, Carbohydrates: 19g, Fat: 0.6g



SPORTS JUICES

Developed to provide energy, refresh, and support recovery for people with an active lifestyle.



ENERGY BOOSTER

Ingredients

- 1 beetroot
- 2 carrots
- 1 small piece of fresh ginger (approx. 1 in)
- 1 apple

Nutritional Highlight

This juice provides a rich source of nitrates from beetroot, which can improve blood flow and oxygen supply, combined with antioxidants from apples to enhance endurance and energy.

Instructions

1. Peel and chop the beetroot and carrots.
2. Chop the apple and ginger.
3. Put all the ingredients into the juicer.

Nutritional Value (Per Serving)

Calories: 108, Protein: 2.3g, Carbohydrates: 26g, Fat: 0.4g

POST-RUN REFRESHER

Ingredients

- 1 orange
- ½ pineapple
- 1 handful of spinach
- 1 small piece of turmeric (0,5 in)



Nutritional Highlight

With its high vitamin C content, this juice supports collagen formation, which is important for skin, cartilage, and muscles. The anti-inflammatory properties of turmeric also aid in muscle recovery after intense workouts

Instructions

1. Peel the orange and pineapple. Segment the orange and slice the pineapple.
2. Thoroughly wash the spinach.
3. Put the orange, pineapple slices, spinach, and turmeric into the juicer.

Nutritional Value (Per Serving)

Calories: 130, Protein: 2.5g, Carbohydrates: 32g, Fat: 0.5g





ENDURANCE BOOST

Ingredients

- 1 beetroot
- 2 kiwis
- 1 apple



Nutritional Highlight

The nitrates from beetroot and vitamin C from kiwis and apples combine to boost your endurance while simultaneously supporting your immune system and skin health.

Instructions

1. Peel and chop the beetroot.
2. Peel the kiwis and apple.
3. Put all ingredients into the juicer.

Nutritional Value (Per Serving)

Calories: 142, Protein: 2.8g, Carbohydrates: 35g, Fat: 0.6g

REGENERATION RADIANCE

Ingredients

14,1oz watermelon
1 handful mint leaves
½ lemon

Nutritional Highlight

This blend offers optimal hydration from watermelon and aids in rehydration after training. Additionally, mint and lemon provide anti-inflammatory benefits that are crucial for muscle recovery.

Instructions

1. Cut the watermelon into pieces.
2. Put the watermelon and mint leaves into the juicer.
3. Squeeze the lemon into the juice.

Nutritional Value (Per Serving)

Calories: 68, Protein: 1.4g, Carbohydrates: 17g, Fat: 0.3g





MUSCLE REPAIR MIX

Ingredients

- 1 papaya, peeled and deseeded
- 3oz pineapple chunks
- 1 orange



Nutritional Highlight

Enzymes from papaya and pineapple help break down proteins and promote muscle repair, while vitamin C supports immune function and skin health.

Instructions

1. Cut the papaya into slices that fit into the juicer.
2. Peel the orange and divide it into segments.
3. Put all the fruits into the juicer.

Nutritional Value (Per Serving)

Calories: 155, Protein: 2.5g, Carbohydrates: 39g, Fat: 0.5g

WORKOUT WARRIOR

Ingredients

2 bananas
2,6oz strawberries
2,6oz blueberries

Nutritional Highlight

Bananas, rich in potassium, support muscle work and prevent cramps. The added berries are packed with antioxidants that counteract oxidative stress during intense workouts.

Instructions

1. Peel the bananas.
2. Wash the strawberries and blueberries.
3. Put all the fruits into the juicer and process into juice.

Nutritional Value (Per Serving)

Calories: 165, Protein: 2g, Carbohydrates: 42g, Fat: 0.7g





FLEX FUEL FUSION

Ingredients

- 2 pears
- 1 cucumber
- 1 in ginger root

Nutritional Highlight

The moisture from pears and cucumbers, combined with the anti-inflammatory compounds in ginger, make this juice an ideal choice for keeping muscles and joints in top condition.

Instructions

1. Remove the cores from the pears and cut them into pieces.
2. Cut the cucumber and ginger into pieces.
3. Put all ingredients into the juicer.

Nutritional Value (Per Serving)

Calories: 102, Protein: 1.2g, Carbohydrates: 27g, Fat: 0.2g

RUNNER'S RECOVERY

Ingredients

3 carrots
1 apple
½ lemon



Nutritional Highlight

Carrots are rich in beta-carotene, a precursor to vitamin A, which is crucial for vision and the immune system. Apples and lemons also provide vitamin C, essential for skin and tissue repair.

Instructions

1. Peel the carrots and cut them into juicer-friendly pieces.
2. Cut the apple into pieces.
3. Place the carrots and apple in the juicer and squeeze the lemon into the juice.

Nutritional Value (Per Serving)

Calories: 95, Protein: 1.1g, Carbohydrates: 23g, Fat: 0.3g





STRENGTH & ENDURANCE JUICE

Ingredients

1oz spinach
½ beetroot
1 orange

Nutritional Highlight

This blend provides iron from spinach, which is important for oxygen transport in the blood. Combined with nitrates from beetroot, it maximizes oxygen availability during training and supports strength and endurance.

Instructions

1. Wash the spinach thoroughly.
2. Peel and chop the beetroot.
3. Peel the orange and divide it into segments.
4. Place all the ingredients in the juicer.

Nutritional Value (Per Serving)

Calories: 84, Protein: 2.3g, Carbohydrates: 20g, Fat: 0.4g

VITALITY BOOST

Ingredients

1oz kale
2 celery stalks
1 green apple



Nutritional Highlight

Kale offers an abundance of vitamins, including K, A, and C, which support blood clotting, vision, and the immune system. Combined with the fiber from the apple and celery, this juice promises sustained energy for longer workouts.

Instructions

1. Wash the kale and celery.
2. Chop the celery into thumb-sized pieces and the apple into smaller pieces.
3. Put all ingredients in the juicer.

Nutritional Value (Per Serving)

Calories: 78, Protein: 1.7g, Carbohydrates: 19g, Fat: 0.3g



SLIMMING ELIXIRS

Focused on metabolism-boosting and weight-controlling ingredients for those seeking fitness.



Metabolic Majesty

Ingredients

1 grapefruit
0,5 in ginger root
½ lemon

Nutrition Highlight

Boost your metabolism with the spicy synergy of grapefruit and lemon, enhanced by ginger, which supports digestion and increases the thermogenic properties of foods.

Instructions

1. Peel the grapefruit and ginger.
2. Juice them together with half a lemon.

Nutritional Value (Per Serving)

Calories: 52, Protein: 1g, Carbohydrates: 13g, Fat: 0.2g

SLIM & LIVELY

Ingredients

3 green apples
1 cucumber
1 cup parsley

Nutrition Highlight

Green apples bring a sweet and sour taste, combined with the hydrating benefits of cucumbers. Parsley is not just a garnish - it helps detoxify the body and provides essential vitamins

Instructions

1. Cut the apples and cucumber into pieces.
2. Put the apples, cucumber, and parsley into the juicer.

Nutritional Value (Per Serving)

Calories: 95, Protein: 1.5g, Carbohydrates: 24g, Fat: 0.3g





FAT-FLUSHING FUSION

Ingredients

2 oranges
2,6oz cranberries
8,5oz water

Nutrition Highlight

The diuretic properties of cranberries help flush out excess water and toxins, combined with the immune-boosting power of oranges to invigorate you.

Instructions

1. Peel the oranges, then cut them into pieces or segments.
2. Put the oranges and cranberries into the juicer.
3. Mix the juice with water.

Nutritional Value (Per Serving)

Calories: 86, Protein: 1.2g, Carbohydrates: 21g, Fat: 0.3g

CALORIE-CUTTER COOLER

Ingredients

1 lemon
½ cucumber
1oz spinach



Nutrition Highlight

This is a refreshing mix that is low in calories but full of nutrients. Spinach provides iron, cucumber offers hydration, and lemon gives a boost of vitamin C and supports digestion.

Instructions

1. Peel the lemon and cut the cucumber into slices.
2. Wash the spinach.
3. Juice all the ingredients.

Nutritional Value (Per Serving)

Calories: 27, Protein: 1.8g, Carbohydrates: 6g, Fat: 0.2g





SLIM & SLIMMER

Ingredients

- 2 celery stalks
- 1 green apple
- 1 fennel bulb

Nutrition Highlight

With the digestive properties of fennel and its ability to reduce bloating, this juice provides a light and refreshing feeling. Celery and green apple ensure hydration and a touch of sweetness.

Instructions

1. Cut celery and fennel into pieces.
2. Core and peel the apple (if necessary).
3. Juice all the ingredients and serve chilled.

Nutritional Value (Per Serving)

Calories: 58, Protein: 1.4g, Carbohydrates: 14g, Fat: 0.3g

WAIST WONDER

Ingredients

- 1 beetroot
- 1 carrot
- 1 green apple

Nutrition Highlight

This juice supports healthy digestion with its fiber content from beetroot and green apple, while carrots add beta-carotene, which is beneficial for eye and skin health.

Instructions

1. Wash and chop the beetroot and carrot.
2. Cut the apple into smaller pieces.
3. Juice all the ingredients.

Nutritional Value (Per Serving)

Calories: 85, Protein: 2g, Carbohydrates: 20g, Fat: 0.2g





POUND-DROP DRINK

Ingredients

10,6oz watermelon
½ lime
0,5 in ginger root



Nutrition Highlight

The hydrating properties of watermelon get a boost from the vitamin C in the lime and the metabolism-boosting power of ginger. A refreshing choice for warm days.

Instructions

1. Chop the watermelon.
2. Juice the watermelon together with the lime and ginger.

Nutritional Value (Per Serving)

Calories: 61, Protein: 1.2g, Carbohydrates: 15g, Fat: 0.3g

BELLY-BURNING BLISS

Ingredients

5,8oz pineapple chunks
½ chili pepper (deseeded)
½ lemon, peeled and cut into wedges

Nutrition Highlight

Feel the heat of the chili pepper, which contains capsaicin, known for boosting metabolism and fat-burning ability. Pineapple adds a tropical touch and digestive enzymes.

Instructions

1. Deseed the chili pepper (optional if too hot with seeds).
2. Put pineapple chunks, chili, and lemon wedges into the juicer.
3. Juice and serve chilled.

Nutritional Value (Per Serving)

Calories: 70, Protein: 0.9g, Carbohydrates: 18g, Fat: 0.2g





WEIGHTLESS WHIRL

Ingredients

- 1 cucumber
- 1 bunch of mint leaves
- 1 green apple

Nutrition Highlight

Cucumber provides a hydrating base, while mint soothes the digestive system and adds a refreshing taste. The acidity of the green apple adds depth and additional detoxifying benefits.

Instructions

1. Slice the cucumber.
2. Cut the apple into pieces.
3. Juice all ingredients.

Nutritional Value (Per Serving)

Calories: 60, Protein: 1.3g, Carbohydrates: 15g, Fat: 0.2g

SLIM & TONIC

Ingredients

2,1oz spinach
1 kiwi
½ lemon



Nutrition Highlight

Spinach provides the body with the necessary iron that promotes healthy red blood cells. Packed with Vitamin C, kiwi strengthens the immune system and skin health, while lemon peel ensures a clean finish.

Instructions

1. Wash the spinach.
2. Peel the kiwi and lemon.
3. Juice the spinach, kiwi, and lemon.

Nutritional Value (Per Serving)

Calories: 50, Protein: 2.5g, Carbohydrates: 12g, Fat: 0.3g



Immune-Boosting Juices

Juices that contain ingredients to strengthen
the immune system.



VITAMIN VIGOR

Ingredients

- 2 Orangen
- 1 Grapefruit
- 1 Kiwi



Nutritional Highlight

It is important to strengthen the immune system with sufficient Vitamin C. This combination of oranges, grapefruit, and kiwi tastes delicious and offers antioxidant protection against harmful free radicals.

Instructions

1. Peel the oranges, grapefruit, and kiwi. Then cut the oranges and grapefruit into smaller pieces.
2. Juice all the ingredients.

Nutritional Value (Per Serving)

Calories: 95, Protein: 1.8g, Carbohydrates: 24g, Fat: 0.4g

GINGER GUARDIAN

Ingredients

- 1 apple
- 2 carrots
- 1 in piece of ginger root

Nutritional Highlight

Ginger, a well-known natural remedy, offers anti-inflammatory and digestive benefits. This juice becomes a health-boosting delight with the sweet crunchiness of apples and the vitamin-rich carrots.

Instructions

1. Cut the apple and carrots into smaller pieces.
2. Juice the apple, carrots, and ginger.

Nutritional Value (Per Serving)

Calories: 80, Protein: 1.2g, Carbohydrates: 20g, Fat: 0.2g





TURMERIC TRIUMPH

Ingredients

- 1 pear
- 2 celery stalks
- 1 in piece of turmeric root

Nutritional Highlight

Harness the power of turmeric, known for its anti-inflammatory properties and numerous other health benefits. The sweetness of the pear and the hydration from celery make this a balanced, health-promoting drink.

Instructions

1. Cut the celery into thumb-sized pieces and the pear into smaller pieces.
2. Juice the pear, celery, and turmeric in a slow juicer.

Nutritional Value (Per Serving)

Calories: 65, Protein: 1.1g, Carbohydrates: 17g, Fat: 0.3g

RADIANT ROSEMARY

Ingredients

- 1 apple
- 1 pear
- 1 sprig of rosemary

Nutritional Highlight

Rosemary is not just for seasoning; it is rich in antioxidants and can improve digestion. Combined with the sweetness of apple and pear, this juice is both aromatic and nutritious.

Instructions

1. Cut the apple and pear into smaller pieces.
2. Juice both fruits together in your slow juicer.
3. Finally, juice the rosemary sprig.

Nutritional Value (Per Serving)

Calories: 85, Protein: 0.7g, Carbohydrates: 22g, Fat: 0.2g





ECHINACEA ELIXIR

Ingredients

- 1 apple
- ½ cucumber
- 1,8oz Echinacea tea (cooled)

Nutritional Highlight

Strengthen your immune system with Echinacea. This drink, known for its immune-boosting properties, becomes a refreshing and strengthening delight when mixed with hydrating cucumber and sweet apple.

Instructions

1. Cut the apple and cucumber into smaller pieces.
2. Juice the apple and cucumber, then mix in the cooled Echinacea tea.

Nutritional Value (Per Serving)

Calories: 55, Protein: 0.8g, Carbohydrates: 14g, Fat: 0.2g



VITAMIN C WATERFALL

Ingredients

- 2 bell peppers (red or yellow)
- 4 carrots
- 1 handful of parsley



Nutritional Highlight

Bell peppers and carrots, rich in vitamin C and beta-carotene, combined with parsley, a detoxifying herb, offer a revitalizing juice perfect for skin health and immunity.

Instructions

1. Wash the vegetables, peel the carrots, and cut them into pieces.
2. Cut the bell peppers into pieces as well.
3. Juice everything together.

Nutritional Value (Per Serving)

Calories: 80, Protein: 2g, Carbohydrates: 18g, Fat: 0.6g





ANTIOXIDANT ATMOSPHERE

Ingredients

- 3 kale leaves
- 1 handful of spinach
- 2 tomatoes

Nutritional Highlight

Tomatoes, kale, and spinach form an antioxidant powerhouse that helps your body counteract oxidative stress.

This juice is a fantastic way to protect your cells while enjoying a rich variety of flavors.

Instructions

1. Wash the leafy greens (kale and spinach).
2. Place the leaves along with the tomatoes (halved) into the juicer.
3. Juice all ingredients.

Nutritional Value (Per Serving)

Calories: 60, Protein: 3g, Carbohydrates: 13g, Fat: 0.7g

WELLNESS SWIRL

Ingredients

- 1 beetroot
- 2 celery stalks
- 1 in turmeric root

Nutritional Highlight

A refreshing mix of beetroot, known for its detoxifying properties, anti-inflammatory turmeric, and hydrating celery. This drink serves as both a digestive aid and an immune booster.

Instructions

1. Clean and peel the beetroot and turmeric.
2. Juice everything in a slow juicer.
3. Serve chilled and enjoy.

Nutritional Value (Per Serving)

Calories: 65, Protein: 2.1g, Carbohydrates: 15g, Fat: 0.3g





DEFENSE DELIGHT

Ingredients

- 1 cucumber
- 2 broccoli florets
- A handful of Swiss chard

Nutritional Highlight

Equip your body with defense mechanisms against illnesses. Cucumber provides hydration, while broccoli and Swiss chard deliver a wealth of vitamins and minerals to ensure your immune system can meet the challenge.

Instructions

1. Wash the vegetables (cucumber, broccoli florets, and Swiss chard).
2. Put all the vegetables in the juicer.
3. Juice and serve chilled.

Nutritional Value (Per Serving)

Calories: 45, Protein: 3.5g, Carbohydrates: 10g, Fat: 0.5g

PROTECTIVE PUNCH

Ingredients

- 3 kale leaves
- 1 handful of arugula
- 1 zucchini, peeled if desired



Nutritional Highlight

This mix ensures that your body is supplied with vitamins A and K, which are essential for vision and bone health. Kale, zucchini, and the peppery arugula combine into a juice that is both healthy and delicious.

Instructions

1. Wash the vegetables under running water.
2. Put everything into the juicer one after another.
3. Juice together and serve chilled.

Nutritional Value (Per Serving)

Calories: 50, Protein: 3g, Carbohydrates: 11g, Fat: 0.6g

