



JUICY JULY CHALLENGE

Enjoy the Sunshine Week Five - Juice Recipes

Brought to you by:

Maison de Lunel

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JUICY JULY CHALLENGE

"Enjoy the Sunshine"

Week Five - Juice Recipes

Day 29 - Summer Spritzer

Day 30 - Walk in the Orchard

Day 31 - Pineapple Mojito





Summer Spritzer

1 Pear

2 Lemons

1 Raspberries - large cup

3cm Ginger

Sparkling Water

This is a super alternative to artificially sweetened fizzy drinks - not only is this refreshing spritzer completely free from refined sugar it's wonderfully cleansing for your system, especially the liver and kidneys

Meal Replacement:

Perfect afternoon pick me up
or for when your entertaining



Summer Spritzer

What to do:

Run all of the ingredients through your juicer pour into a large glass or jug with ice and add the sparkling water

Tips:

You may want to add a slice or two of lemon and some mint leaves

Facts:

Raspberries can range in color from the popular red and black varieties to purple, yellow, or golden. Each color of berry has a unique composition of vitamins, minerals, and antioxidants. Recent studies confirm that they contain a vast array of antioxidants with a host of potential benefits in regulating metabolism and fighting diseases. One of these antioxidants is the anti-inflammatory compound ellagic acid which is cancer protective. Preliminary research suggests rheosmin, a phenolic compound can suppress the digestion and absorption of fat and stimulate your metabolism. Another compound, tiliroside, has a similar action and may also help regulate blood sugar levels. Phytonutrients in red and black berries may inhibit the development of certain cancers. Particular studies have focused on the potential of black raspberries to protect against DNA mutations and inhibit the growth of tumours. Make sure they are ripe: studies show that fully ripe raspberries contain significantly more antioxidants than unripe fruit.



Walk in the Orchard

2 Apples

1 Pear

3 Celery Sticks (1 for garnish)

3cm Ginger root

*This is pure simplicity & simply delightful!
The perfect choice if you normally reach for a fizzy
drink mid-afternoon. You can pour in some sparkling water
if you're missing some fizz! Don't forget your celery
garnish to add a little je ne sais quoi!*

Meal Replacement:

A beautifully refreshing afternoon
thirst quencher!

Walk in the Orchard

What to do:

Run all of the ingredients through your juicer

Tips:

Add a little more ginger if you would like it a little more spicy

Facts:

Apples and pears make the perfect base for almost any juice. Available in so many varieties and both are renowned for their health benefits: high in pectin, a soluble fibre, and slow releasing sugars that help to improve heart health and regulate the body's blood sugar levels.

Pectin is also great for nourishing your gut bacteria. Both apples and pears are a good source of vitamin C, which does more than bolster the immune system. In one study, people with high blood concentrations of vitamin C had lower BMIs, lower blood pressure, and lower levels of c-reactive protein (an inflammation marker), all of which are linked to a lower risk for heart disease. Vitamin C also triggers the production of norepinephrine and serotonin, neurotransmitters that can help lift your mood Both are high in fructose and antioxidant polyphenols which help to improve your metabolic balance and slow the rate at which sugar is absorbed into the blood stream... and the malic acid found in apples is wonderfully supportive to your digestive system. Celery juice as it helps raise stomach acid, which helps to break down food, especially protein. If our stomach acid is low, the body has to use more resources to digest food, leaving us feeling tired and lethargic.



Pineapple Mojito

1/2 Pineapple

2 Limes

1 Ginger

Sparkling Water

Mint Leaves for garnish

Sweet pineapple, spicy ginger and zesty lime are just the best combination... this super simple mocktail is really easy to make, tastes amazing and certainly delivers the "Wow Factor"!

Meal Replacement:

The perfect party popper for any celebration!



Pineapple Mojito

What to do:

Run all of the ingredients through your juicer
Pour into a large glass or jug with ice and add the sparkling water

Tips:

If you're making a jug, you may want to add a few chunks of pineapple and a large handful of mint leaves

Facts:

They may be relatively small, but limes can certainly pack a punch - both in the taste and nutrition stakes! In Southeast Asia and much of South America, they're considered a staple ingredient, highly valued for their juice and the floral aroma of their zest. Limes are loaded with nutrients – particularly vitamin C. They also contain small amounts of riboflavin, niacin, folate, phosphorus, and magnesium. Furthermore, they're rich in active compounds that function as antioxidants in your body, including flavonoids, limonoids, kaempferol, quercetin, and ascorbic acid. Limes like all citrus fruits are high in citric acid, which may prevent kidney stones by raising levels of citrate and binding stone-forming minerals in the urine. Then you have thirst quenching and cooling Pineapple - a great source of manganese which helps restore and boost vitality. Pineapples are also an excellent source of vitamin C and the proteolytic enzyme Bromelain which is a powerful anti-inflammatory. Although most bromelain is concentrated in the core, researchers have found that the juice provides enough of the enzyme to have a medicinal effect.