



Andrew Cooper

JUICE MANIFESTO

More than 120 Flavor-Packed Juices, Smoothies and Healthful Dishes for the Whole Family







JUICE MANIFESTO

More than 120 Flavor-Packed Juices, Smoothies and Healthful Dishes for the Whole Family

Andrew Cooper

Photographs by Al Richardson



CHRONICLE BOOKS
SAN FRANCISCO

Text copyright © 2016 by Andrew Cooper.
Photographs copyright © 2016 by Alistair Richardson.
All rights reserved. No part of this book may be reproduced
in any form without written permission from the publisher.

ISBN 9781452159171 (epub, mobi)

Library of Congress Cataloging-in-Publication Data:

Names: Cooper, Andrew, 1981- author.

Title: Juice Manifesto / Andrew Cooper.

Other titles: Juiceman | Juice manifesto

Description: San Francisco : Chronicle Books, [2016] | Originally
published under the title: Juiceman. | Includes index.

Identifiers: LCCN 2016012709 | ISBN 9781452158877 (hardback)

Subjects: LCSH: Smoothies (Beverages) | Fruit juices. | Functional
foods. |

Smoothies (Beverages)—Therapeutic use. | Fruit juices—
Therapeutic use. |

BISAC: COOKING / Health & Healing / Weight Control. | LCGFT:
Cookbooks.

Classification: LCC TX817.S636 C66 2016 | DDC 641.8/75—dc23 LC
record available at <https://lccn.loc.gov/2016012709>

Design by Smith & Gilmour

Chronicle Books LLC

680 Second Street

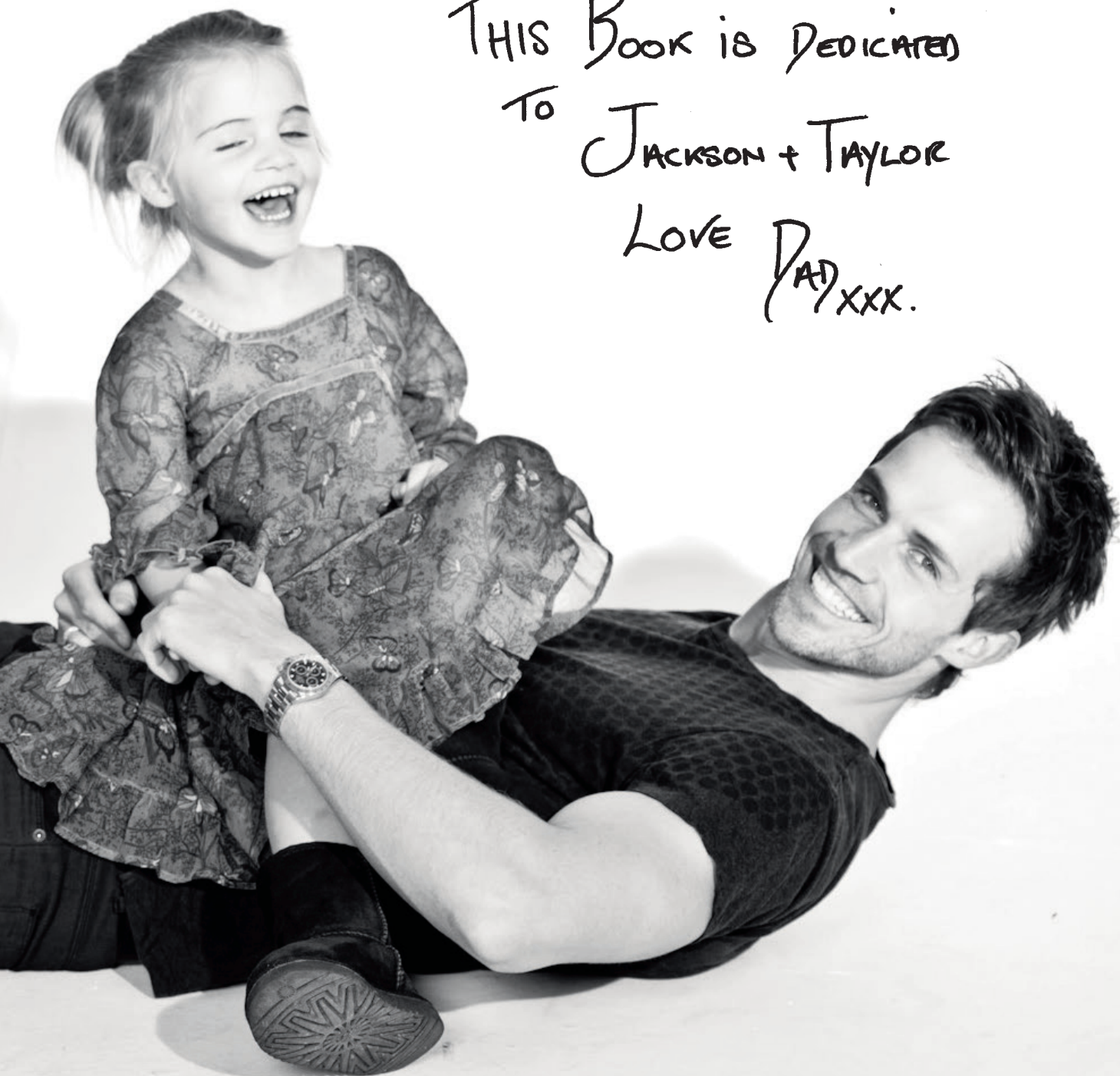
San Francisco, California 94107

www.chroniclebooks.com

Chronicle books and gifts are available at special
quantity discounts to corporations, professional
associations, literacy programs, and other organi-
zations. For details and discount information, please
contact our corporate/premiums department at
corporatesales@chroniclebooks.com or at
1-800-759-0190.



THIS BOOK IS DEDICATED
TO JACKSON + TAYLOR
LOVE DAD XXX.



CONTENTS

INTRODUCTION 9

JUICES 22

The Original **25**
Watermelon Cooler **26**
All Hail Kale **28**
The Color of Red **30**
Jackson's Breakfast Juice **33**
Orange Healer **34**
Skin Food **34**
Deep Green **35**
Cool Greens **35**
Beet Box **36**
Hot & Sweet Beets **39**
Pink Healer **40**
Mean Green **42**
Green Rocket **42**
Green Roots **43**
Green Hero **43**
PPG **45**
The J5 **46**
Green Ninja **46**
Spice Is Nice **46**
Cool as a Cucumber **46**
Wimbledon Winner **48**
Ultimate OJ **51**
Thai Green **53**
Skinny Jeans **54**
Raspberry Kicker **56**
Green Glow **59**
Green Love **60**
Winter Cold Kicker **62**
Love It Spicy Green **63**
Alkalinize **64**
Pineappleade **66**

SMOOTHIES 70

Skin Love **72**
Immunity Boost **75**
Fire-Starter **76**
Recovery Shake **78**
Supermom **81**
Taylor's Favorite Tipple **82**
Blueberry Facial **84**
Love Purple **84**
The Incredibles **84**
Strawberry Milkshake **84**
Chocolate Rebel **86**
Mango Magic **88**
The Green God **90**
Green Warrior **90**
Hurricane **91**
Chocolate Power Shake **91**
Pink Power Shake **92**
Green Giant **95**
Tropical Thunder **96**
Pick-Me-Up **96**
Green Bangkok **97**
Diet Smoothie **97**
The Secret Smoothie **99**
The Royal Green **100**
Repair & Reboot **101**
Matcha Recovery Shake **102**
Cherry on the Top **103**
Be Good to Yourself **105**
Raging Bull **106**
Mango Punch **107**
Flu Jab **109**

SHOTS AND TONICS 112

Get Well **113**
Skin Shot **115**
Morning Shot **116**
Tummy Tuck **116**
SOS **116**
Raw Heat **116**
Yoga Shot **118**
Activated Charcoal Tonic **120**
Fireball **122**
The Healer **122**
Brain Booster **123**
Last Resort **123**

TEAS AND WARM DRINKS 126

Hot Cider Healer **127**
Warm Winter Spice **129**
Matcha Latte **130**
Moroccan Mint Tea **133**
Teatox **134**

NUT MILKS 138

Almond Milk **141**
Cashew Milk **142**
Brazil Nut/Macadamia Nut/
Pistachio Nut/Hemp Seed/
Pumpkin Seed Milks **142**
Turmeric Milk **144**
Build Your Own Shake **146**

FOOD 150

BREAKFAST 152

Muesli in a Glass **152**
Raw Iced Mochaccino **152**
Cashew Coffee **152**
Cacao Espresso **152**
Overnight Oats **155**
Juiceman Chia Pot **157**
Carrot & Apple Porridge **158**
Everyday Granola **161**
Green Giant Breakfast Bowl **162**
Blueberry, Coconut &
Chia Smoothie Bowl **162**
Exotic Smoothie Bowl **162**
Forever Young
Smoothie Bowl **162**

LIQUID LUNCH 164

Bone Broth **164**
Watermelon Gazpacho **167**
Spicy Avocado &
Carrot Soup **168**

ON THE GO 170

Banana Man **170**
Juiceman Protein Truffles **172**
Kale Salad **175**
Juiceman's Killer Kale Chips **176**

ICE CREAM 178

Almond Strawberry
Ice Cream **178**
Vanilla Cacao Ice Cream **178**
Banana Cashew Ice Cream **178**
Mango Sorbet **178**

COCKTAILS 182

Red Hot **184**
Watermelon Martini **184**
Coconut Wonder **185**
Brooklyn Banger **185**
Whiskey Cooler **186**
Piña Colada **188**
Bloody Mary **188**
Juiceman Sangria **188**
Juiceman Daiquiri **188**

WASTE NOT

WANT NOT 192

Green Juice Pulp Crackers **193**
My Brother Mark's Pulp Crackers **193**
Juiceman Pulp Crackers **194**
Almond Pulp Body Scrub **196**
Quick & Easy Body Scrub **196**

CLEANSE 200

Q & A 208

DR JUICE 214

STOCKISTS AND SUPPLIERS 219

INDEX 220

THANK YOU 223





INTRODUCTION—THE JUICEMAN STORY

As a northern lad growing up, writing a book about juice was never something I imagined I would do! My introduction to fresh fruit and vegetables did start at an early age, as my mum made sure that we had as much home-grown and natural food as possible. But it wasn't until I was a bit older that I realized perhaps Mum actually does know best – even though some of the soups she made were a bit . . . odd. (Sorry, Mum.) Now I feel really lucky to have been raised in that way.

Some of my best memories are of home-cooked family meals. My granddad Andrew was a baker and my granddad Jack a butcher, so I was surrounded by enthusiastic food lovers from an early age. They taught me all about food: how to touch, smell and taste ingredients. And I've always been interested in where food comes from, having spent hours digging up potatoes and pulling up carrots for my mum on a Sunday morning.

When I was seventeen, I broke the family mold and headed to London to pursue a career in music and fashion. I was no different from anyone else my age and was overdoing it by going out all the time. But I managed to supplement my busy lifestyle with healthful food and juices. I bought my first juicer at nineteen, an old-fashioned model that you had to put a paper liner into to catch the pulp. All of my friends thought I was an oddball for buying it. But it made great juice, even though the washing up afterward was a killer.

Luckily, juicers became increasingly efficient, and my love for juicing grew and grew. I would take regular trips to the farmers' market in Queens Park for the wonderful fresh fruit and veggies. Then my wife, Jane, and I had our very own escape to the country when our daughter, Taylor, was born and we bought an old fruit farm up in Cheshire.

At the same time, I was flying to the United States weekly for modeling and acting jobs. When being fit and healthy and looking as good as possible is part of your job, it really makes you think about what you are putting into your body. Plus kids, as anyone with them will know, add a whole new dimension to your life. I was experiencing tiredness that I never knew existed and so I decided to try to combat this by incorporating as many nutritious foods into my diet as possible. I found juicing to be a brilliant way to achieve this.



GET YOUR 5-A-DAY IN A GLASS

I believe there is no better way to load up on vitamins and enzymes than having a glass of green juice. At Juiceman, we can get 4½ pounds of vegetables into a 1-pint bottle of juice. Imagine eating through 4½ pounds of vegetables on your plate! As for smoothies, they are my meal in a glass because my nutritional needs can be met in an instant. If I'm home late or I need a quick fix, I will always make a green smoothie.

Fruit and vegetables are simply amazing. The amount of vitamins and enzymes that they contain is unreal. When Jane and I moved back to London, one of the best things I did was plant my own veggie patch – I couldn't believe how much I could grow in such a small area.

I'm a firm believer in the fresher the better. The difference between an apple picked from the tree to one from the supermarket is huge. To harness that freshness, or get as close to it as possible, was my ultimate goal. And by juicing the freshest produce, all the vitamins, enzymes and minerals can be in your system in an instant.

I started to share my enthusiasm for juices, smoothies and raw food with my family and friends. I became known as The Juiceman as I did home deliveries like a local milkman! As demand grew, my cold-pressed juice company was born.

LIFE. LONG.

My handprint is the logo used on all of our products, and it symbolizes the journey from seed to bottle. It emphasizes my original vision to create an ethical and sustainable juice business, and you will also see it used throughout this book to flag my absolute favorite recipes.

Unfortunately, we're now a society obsessed with fad diets and losing weight when what we really should be focusing on is our health. If we were all healthy, we wouldn't need to diet! The phrase "Life. Long." used on Juiceman

products sums up the Juiceman ethos: our wish for health and longevity. We believe that a nutritious diet can go a long way, and it's our aim to make this a sustainable lifelong habit that is easy, fun and enjoyable.

And now I want to share my passion and lifestyle with you, and to show that it's easy to create great-tasting and nutritious food and drinks at home.

This book can help you:

- increase your energy levels
- get clearer skin
- reduce your cholesterol
- build stronger, healthier bones
- boost your immune system
- eliminate sugar and caffeine cravings
- get better-quality sleep
- improve recovery from exercise
- improve productivity

JUICE KIDS

A huge reason for starting Juiceman was my mission to get kids to enjoy nutritious juices and smoothies and to stop consuming so many processed foods and soda. My own kids love the recipes in this book. Of course there are times when they will want cotton candy over a fresh organic apple and carrot juice – they are kids after all! But it's about finding a balance. There are lots of fun ways to integrate healthful food and drink recipes into their lives – such as smoothie bowls, ice pops, ice cream and flavored ice cubes. Like any dad, I've had to be inventive with ways of getting them to eat the good stuff. Get your kids experimenting. My little guy, Jackson, loves making smoothies and juices with me – most mornings he is chief juicer in our house.

FOR THE OCCASION

Throughout the book you will come across these symbols on the recipes:



JUICEMAN LOVES

I have given this stamp to the recipes I especially love. There are certain recipes I just cannot live without. I hope you like them as much as I do.



SPICE RATING

If a recipe has a chile by it, then it has a certain amount of spice.

I have rated the recipes with 1, 2 or 3 chiles.

1 chile = A little kick, but nothing too much to worry about.

2 chiles = Quite fiery.

3 chiles = Hot!



LOW SUGAR

Everyone is different in terms of how much sugar they want or need in their diet. In this book, I use “good” sugars from natural sources such as dates and coconut, but even so, they may not be suitable for everyone. I have a friend who is diabetic and can really drink only vegetable-based juices and smoothies. So if you have similar dietary requirements, watch for this logo. These recipes are at least 90 percent veggies.



COCKTAIL MIXER

There is a cocktail chapter in this book, but so many of the non-alcoholic recipes also make great cocktail mixers. So if you see this sign, feel free to try them with alcohol too.



ENERGY

We often need an energy boost. For example, if planning a trip to the gym, it's important to make sure you are well-fueled and your energy levels are up. It's equally important to restock your energy stores post-workout. In my opinion, there is no better way to do this than by drinking a power shake (see p. 092) and eating a protein truffle (see p. 172). It's also important to ensure the right nutrition after your workout with good levels of carbohydrates and protein, which will help to aid muscle repair and make sure you get up the next day without aching or finding it too difficult to walk! Whatever your reason for needing an energy boost, if you see the Energy sign, this will be a good recipe for you.



FAMILY

The recipes with the Family logo are the ones that everyone is sure to love – adults and kids alike. Try them out on your whole family and get everyone involved. These are so delicious that you won't believe how nutritious they are. Throw a handful of spinach into a strawberry smoothie and no one will know the difference. I love making smoothies with my kids, and they drink some unbelievable concoctions. It feels good knowing that they are getting their 5-a-day goodness in a glass. You can then rest assured during a family night in with a family-size pizza! When my wife was pregnant with our son, Jackson, she would drink green smoothies all the time. I'm convinced this is why he's such a healthy boy.

We use this chart at Juiceman HQ. It really makes you realize the wonders of fruit and vegetables! It's also a fun way to look at the health benefits of your daily juice or smoothie.

Spinach Healthy Cardiovascular		Kale Bones and Brain Function
Swiss Chard Beauty Minerals		Watercress Stimulant
Wheatgrass Vitality		Eucalyptus Aids Sinuses
Cilantro Cell Growth		Oregano Immune Boosting
Parsley Chlorophyll Rich		Mint Aids IBS
Avocado Heart-Healthy Fats		Cucumber Skin and Nails
Aloe Vera Healthy Skin		Lime Vitamin C
Fennel Phytonutrients		Romaine Lettuce Regeneration
Pear Aids Digestion		Celery Stress Reliever
Pumpkin Seed Zinc		Apple Decalcifying
Himalayan Salt Alkalinizing		Hemp Omega-Rich
Garlic Anti-angiogenic		Ginger Aids Respiratory
Cashew Copper		Pineapple Bones and Tissues
Lemon Anti-inflammatory		Banana Bowel Health
Manuka Honey Anti-bacterial		Turmeric Healing
Orange Aids Blood Pressure		Carrot Eye Health
Grapefruit Cold Relief		Sweet Potato Overall Health
Watermelon Weight Reduction		Chile Bowel Health
Goji Berry Superfood		Beet Cleansing
Cayenne Anti-irritant		Cinnamon Stomach Relief
Vanilla Calming		Almond Vitamin E
Echinacea Aids Viral		Date Potassium
Coconut Hydrating		Cacao Antioxidant
Chia Seeds Energizing		Black Pepper Detoxifying

PANTRY ESSENTIALS

Here are my essentials. If you can, try to buy fair trade or organic produce. There are some simple rules you can follow when it comes to choosing which fruit and vegetables to buy organic. Anything that grows in the soil is less susceptible to sprayed chemicals, as are those you can peel, such as carrots and potatoes. Soft fruits, such as berries and leafy greens, are the least safe, so try to buy organic if you can. I realize that this isn't possible for everyone, so if you can't manage this, make sure you wash your fruit and veggies thoroughly and peel if necessary. Organic produce should be scrubbed but there's no need to peel and chop the ends off organic carrots, for example.

FRESH

Vegetables

Beet
Bok choy
Broccoli
Carrots
Celery
Cucumber
Ginger
Kale
Lettuce
Romaine lettuce
Spinach
Sweet potato
Swiss chard
Watercress
Zucchini

Fruit

Apples
Avocado
Banana
Blueberries
Grapefruit
Lemons
Limes
Mango
Melon
Oranges
Pears
Pineapple
Raspberries
Strawberries
Watermelon

Herbs

Basil
Cilantro
Parsley
Rosemary

DRY

Spices

Cayenne pepper
Cinnamon
Ground chile
Himalayan salt
Turmeric

Nuts

Almond
Brazil
Cacao nibs
Cashew
Macadamia
Pistachio
Walnut

Seeds

Chia
Flax
Hemp
Pumpkin
Sesame
Sunflower

Dried Fruit

Coconut flakes
Cranberries
Goji berries
Medjool dates
Raisins

Jars

Almond butter
Cashew butter
Coconut butter
Manuka honey
Raw honey

Oils & Vinegar

Apple cider vinegar
Coconut oil
Cold-pressed hemp oil
Cold-pressed olive oil



POWDERS

Chlorella: A green algae in powder or tablet form that is protein-rich. It is packed with chlorophyll, which makes it hugely detoxifying. It's high in omega-3s and many vitamins, especially A, B, C and E. It also contains 18 amino acids. I prefer it in tablet form and always take some with me when traveling.

Lucuma: A South American powder made from the fruit of the *Pouteria lucuma* tree. It is such a great addition to any smoothie as it provides 14 essential trace elements, including a considerable amount of potassium, sodium, calcium, magnesium and phosphorus.

Maca: This Peruvian root is my go-to for an energy boost and mood lift. It is also widely considered to help with both male and female sexual function by increasing libido and endurance. Overall, it is a great health-boosting supplement that is part of my daily regime. I take a minimum of 1 tsp per day in a smoothie.

Matcha: The most powerful form of green tea. Because it's ground and you therefore drink the whole leaf, Matcha has up to 137 times more antioxidants than regular green tea. It contains good levels of vitamin C, selenium, chromium, zinc and magnesium, and is rich in chlorophyll. I am a huge fan of matcha in my green smoothies to kick-start the day.

Spirulina: A blue-green algae that is considered a complete protein, boasting B-complex vitamins, beta-carotene, vitamin E, carotenoids, manganese, zinc, copper, iron, selenium and gamma-linolenic acid (GLA, an essential fatty acid). It is a great anti-inflammatory, good for immunity and brain boosting. Be warned that it has a strong flavor. I like to hide it in a blueberry or cacao smoothie.

SPORTS POWDERS

Activated whey: I prefer to take natural vegan protein most of the time, but I'm not averse to pure whey. Activated whey is the purest version of whey protein and the best way to put on weight and bulk up due to the body's ability to absorb much higher amounts of the protein than in its natural state. I am also a fan of egg white protein for anyone looking to put on weight, as it is also high in amino acids and our bodies can easily process and utilize it.

Hemp protein: Hemp is the ultimate seed and hemp protein powder is great because it is not only high in protein but also naturally contains 21 amino acids and BCAAs (branch chain amino acids). It is essentially the perfect recovery protein in a natural state. I add it to everything from shakes to smoothie bowls and cakes. My four-year-old son, Jackson, has pancakes and a chocolate milkshake with a small scoop of hemp protein after his Saturday soccer. Other natural protein powders to try are flax, rice and pea.

L-glutamine: An essential supplement if you are heavily active and living a fast-paced lifestyle. I add a small scoop to my post-workout smoothie to aid recovery and increase fat burning. It's also another great supplement for your gut and digestion.

MSM: A fantastic beauty supplement, MSM is an abbreviation for methyl-sulfonyl-methane, which is a natural sulphur compound. It improves joint flexibility and circulation while reducing stiffness, pain and swelling. It also increases the body's ability to flush out toxins and excess fluids. For all you ladies, listen up: It produces generous quantities of collagen and keratin, which are amazing for hair, nails and skin!

Perm A vite: Gut health is hugely important and this supplement helps to support a healthy digestive tract. I take it every morning on an

empty stomach. It provides you with great levels of L-glutamine and MSM and contains slippery elm.

EXOTIC INGREDIENTS

Aloe vera: The gel is an amazing substance to aid healing and it is also great for your skin, whether eaten or used externally. It is great for supporting healthy digestion and detoxification and it's very alkalizing. Aloe vera contains many vitamins, including A, C, E, folic acid, choline, B1, B2, B3 (niacin), B6 and B12. It also contains 20 minerals, including calcium, magnesium, zinc, chromium, selenium, sodium, iron, potassium, copper and manganese. To access the gel, lay the leaf down and first remove the sides. You will then need to remove each outer layer like you would fillet a fish. Throw the gel in a smoothie for a beauty boost.

Bee pollen: Truly a golden substance, it is pretty much amazing in every way, from boosting the immune system to increasing energy and improving digestive health. I use it sparingly as it's such a luxury. It is important to know that it takes one bee one month, working eight hours a day, to produce one teaspoon of pollen. Each bee pollen pellet contains over two million flower pollen grains and one teaspoonful contains over 2.5 billion grains of flower pollen. Bee pollen is richer in protein than any animal source and contains more amino acids than beef, eggs or cheese of equal weight.

Chaga mushrooms: These typically grow on birch trees and are considered the ultimate antioxidant. They are a true superfood and known to be hugely beneficial in boosting the immune system and stabilizing blood pressure and cholesterol levels. Chaga has one of the highest antioxidant values of any food substance. If you compare the antioxidant capacity of chaga to blueberries, for example, it's pretty mind blowing: 36,557 to 24.5 (ORAC per 1 g).

Colloidal silver: A great supplement to help fight everything from a common cold to flu and chest infections. It is also a great antiviral and anti-inflammatory, so can be taken orally or applied directly on the skin. I give this to my kids to boost their immunity when I suspect they may be coming down with something.

Deer antler extract: Hugely beneficial in supporting recovery, and boosts endurance and strength in training. It increases blood circulation, is an aphrodisiac and aids good sexual health. It is also known as a growth hormone so it will help you look and feel young.

Reishi mushrooms: The king of medicinal mushrooms and called the "mushrooms of immortality." They are found growing on plum trees in the wild and were originally reserved for use only by royals. Their amazing benefits range from promoting a longer, healthier life to helping to prevent cancer and supporting liver regeneration and nerve growth. The powder form tastes a bit strange, but I like to add it to my smoothies when I particularly need a health boost.

Slippery elm: Extracted from the bark of the slippery elm tree and hugely beneficial to all kinds of digestive issues, from ulcers to colitis. The Cherokee used it as a salve to heal wounds due to its anti-inflammatory properties.

Yerba maté: Nearly everyone enjoys a cup of coffee. And we also know deep down that it is a slippery slope once you start drinking multiple cups daily. Yerba maté is a great way to get the energy and caffeine but without the addiction. It has also been associated with weight loss. I like to mix 50/50 with green tea and keep it in a flask to have as iced tea, or add it to smoothies.

EQUIPMENT

There is such a wide selection of gear available these days that you should be able to find the right equipment to suit your budget and kitchen. Personally, I think it's worth investing in a good-quality juicer and blender, particularly if you're looking to use them every day. I try to assess the cost of things based on how much use I'll get out of them over time. I have had my Vitamix for five years and use it twice a day. In the same amount of time, I have probably gone through four toasters. If I spread out the cost of my Vitamix over just three years, it comes to twelve dollars a month. All the other utensils can be bought pretty cheaply nowadays.

Here are the kitchen essentials you will need for this book and some suggestions of reliable brands.

- **Blender:** NutriBullet, Vitamix, Ninja
- **Cutting board**
- **Glass bottles or containers** for storage
- **Grater**
- **Ice-cube tray/ice-pop mold**
- **Juicer:** Omega Vert, Breville, Philips
- **Knives**
- **Peeler**
- **Spatulas**
- **Teapot** for loose tea

So which juicer to use? There are two main types of juicer: centrifugal and masticating (cold press). Each has its advantages and disadvantages, so it depends on how you will be using it. Here is the lowdown on the two types.

Centrifugal juicers

- Generally cheaper.
- Work more quickly as they run at a higher rpm (revolutions per minute).
- The downside to a high rpm is that heat is released, which oxidizes the juice, reducing the shelf life.

- Not as effective as low-rpm juicers for juicing leafy greens.
- Yield is much lower than with a low-rpm juicer.
- A good entry-level option.

Masticating juicers

- Gives a better-quality juice, as no oxidization occurs. Juices can be stored for up to 48 hours with minimal loss of nutritional value.
- More efficient, as these produce a higher yield.
- Often come with extra attachments to make nut butters, dips and sauces and even pasta.
- The low rpm means it's a much slower process.

The main thing to consider when deciding on your model and budget is that if you are investing with a view to use it daily, a more expensive juicer will give you far superior yield (juice content). With this in mind, you may end up losing money in the long run with a cheaper high-rpm juicer.







JUICES

I always get asked if I like juices or smoothies best. The answer is simple – I like both! There are benefits to both, but what I like about juicing is that by getting rid of the pulp you have a drink that your body can digest without any work. The amount of produce in one glass of juice means you can flood your body with a large amount of vitamins and enzymes. It would take most people all day to eat the amount of fruit and vegetables you can get in a glass of juice. In short, juices are a quick and easy way to help you stay fit and healthy.

Some of the biggest problems with juicing are the preparation, the washing up and figuring out where to put your cumbersome juicer. When buying a juicer, make sure you pick the right one for your needs. Ideally find a space in your kitchen where your juicer and blender can sit. They need to be accessible. You could put some shelves above them and have your superfoods and ingredients there so they are always at hand.

TOP TIPS

- Start off by juicing your citrus fruits.
- Always juice leafy vegetables and soft fruit in between root vegetables and hard fruit like apples.
- To keep your juicer easy to clean, pour a glass of water through at the end of your juicing session.
- Compost or reuse your pulp (see Waste Not Want Not, p. 192).

All the recipes are for you to adapt and play with. If you love ginger, you can add it to almost any juice. Typically, all juices are specific in terms of nutritional value and have a base of color and tone. But there are a number of ways you can add some extra zing, such as adding herbs and spices. Don't be afraid to experiment, tasting as you go.

The basic rule of thumb for juicing is juice what you like the taste of. To enjoy it and drink it, you have to like the taste. Your taste buds will probably change the more you juice. You may start off with carrot and orange and end up like me – a hardcore green juice drinker! At Juiceman, we spent six months testing recipes to make sure they tasted amazing before putting them on sale. Even our straight vegetable juices are show-stoppingly good; it's all about the blend of flavors.

Certain ingredients go better together than others, and the quantity you use of each ingredient obviously has a big effect on the taste. Use the chart on page 13 to improvise and try something new. See where you end up!

Now let's get to the good stuff. You are ready to go, so let's start making something . . .





This is the best starter juice I know. Beautiful fresh carrots make a wonderful juice, and paired with apple and ginger they become irresistible. Ginger can vary in flavor and intensity – some varieties are much more fiery than others – so put in a little and add more, depending on how you like it. I absolutely love it, so the hotter the better for me. For added vitality, throw in some freshly peeled fresh turmeric too. serves one



THE ORIGINAL

.....
1 apple
.....

.....
1/2 an orange, peeled
.....

.....
1-in piece of fresh
ginger, peeled
.....

.....
5 carrots
.....

Juice all your ingredients one by one in the order they are listed. Serve chilled.

JUICEMAN TIPS

Add 1 tsp of hemp oil for maximum vitamin A absorption. The ginger can be removed for kids. I juice the whole apple, including the core, but you can core it too.

JUICEMAN FACT

Carrots are the kings of vitamin A.

Summer is the season for watermelons. You'll be amazed at how much juice you can get out of one. It's also super-hydrating and sweet, but with minimal calories. Who needs slimline tonic when you have a watermelon handy? My kids love this juice and it's perfect for when you're having your friends over for a BBQ. serves one



WATERMELON COOLER

.....
1/2 a lime, peeled

.....
a small bunch of mint

.....
3 cups chopped
watermelon

Juice all your ingredients one by one in the order they are listed. Serve chilled.

JUICEMAN FACT

Lime is a natural antibiotic.



This is a simple but classic green juice. Kale is one of the best green, leafy vegetables for flavor, antioxidants and vitamin content, and it's now considered the go-to vegetable for green juices. I try to put it in everything I juice. If you struggle to get kale, though, substitute spinach or Swiss chard. *serves one*



ALL HAIL KALE

.....
1 lemon, peeled
.....
a handful of kale leaves
.....
2 apples
.....
1-in piece of fresh
ginger, peeled
.....

Juice all your ingredients one by one in the order they are listed. Serve chilled.



The benefits of beet juice are many – it was traditionally used to heal people. I like the taste, but beet juice can be a bit earthy. The oranges and ginger in this juice really balance out the flavor and make it super-delicious. Beets come in different shapes and colors, so try them all. Small beets are the sweetest. serves one



THE COLOR OF RED

.....
3 oranges, peeled

.....
1/2-in piece of fresh ginger,
peeled

.....
2 small beets, scrubbed
.....

Juice all your ingredients one by one in the order they are listed. Serve chilled.

JUICEMAN TIPS

This juice is great with the addition of pineapple. You can also add 1 tsp of wheatgrass powder to boost your energy.





This is a great way to get your kids into new flavors. My little boy, Jackson, is mad for apple juice. I made him this juice one day when he was coming down with a cold to add some extra vitamins to his breakfast. He loves it, and so does his dad! I like to use Pink Lady apples and blood oranges if I can get organic ones. serves one



JACKSON'S BREAKFAST JUICE

.....
1/2 a lemon, peeled
.....

1 kiwi
.....

1 orange, peeled
.....

2 apples
.....

Juice all your ingredients one by one in the order they are listed. Serve chilled.

JUICEMAN TIPS

When peeling your orange, leave a thin layer of pith, as it is a good source of vitamins. I like to leave the skin on the kiwi and simply chop it into chunks.

ORANGE HEALER

Apart from tasting delicious, this juice is full of immune-boosting vitamins.

The black pepper helps to activate the curcumin in the turmeric and also adds a wonderful flavor. *serves one*



1 orange, peeled

1-in piece of fresh turmeric, peeled

1/2 a pineapple, peeled and cored

1 carrot

a pinch of black pepper

Juice all your ingredients, except for the black pepper, one by one in the order they are listed. Serve chilled, sprinkled with the pepper.

JUICEMAN TIPS

Add some ginger and a pinch of cinnamon for a touch of magic. Be careful when peeling turmeric as it can stain.

SKIN FOOD

Cucumber is naturally cooling, refreshing and super-hydrating, so it's great for juicing. It also adds a lift to a pitcher of water for those warm summer days.

serves one

1 lime, peeled

1/4 a fennel bulb

1/2 a cucumber

1/2 an apple

a few mint leaves

Juice all your ingredients, except for the mint, one by one in the order they are listed. Serve chilled, with the mint as a garnish.

JUICEMAN TIP

For extra power, add some chopped aloe vera leaf (skin removed) or 1 tsp of aloe vera juice.

DEEP GREEN

My mum brought me up on watercress soup, although the first time I cooked it myself I tried to blend the hot soup in a mixer and it spilled out everywhere and burned me! However, I wasn't put off and started introducing watercress into my juices. It does have a strong flavor, so you don't want to overdo it, but it's enjoyed a surge in popularity recently as one of the next big superfoods, so I try to include it where I can.

serves one

.....
1/2 a lemon, peeled

.....
a few sprigs of parsley

.....
a handful of spinach leaves

.....
a small handful of watercress

.....
1 large kale leaf

.....
2 celery stalks

.....
1/4 a fennel bulb

.....
1/2 a cucumber

Juice all your ingredients one by one in the order they are listed. Serve chilled.

JUICEMAN TIP

For the hardcore juicers among you, add 1 tsp of spirulina or fresh wheatgrass for a superior boost.



COOL GREENS

Using fennel in your juice gives it a lovely flavor. It is slightly sweet and really refreshing. Fennel also contains high levels of minerals and vitamins, so it's a perfect addition to any juice.

serves one

.....
1/2 a lemon, peeled

.....
1/4 a fennel bulb

.....
a handful of kale leaves

.....
1/2 a large cucumber

.....
2 apples

Juice all your ingredients one by one in the order they are listed. Serve chilled.

JUICEMAN TIP

Mint is a great addition to this one.

This is a punchy, vibrant red juice with a massive vitamin content, and it's one of my favorite beet juices. I drink this before I go boxing. It's a great combo of sugars and spice to get you moving. A lot of famous sportsmen have said that they also drink beet juice before a workout, as it helps with energy and stamina.

This juice is packed with potassium, calcium and magnesium, topped with a good dose of vitamin C. The grapefruit really balances the earthy beet. If you don't know what to do with your leftover fennel, try it dipped in hummus, or infused in warm water as a tummy tea. *serves one*



BEET BOX

.....
1-in piece of fresh ginger,
peeled
.....

.....
1/2 a pink grapefruit, peeled
.....

.....
1/4 a fennel bulb
.....

.....
1 celery stalk
.....

.....
1 beet, scrubbed
.....

.....
2 carrots
.....

.....
1 red apple
.....

Juice all your ingredients one by one in the order they are listed. Serve chilled.

JUICEMAN TIP

I tried this in New York with dandelion, which is a natural diuretic and very good for liver health. Get out in the fields if in season and add a leaf or two.





Sweet and spicy, this recipe has a gorgeous mix of ingredients. Don't underestimate the power of chile (literally!) – it is packed with vitamin C, helps to boost metabolism and aids digestion. It also balances the sweetness of the fruit.

serves one



HOT & SWEET BEETS

.....
a large handful
of strawberries

.....
1 slice of red or green chile

.....
1 lime, peeled

.....
1 beet, scrubbed

.....
2 pears
.....

Juice all your ingredients one by one in the order they are listed. Serve chilled or enjoy over ice.

JUICEMAN TIP

If using organic strawberries, I like to leave the green tops on for added nutrients.

JUICEMAN FACT

Chiles and strawberries both have a higher vitamin C content than oranges.



The autumn months bring an abundance of pears. When we lived on a farm in Cheshire, I would juice pears every day for the kids. They are deliciously sweet and go great with ginger. This juice helps to soothe my stomach and aid digestion, while still tasting fantastic. It's a good one to have after lunch instead of dessert.

serves one

PINK HEALER

.....
1-in piece of fresh
ginger, peeled
.....

.....
½ a lime, peeled
.....

.....
1 tbsp aloe vera juice or
2-in aloe vera leaf, peeled
.....

.....
4 mint leaves
.....

.....
2 handfuls of strawberries
.....

.....
2 pears
.....

Juice all your ingredients one by one in the order they are listed. Serve chilled.

JUICEMAN TIPS

This juice makes great ice pops. Leave out the ginger for a great family juice.



MEAN GREEN

This is an incredible juice packed with chlorophyll. I love cilantro – it has quite a distinctive flavor and works especially well in a green juice. It has an unusual array of phytonutrients and antioxidants that makes it all the more beneficial.

serves one

1-in piece of fresh ginger, peeled

1/2 a lime, peeled

a small bunch of cilantro

a handful of kale leaves

2 celery stalks

1 pear

1/2 a large cucumber

Juice all your ingredients one by one in the order they are listed. Serve chilled.

JUICEMAN TIP

I like to peel my ginger for a cleaner taste, but the more earthy flavor of unpeeled ginger can work well in some juices.

GREEN ROCKET

This is a serious energy-boosting juice and is loaded with goodness. It is a perfect low-sugar green juice. I like my juices green and this one is full of flavor from the lemongrass, cilantro and ginger. You can play with the ginger levels on this one, but for me, the hotter the better. serves one



1-in piece of fresh ginger, peeled

1 lemon, peeled

1/2 a head of bok choy

a small bunch of cilantro

1-in slice of lemongrass

1 Swiss chard leaf

1 kale leaf

1 celery stalk

1 cucumber

Juice all your ingredients one by one in the order they are listed. Serve chilled.

GREEN ROOTS

This is another perfect introduction to the world of green liquid, as there is a good balance of leafy greens, natural sugars and vitamin C. Carrot in a green juice works well and adds a light, sweet flavor. All my favorite vitamin-packed greens are in this one – providing a huge nutritional punch! *serves one*

.....
a small bunch of parsley
.....

.....
a handful of spinach leaves
.....

.....
1 kale leaf
.....

.....
2 carrots
.....

.....
1 celery stalk
.....

.....
1 apple
.....

.....
1/2 a cucumber
.....

Juice all your ingredients one by one in the order they are listed. Serve chilled.

JUICEMAN TIP

Add a sprinkle of ground cayenne pepper for some heat.



GREEN HERO

This juice is a great example of how creative you can be. Aloe vera is such a beneficial ingredient that I try to use it as much as possible. It is particularly good for cleansing the system. We have lots of aloe plants at home and they grow really well. When we are not using them in our juices, we are putting them on the kids' cuts and bruises to help them heal. *serves one*

.....
2-in piece of fresh ginger, peeled
.....

.....
a handful of parsley
.....

.....
1 lemon, peeled
.....

.....
1/2 a pineapple, peeled and cored
.....

.....
1 cucumber
.....

.....
1 tbsp aloe vera juice
or 2-in aloe vera leaf, peeled
.....

.....
1 apple
.....

.....
1 tsp chia seeds
.....

Juice all your ingredients, except the chia seeds, one by one in the order they are listed. Add the chia seeds and keep stirring until fully mixed. Leave for 10 minutes to allow the chia seeds to expand. Serve chilled.

JUICEMAN TIP

Chia seeds become sticky as they swell, so stirring is important to ensure they don't clump together.



This is one of my favorite breakfast juices, which I can drink buckets of. I load it up with ginger – for me it's the more the better as it clears my head! It is quite addictive but full of vitamins, and great for aiding digestion. This is also one to keep in mind for cocktail night – I like to add a shot of tequila. serves one



PPG

1-in piece of fresh
ginger, peeled

1/2 a pineapple, peeled
and cored

2 pears, cored



Juice all your ingredients one by one in the order they are listed. Serve chilled.

JUICEMAN FACT

Ginger is great for nausea. My wife was hooked on this juice when she was suffering from morning sickness.

THE J5

Okay, this one is a Juiceman recipe and it's one of our bestsellers. It's great for hydration and it tastes amazing. Chia seeds have a whole host of benefits: they contain protein and all the omegas and are a good source of energy. They work really well in a juice, as they expand in liquid and develop a gel-like texture. *serves one*

1/4 lemon, peeled

1/2 a cucumber

1/2 a pineapple, peeled and cored

1 tsp chia seeds

Juice all your ingredients, except the chia seeds, one by one in the order they are listed. Add the chia seeds and keep stirring until fully mixed. Leave for 10 minutes to allow the chia seeds to expand. Serve chilled.

JUICEMAN FACT

Gram for gram, chia seeds have seven and a half times more omega-3s than salmon.



SPICE IS NICE

This is one of my favorite juice recipes. Please don't be put off by the chile in here – it works! Chiles contain up to seven times more vitamin C than oranges and have a range of health benefits. I love spice but you can add less of the chile and ginger – or more – to taste. *serves one*

1-in piece of fresh ginger, peeled

a small bunch of cilantro

1/2 a lime, peeled

a handful of kale leaves

1 thin slice of green chile

3 apples

Juice all your ingredients one by one in the order they are listed. Serve chilled.

JUICEMAN FACT

Chile is great to kick-start your digestion and boost your metabolism.

GREEN NINJA

The fruit in this one makes it a super-yummy green juice. Put in as much spinach as you can for added nutrients. Blueberries are often talked about as a brain food, so don't underestimate the health benefits of the fruit here too. *serves one*

a handful of spinach leaves

2 apples

a handful of grapes

2 carrots

a handful of blueberries

1/2 a cucumber

Juice all your ingredients one by one in the order they are listed. Serve chilled.

JUICEMAN FACT

For a radiant glow, up your intake of blueberries, as they are a powerful source of antioxidants. Grapes are very cleansing and the seeds are full of essential fatty acids (grapeseed oils) that are amazing for skin and hair.

COOL AS A CUCUMBER

Cucumbers are perfect for juicing, as they are 96 percent water, making them great for hydration while still having a high vitamin content. I would definitely recommend buying organic cucumbers, as they are ranked the twelfth most contaminated food. However, the good news is that finding organic cucumbers in the super-market is really easy these days. *serves one*

1 lime, peeled

2 celery stalks

a small handful of mint leaves

1 cucumber

Juice all your ingredients one by one in the order they are listed. Serve chilled.

JUICEMAN TIP

This juice makes great ice cubes – perfect to put in a pitcher of water.

JUICEMAN FACT

Cucumbers grow really well in most of the United States, though they do not tolerate extreme heat very well.



This juice is a summer classic. I designed it for my daughter, Taylor, to give her an energy boost before she played tennis. It's a firm favorite with her friends, too. I make it for them using the lime, and I have it with the ginger. It looks and tastes great, and we make the most of the organic strawberries available in the summer months.

serves one



WIMBLEDON WINNER

1-in piece of fresh
ginger, peeled, or
1 lime, peeled

2 handfuls of strawberries

1/2 a pineapple, peeled
and cored

1 small beet, scrubbed

Juice all your ingredients one by one in the order they are listed. Serve chilled.







This juice is spectacular – you must try it. I am a huge fan of carrots and sweet potato, as they are renowned for their amazing health benefits. The curcumin in turmeric is stronger than vitamin C and five to eight times stronger than vitamin E in terms of its immunity-boosting abilities. When I drink this juice I feel great. *serves one*



ULTIMATE OJ

.....
1-in piece of fresh
turmeric, peeled
.....

1/2 a lemon, peeled
.....

1-in piece of fresh
ginger, peeled
.....

1 yellow beet, scrubbed
.....

1/2 a sweet potato, scrubbed
.....

2 carrots
.....

1 apple
.....

Juice all your ingredients one by one in the order they are listed. Serve chilled.

JUICEMAN FACT

Turmeric is the mother of anti-inflammatory foods. If you can't find fresh turmeric, stir in 1 tsp of ground.



Let's be straight: If it grows and it's green, it can be juiced – even bok choy. Not only is it full of vitamin C, vitamin K, calcium and antioxidants, it also has a subtle taste, making it perfect for first-time juicers. I remember drinking the best pineapple juice in Koh Samui and eating an amazing green curry, which together inspired this recipe. serves one



THAI GREEN

.....
1-in piece of fresh
ginger, peeled
.....

1 lime, peeled
.....

a handful of cilantro
.....

1 head of bok choy
.....

1/4 a pineapple, peeled
and cored
.....

2 pears
.....

1/4 a cucumber
.....

Juice all your ingredients one by one in the order they are listed. Serve chilled.

JUICEMAN TIP

Add a slice of lemongrass and a slice of chile for extra Thai vibes.



This is a great example of a really tasty fruit juice that's both hydrating and nourishing. Melons are such a great ingredient, as they are hydrating, energy-boosting and super-low in calories all at the same time. The ginger kick will boost your metabolism, making this a perfect pre-workout drink. *serves one*



SKINNY JEANS

1-in piece of fresh
ginger, peeled

1/2 a medium cantaloupe,
rind removed

1 slice of watermelon,
rind removed

3 carrots

Juice all your ingredients one by one in the order they are listed. Serve chilled.

JUICEMAN TIP

I often add a 1-in piece of fresh turmeric to this recipe.

JUICEMAN FACT

You can also juice the rind of a melon. It's not as sweet as the flesh, but it contains a number of nutrients.



Sweet and spicy is my thing. This juice was first created at Juiceman HQ when we were sent a palette of raspberries that were about to go bad. We put this juice together and it was an instant success. Organic raspberries are easy to find, so this can be a regular treat. The lemon and chile prevent it from being too sweet. serves one



RASPBERRY KICKER

.....
1/4 a lemon, peeled
.....

.....
1 slice of red chile
.....

.....
2 handfuls of raspberries
.....

.....
3 apples
.....

Juice all your ingredients them one by one in the order they are listed. Serve chilled.

JUICEMAN TIPS

Try freezing some raspberries to serve on top with a sprig of mint. Add a shot of rum to turn this juice into a delicious cocktail.







Don't be put off by the idea of drinking your salad. Romaine lettuce is a great addition to a green juice. This is my wife's favorite juice – she says it makes her skin glow. Parsley is an amazing herb to add to your juices. It is super-rich in chlorophyll, which is the energy-producing substance that gives herbs and plants their characteristic green color. serves one



GREEN GLOW

.....
1-in piece of fresh
ginger, peeled
.....

1 lemon, peeled
.....

a small handful of parsley
.....

a handful of spinach leaves
.....

1/2 a head romaine lettuce,
outer leaves removed
.....

1 pear
.....

1 large or 2 small cucumbers
.....

Juice all your ingredients one by one in the order they are listed. Serve chilled.

JUICEMAN FACT

Romaine lettuce is supercharged with vitamin K, which is great for bone health.

I find that using pineapple in a green juice makes it taste super-good, and this is one of my favorite examples. This juice also uses zucchini, which have a subtle flavor and are perfect for juices. When I had a plot in a community garden, zucchini were so easy to grow that I juiced them regularly. serves one



GREEN LOVE

.....
1/4 a lemon, peeled
.....

1-in piece of fresh
ginger, peeled
.....

1/2 a zucchini
.....

1/4 a fennel bulb
.....

1/4 a pineapple,
peeled and cored
.....

1 celery stalk
.....

1 pear
.....

Juice all your ingredients one by one in the order they are listed. Serve chilled.

JUICEMAN TIP

If you like turning your zucchini into noodles, these ingredients also make a great summer salad.

JUICEMAN FACT

The darker varieties of zucchini have more nutrients.





This is a classic way of taking full advantage of what's in season. I was run-down one winter and feeling a cold coming on. As we had an abundance of rhubarb, I tossed a load into my juices and loved it. This is now my go-to recipe for when I need to give my immune system a boost and fight off a cold. It also tastes surprisingly good. Rosemary is a great herb to help open the airways, as it's aromatic. *serves one*



WINTER COLD KICKER

.....
2-in piece of fresh ginger,
peeled

.....
1-in piece of fresh turmeric,
peeled

.....
a few leaves of fresh
rosemary

.....
1 lemon, peeled

.....
1 orange, peeled

.....
a handful of grapes

.....
1 rhubarb stalk (if in season)

.....
3 celery stalks

.....
8 drops of echinacea extract

.....
a pinch of cayenne pepper
.....

Juice all your ingredients, except the echinacea extract and cayenne pepper, one by one in the order they are listed. Add the echinacea and cayenne and stir. Serve chilled.



This is a powerful green juice. Swiss chard, although a green, leafy vegetable, is actually a member of the beet family – so it tastes a bit like spinach and a bit like beet. It is a nutritional powerhouse, so if you see it, buy it and juice it! serves one



LOVE IT SPICY GREEN

1-in piece of fresh
ginger, peeled

1 lemon, peeled

1/2 a bunch of watercress

a handful of mixed Swiss
chard and kale leaves

1/2 a head romaine lettuce

2 celery stalks

2 small apples

a pinch of cayenne pepper

Juice all your ingredients, except the cayenne pepper, one by one in the order they are listed. Add the cayenne and stir. Serve chilled.

JUICEMAN TIP

Both kale and Swiss chard work brilliantly in a salad when raw.

JUICEMAN FACT

Kale juice contains more calcium than a glass of milk.

This juice will help alkalinize your pH level. Much has been said about the benefits of an alkaline diet, and I personally agree that it will help to maintain health and keep illness at bay.

serves one

ALKALINIZE

.....
1/2 a lemon, peeled

.....
a small bunch of parsley

.....
2 handfuls of mixed greens
(kale, spinach and Swiss
chard)

.....
3 celery stalks

.....
1 apple
.....

Juice all your ingredients one by one in the order they are listed. Serve chilled.

JUICEMAN TIP

Magnesium is known to help induce sleep and, as celery is high in magnesium, this is a great juice to have in the evening.

JUICEMAN FACT

Celery is packed with phenolic antioxidants, which have been shown to provide many anti-inflammatory benefits.



Sometimes it's nice to add water to a juice to create a tonic. This is more of a tonic than a juice. It's gorgeously refreshing and great to serve when you have friends over, especially during barbecue season. serves four



PINEAPPLEADE

.....
1 lemon, peeled
.....

.....
1/2 a pineapple, peeled
and cored
.....

.....
1 tbsp agave syrup
.....

.....
750-ml bottle mineral water
.....

Juice the lemon and pineapple, then pour into a pitcher with the agave syrup and mineral water and stir.

JUICEMAN TIPS

This recipe also works really well with ginger for added heat. Serve with pineapple chunks and slices of ginger.





SMOOTHIES

The main difference between a smoothie and a juice is the fiber content. The fiber is removed from juices, making the liquid much thinner. So if you want something more substantial, a smoothie is for you. There is also no pulp waste with a smoothie, as the whole ingredient is used.

I just love smoothies. I find that they are a great way to start the day or have a meal when I don't have time to cook. They provide all the raw goodness of a juice plus fiber and enzymes. Whether you are into all-green super-smoothies or nut milkshakes, you can always tailor the recipe with some hidden supplements, depending on the time of day, your physical state or simply how you're feeling. For example, if you need some energy, you can add extra dates, cacao powder or a shot of espresso to a nut milk, or if you're in need of some recovery, it's as simple as throwing in a scoop of hemp protein and some chia seeds.

One of the best things about smoothies is that you can hide the stuff you usually don't like but know is good for you. For example, my little man, Jackson, is not fond of spinach and would never eat a handful of raw spinach. But in a smoothie it's all good.

Embrace your blender and keep it out and in constant use all day – from a smoothie bowl for breakfast or a protein shake after yoga to making hummus or guacamole in the evening.

Here are some great techniques to get the best out of your shopping and blender. Simple things like making smoothie bags of ripe fruit for specific recipes will go a long way toward making sure you get the best out of this section.

FROZEN FRUIT

One of the biggest problems with juicing and making smoothies is the fact that you want to use fresh ingredients that are ripe but not too ripe. The answer is to buy fruit and veggies when in season and once perfectly ripe, freeze them. The best bags for this are resealable freezer bags. I always buy soft fruits like strawberries and bananas in bulk and freeze them.

HOW TO FREEZE YOUR FRUIT IN BULK

Apples and pears: Wash, core, cut into chunks and freeze.

Banana: When ripe, peel and cut into cubes to freeze.

Blueberries, raspberries and strawberries: Very seasonal, so when you see some organic ones, buy them, wash them and freeze. You can freeze the strawberries with the green on the top. I actually never bother cutting these off.

Melon: Remove the rind, scoop out the seeds, cut into chunks, and freeze.

Pineapple: Peel the skin, cut into chunks, and then freeze.

This is such a great way to get ahead of yourself. I would recommend storing for a maximum of 6 months.

KEEP YOUR BLENDER HAPPY

Here are a few tips for keeping a happy blender.

- Don't overfill unless you wanna wear it. Make sure the lid is on before starting it up.
- Soak all nuts and seeds to keep a happy blender engine.
- Chop and grate where possible, depending on your model. It's important not to overheat your smoothies, which will make them warm. Yuck!
- Put ingredients in the blender in the right order:
 - Liquid
 - Powders
 - Solids
 - Ice and frozen stuff
- Blend initially at a quarter power for 20 seconds and then gradually increase to full power. Blitz for 30 seconds until smooth. Just add more liquid for a runnier consistency.
- Clean immediately after every use with warm soapy water. If you leave it, then you will have a hard time later.

This smoothie has lots of ingredients that are great for your skin. I love melons, as they are one of the best natural sources of antioxidants and contain vitamins A and C – all of which help your body fight off the signs of aging. *serves one*

SKIN LOVE

.....
1 cup mineral water
.....

.....
1/2 a grapefruit, peeled
and chopped
.....

.....
1/4 of a cantaloupe, rind
removed and chopped
.....

.....
a small handful of basil
leaves
.....

.....
2 Medjool dates, pitted
.....

.....
2 cucumbers, chopped
.....

Put all the ingredients into a blender in the order they are listed. Blitz until smooth. Serve immediately.

JUICEMAN TIP

The basil can be replaced by cilantro or parsley. I also like to add some ginger for added zing.

JUICEMAN FACT

Cucumbers are 96 percent water and very hydrating.





I find that whenever I'm feeling run-down, I look for ways to incorporate extra vitamin C into my diet. Grapefruits are a fantastic source and taste delicious with sweeter ingredients such as strawberries. This is a great pick-me-up smoothie. It's like a punchy strawberry milkshake. As it's packed with vitamin C, it will give you energy and an immunity boost when you need it. serves one



IMMUNITY BOOST

.....
1¼ cups coconut or
almond milk

.....
3 tsp vanilla extract

.....
a small bunch of mint

.....
1-in piece of
fresh ginger, peeled

.....
1 red grapefruit, peeled
and chopped

.....
2 handfuls of frozen
strawberries

.....
a handful of ice cubes
.....

Put all the ingredients into a blender in the order they are listed. Blitz until smooth. Serve immediately.

JUICEMAN TIP

Sprinkle with hemp seeds and chia seeds for added protein and omegas.

JUICEMAN FACT

Vanilla is a great antioxidant.



If I need to get fired up in the morning, this is the smoothie that does the job. The chile gives a kick of flavor as well as a boost to your metabolism. The recipe also contains two of my favorite superfoods: flaxseeds and hemp seeds. Hemp is a complete source of protein, and the oil from the seeds has one of the highest percentages of essential fatty acids of any seed. Flaxseeds are a great source of fiber, protein and omega-3s, all of which help your cardiovascular system. *serves one*



FIRE-STARTER

.....
1½ cups almond milk
.....

1 tbsp flaxseeds
.....

3 tbsp hemp seeds
.....

½-in slice of red chile
.....

½ a lime, peeled
.....

a handful of chopped
mango
.....

a handful of frozen
raspberries
.....

½ a frozen banana
.....

Put all the ingredients into a blender in the order they are listed. Blitz until smooth. Serve immediately.

JUICEMAN TIP

Keep a good supply of raspberries in the freezer for when they are not in season. They are really easy to grow, too.

JUICEMAN FACT

Almond milk is a great source of vitamin E.



This smoothie is so good – it is hydrating and super-nutritious. I like to drink this when I come out of the gym. It has everything I need to help my body recover after a workout – vital for keeping up immunity and staying well. This recipe also makes a great meal replacement.

serves one



RECOVERY SHAKE

.....
1 1/3 cups coconut water, or
coconut or almond milk
.....

1 tbsp natural
protein powder
.....

1 tsp spirulina
.....

1 tsp chia seeds
.....

1 tbsp goji berries
.....

1/4 a head romaine lettuce
.....

1/4 an avocado, peeled
and pitted
.....

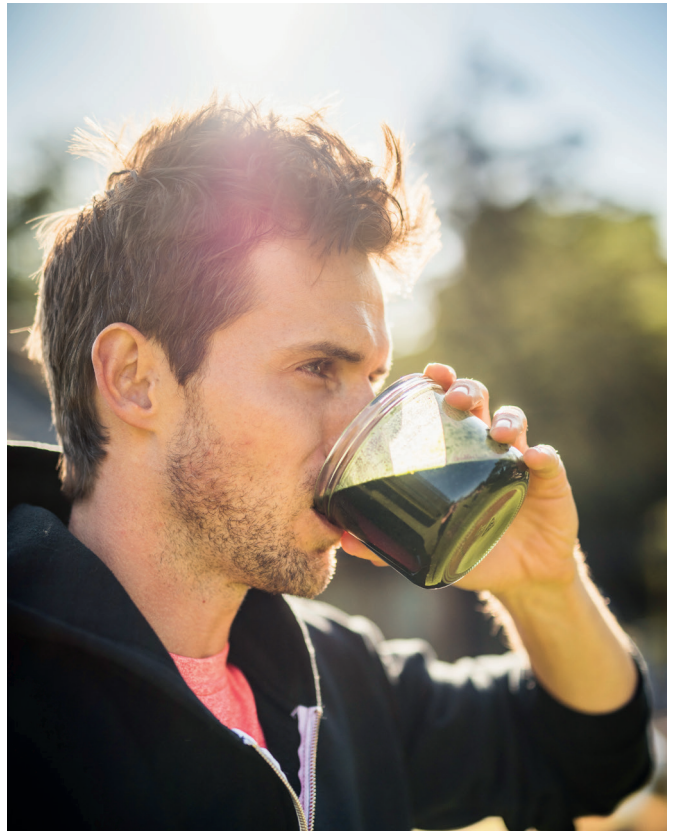
1/4 a pineapple, peeled
and cored
.....

3 handfuls of frozen
blueberries
.....

Put all the ingredients into a blender in the order they are listed. Blitz until smooth. Serve immediately.

JUICEMAN FACT

Spirulina is one of the leading sources of GLA (gamma-linolenic acid), which is one of the most powerful anti-inflammatory agents in nature. GLA is also particularly beneficial to women, as it can ease pre-menstrual symptoms. Ounce for ounce, spirulina also contains twenty-six times the calcium of milk.





This smoothie, in my mind, is the key to my very healthy son, Jackson. I was obsessing over smoothies during Jane's pregnancy, and we would have one that was high in folic acid and iron from the spinach and the kale every day. It's true that you are what you eat, and this certainly seems to be the case for my strong son. He hit the ground running and was guzzling green smoothies with his dad from the age of six months, and I swear he is very rarely ill and a happy little chap. This recipe makes a great breakfast smoothie. It's also a definite power snack and is probably one of my favorites. *serves one*



SUPERMOM

.....
1 $\frac{2}{3}$ cups almond milk or
milk of your choice
.....

1 tbsp hemp oil
.....

1 tsp wheatgrass powder
.....

1 tbsp flaxseeds
.....

a dash of vanilla extract
.....

a few mint leaves
.....

a handful of spinach leaves
(fresh or frozen)
.....

a few kale leaves
.....

1/4 a cucumber, chopped
.....

2 Medjool dates, pitted
.....

1/2 an avocado, peeled
and pitted
.....

a handful of frozen
strawberries
.....

1 frozen banana
.....

Put all the ingredients into a blender in the order they are listed. Blitz until smooth. Serve immediately.

JUICEMAN FACTS

Healthful oils are incredibly important. Hemp oil is easily digested and contains all the necessary essential amino acids and essential fatty acids. It's also great if you're feeling fatigued.

My daughter makes this one with me. We have added extra ingredients since we first started making it, and I have explained to her what they are and why they are so good for us. It started off with just blueberries, raspberries and oranges! It's a great smoothie to add some secret veggies to. A handful of spinach works well. *serves one*



TAYLOR'S FAVORITE TIPPLE

.....
1½ cups coconut
or almond milk
.....

.....
1 tsp ground cinnamon
.....

.....
1 tsp vanilla extract
.....

.....
1 tsp hemp oil
.....

.....
2 oranges, peeled
.....

.....
1 kiwi
.....

.....
2 handfuls of frozen
raspberries
.....

.....
2 handfuls of frozen
blueberries
.....

Put all the ingredients into a blender in the order they are listed. Blitz until smooth. Serve immediately.

JUICEMAN TIP

Throw in 1 tsp of spirulina for an extra health kick.

JUICEMAN FACT

Kiwis are packed with vitamins C and K, which are great for keeping your immune system strong.



BLUEBERRY FACIAL

There is a great mix of nutritionally rich seeds, nuts and fats in this smoothie. I love coconuts and use the oil, water and butter wherever possible – the benefits are endless and they taste delicious, too. *serves one*

1 1/4 cups coconut water

1-in piece of fresh ginger,
peeled and chopped

1 lime, peeled

a handful of walnuts

2 tbsp coconut flakes
or coconut butter

a small handful of
pumpkin seeds

1 frozen banana

2 handfuls of frozen
blueberries

Put all the ingredients into a blender in the order they are listed. Blitz until smooth. Serve immediately.

JUICEMAN TIP

Coconut oil makes an amazing body moisturizer.

JUICEMAN FACT

Walnuts are full of omega-3s and are a beauty food.



THE INCREDIBLES

My kids love this one. It's yummy, creamy and sweet, just like a milkshake. They have no idea that it's good for them! *serves one*

2 handfuls of spinach
leaves

1/2 an avocado, peeled
and pitted

1 1/2 cups liquid of your
choice (coconut milk,
almond milk or coconut
water)

a pinch of ground
cinnamon

2 Medjool dates, pitted

1 tsp raw honey

2 frozen bananas

Put all the ingredients into a blender in the order they are listed. Blitz until smooth. Serve immediately.

JUICEMAN TIP

Add 1 tbsp of chia seeds and 1/2 tsp of spirulina to superpower this smoothie.

LOVE PURPLE

This is a smoothie for the entire family. The mix of fruit and yogurt gives it a high yummy rating. Dates are a great addition to any smoothie – they don't just add sweetness; they are also a good source of fiber, which is essential for a healthy and efficient digestive system. This one is also great served with chopped fruit and granola for breakfast. *serves one*

1/2 to 2/3 cup Greek yogurt
or coconut yogurt

a handful of ice cubes

a few mint leaves

1 Medjool date, pitted

1 plum, pitted and chopped

1 peach, pitted
and chopped

3 handfuls of frozen
blueberries

2/3 cup coconut water

Put all the ingredients into a blender in the order they are listed. Blitz until smooth. Serve immediately.

STRAWBERRY MILKSHAKE

This smoothie is a great energy-boosting way to start the day. Organic strawberries are hard to find all year-round, so to enjoy this healthy milkshake any time of the year, keep lots of them in the freezer. Feel free to add a date or two for extra fiber and sweetness. Top with hemp seeds, pumpkin seeds and bee pollen. *serves one*

1 frozen banana

1/2 an avocado, peeled
and pitted

1/2 a lime, peeled

1 1/3 cups almond or other
nut milk, or milk of your
choice

1 tbsp nut butter

2 handfuls of strawberries
(fresh or frozen)

2 dashes of vanilla extract

Put all the ingredients into a blender in the order they are listed. Blitz until smooth. Serve immediately.

JUICEMAN TIPS

This makes a great protein shake by adding 1 tbsp of protein powder of your choice. You can turn this into a chocolate milkshake by replacing the strawberries with 1 tbsp of cacao powder, or a banana milkshake by replacing the strawberries with an extra banana (fresh or frozen).





I love this bad boy after a workout. Anyone who likes chocolate: cacao is your friend. It is raw chocolate and contains more than 300 nutritional compounds. It's also one of the richest sources of antioxidants of any food on the planet. Chocolate-flavored protein powder works really well here. serves one



CHOCOLATE REBEL

.....
1½ cups mineral water
.....
a pinch of Himalayan salt
.....
1 tbsp natural
protein powder
.....
1 tsp coconut oil
.....
1 tbsp raw honey or
maple syrup
.....
1 tbsp shelled hemp seeds
.....
5 cashews
.....
3 tbsp raw cacao powder
.....
1 tbsp raw cacao nibs
.....
½ an avocado
.....
1 frozen banana
.....
a handful of frozen
strawberries
.....
a handful of ice cubes
.....

Put all the ingredients into a blender in the order they are listed. Blitz until smooth. Serve immediately.

JUICEMAN TIP

Add maca powder for an added energy boost and top with goji berries, hemp seeds and cacao nibs.

JUICEMAN FACT

Cacao has ten times more antioxidants than green tea.



Mango is magic. It's a great low-calorie food that makes you feel full, while the fiber helps your digestive system, which in turn helps you burn more calories. It is also rich in vitamin A, with one serving giving you 25 percent of your required daily intake. serves one



MANGO MAGIC

.....
1 cup coconut milk
.....
1 tbsp raw honey
.....
1 tbsp coconut oil
.....
1 tbsp chia seeds
.....
1 tsp sunflower seeds
.....
1 tsp flaxseeds
.....
2 tbsp almond butter
.....
1-in piece of fresh ginger,
peeled and chopped
.....
1 mango, peeled
and pitted
.....
a handful of chopped
frozen pineapple
.....

Put all the ingredients into a blender in the order they are listed. Blitz until smooth. Serve immediately.

JUICEMAN FACT

Raw honey has not been heated, pasteurized or processed in any way. It's an alkaline food and is a powerhouse of vitamins, enzymes and antioxidants.



THE GREEN GOD

An amazing smoothie for the morning or to help you get through the day. I have given the option to use kefir in this recipe, as I am a big fan of it. Kefir is a cultured milk drink that is enzyme-rich and filled with friendly microorganisms to help balance your “inner ecosystem.” It is more nutritious than yogurt and provides complete protein, essential minerals and valuable B vitamins.

serves one



3/4 cup almond or coconut milk

1/2 cup coconut yogurt or kefir

1 tsp raw honey or maple syrup

1 tbsp natural protein powder

1 tsp shelled hemp seeds

1 tsp ground flaxseeds

1 tsp pumpkin seeds

a handful of spinach leaves

1 frozen banana

a handful of ice cubes

Put all the ingredients into a blender in the order they are listed. Blitz until smooth. Serve immediately.

JUICEMAN TIP

Add a handful of kale to get your phyto goodness.

GREEN WARRIOR

This one is a fantastic post-workout smoothie, or at any time of the day when you need a power boost. I love to make a double portion of this in the morning to get me through the day. serves one



1 1/2 cups coconut water

1 tbsp natural protein powder

a pinch of cayenne pepper

a pinch of ground cinnamon

1 tsp flaxseeds

a few sprigs of cilantro

1 Medjool date, pitted, or a handful of raisins

1/2 a lime, peeled

1/2 a cucumber, chopped

a handful of baby spinach leaves

1 apple, cored and chopped

1 frozen banana

Put all the ingredients into a blender in the order they are listed. Blitz until smooth. Serve immediately.

JUICEMAN TIP

Swap the coconut water for green tea or yerba maté for an extra energy boost after a workout.



HURRICANE

This is the mother of all smoothies. It will give you a huge power punch, so it's perfect for pre- and post-training, or just when you are in need of a boost. Please don't be put off by the powders – they can all be easily bought and will give your body lots of nutrition. Activated barley powder is used to boost performance, enhance the immune system and maintain endurance. It is a slow-burning carbohydrate that provides a steady source of energy for long workouts or periods of intense concentration. *serves one*



1 1/3 cups coconut water
1 tsp activated barley powder
1 tbsp maca powder
1 tsp chlorella powder
1/2 a lemon, peeled
1 lime, peeled
a small sprig of parsley
a handful of kale leaves
2 oranges, peeled
1/4 a pineapple, peeled, chopped and frozen

Put all the ingredients into a blender in the order they are listed. Blitz until smooth. Serve immediately.

JUICEMAN FACT

The Roman army marched on a diet of barley!

CHOCOLATE POWER SHAKE

This is my go-to, after-the-gym shake. It's a real treat to look forward to after a tough workout. My wife always steals it from me, gym or not, so it must taste good. *serves one*



1 1/2 cups almond milk or coconut water
2 tbsp natural protein powder
a dash of vanilla extract
a pinch of ground cinnamon
1 tbsp raw cacao powder or nibs
1 tbsp chia seeds
1 tsp flaxseeds
1 Medjool date, pitted
1 frozen banana

Put all the ingredients into a blender in the order they are listed. Blitz until smooth. Serve immediately.

JUICEMAN TIPS

If you are feeling adventurous, add some deer antler powder for muscle-tissue repair. It is known to increase growth hormones and keep you looking young for longer. Chocolate-flavored protein powder works really well here.

Protein is an important part of everyone's diet. I love to use vanilla-flavored protein powder in this one, but feel free to use your favorite. For anyone who isn't a fan of cacao, this is a pink version of my Chocolate Power Shake (p. 91). It's definitely just as delicious! serves one



PINK POWER SHAKE

.....
1 cup coconut water
.....

2/3 cup nut milk of
your choice
.....

1 tbsp natural
protein powder
.....

a dash of vanilla extract
.....

1 tsp goji berries
.....

2 tsp chia seeds
.....

1 tbsp almond butter
.....

1 Medjool date, pitted
.....

2 handfuls of frozen
strawberries
.....

Put all the ingredients into a blender in the order they are listed. Blitz until smooth. Serve immediately.

JUICEMAN TIP

Top with bee pollen and hemp seeds for the beauty factor.

JUICEMAN FACT

Goji berries are known to improve fertility and protect eyesight.





This smoothie will make you feel that you have been very good to your body. Full of nutrient-packed fruit and veggies, it will give your system a real boost. I do not peel kiwis, as the skin is full of vitamin C and fiber – perfect for smoothies. Since this is a meal in a glass, it is a great way to finish your day. *serves one*



GREEN GIANT

.....
1⅓ cups mineral water or
coconut water
.....

1 tsp spirulina
.....

1 tsp maca powder
.....

1 tsp flaxseeds
.....

1 tsp coconut or hemp oil
.....

a sprig of parsley
.....

a handful of kale leaves
.....

2-in piece of fresh
ginger, peeled
.....

2 kiwis, chopped
.....

a handful of baby
spinach leaves
.....

½ a lemon, peeled
.....

½ a cucumber, chopped
.....

Put all the ingredients into a blender in the order they are listed. Blitz until smooth. Serve immediately.

JUICEMAN TIP

Top with coconut flakes and goji berries for an extra immunity boost.

JUICEMAN FACT

Maca boosts sex drive.

TROPICAL THUNDER

My kids love this recipe because it is really creamy and sweet. There are tons of superfoods that are great for putting in smoothies. Goji berries are one of my favorites, as they are the most nutrient-rich fruit on the planet. They also taste delicious, so throw them into everything if you can. *serves one*



1½ cups coconut milk
a dash of vanilla extract
a small handful of goji berries
1 Medjool date, pitted, or 1 tsp raw honey
1 mango, peeled, chopped and frozen
a handful of frozen strawberries
1 frozen banana

Put all the ingredients into a blender in the order they are listed. Blitz until smooth. Serve immediately.

JUICEMAN TIP

Throw in some spinach or kale for extra chlorophyll goodness.

JUICEMAN FACT

Vanilla contains high levels of antioxidants, so it can help you to stay looking young.

PICK-ME-UP

Had a late night? If you're feeling sluggish and are in need of a pick-me-up, this is the smoothie for you. The benefit of using yerba maté tea in this one is that it is a natural stimulant with the strength of coffee and the health benefits of tea, delivering both energy and nutrition. *serves one*



1½ cups coconut water or yerba maté tea
1 tsp chia seeds
2 slices of fresh turmeric, peeled, or 1 tsp ground turmeric
1 lemon, peeled
1 orange, peeled
2 carrots, chopped

Put all the ingredients into a blender in the order they are listed. Blitz until smooth. Serve immediately.

JUICEMAN FACT

Yerba maté is traditionally used as an appetite suppressant to help with weight loss.



GREEN BANGKOK

A flavorful, exotic smoothie for any occasion. I love all these beautiful ingredients mixed together. It is wonderful to drink at any time of day, but especially when the sun is shining.

serves one

- 1 cup coconut water
- 1 tsp coconut oil or butter
- 1/2 a red or green chile
- 1-in piece of fresh ginger, peeled and chopped
- 1 Medjool date, pitted
- 1/2 a lime, peeled
- a small bunch of cilantro
- 1/2 a celery stalk
- 1/4 a cucumber, chopped
- a handful of baby spinach leaves
- 1/2 a pineapple, peeled, chopped and frozen
- a handful of ice cubes

Put all the ingredients into a blender in the order they are listed. Blitz until smooth. Serve immediately.

JUICEMAN FACT

Pineapple contains bromelain, which is an anti-inflammatory that helps digestion.



DIET SMOOTHIE

Not only is this a really tasty smoothie, it's also great for anyone on a weight-loss program. Foods that are high in fiber or water content, or both, help to create a lasting feeling of fullness, while being very low in calories. This smoothie is also perfect for satisfying a sweet tooth.

serves one

- 3 cups chopped watermelon
- 1 lemon, peeled
- 1 tsp raw honey

Put all the ingredients into a blender in the order they are listed. Blitz until smooth. Serve immediately.

JUICEMAN FACT

Watermelon is a great source of lycopene, which is known to help prevent cancer.





I love all the colors when I'm prepping this smoothie. There are so many amazing ingredients to help give your immune system a boost. Make this one for friends and then ask them to guess what's in it. They'll never get it right, but I guarantee that they will like it. serves one

THE SECRET SMOOTHIE

2 cups mineral water or
coconut water

a pinch of ground cinnamon

1 tsp chia seeds

1 tsp coconut oil

1 tsp raw honey

1 Medjool date, pitted

1 apple, cored and chopped

4 small broccoli florets

1 carrot, chopped

1 orange, peeled

a handful of spinach leaves

a handful of roughly
chopped kale or Swiss
chard leaves

1 frozen banana

Put all the ingredients into a blender in the order they are listed. Blitz until smooth. Serve immediately.



While I was filming *The Royals*, I would make this with my co-star Alexandra Park, as she is a Type-1 diabetic. This is the ultimate in supercharged smoothies without the sugar. Warning: This one is not for the faint-hearted. You will either love it or hate it. It's the ultimate all-veggie green smoothie. serves one



THE ROYAL GREEN

.....
2 cups coconut water
.....
1 tsp spirulina
.....
1 tsp chlorella powder
.....
a pinch of ground cinnamon
.....
a pinch of cayenne pepper
.....
1 tsp chaga mushrooms
.....
1-in piece of fresh turmeric,
peeled
.....
1-in piece of fresh ginger,
peeled and chopped
.....
1 lemon, peeled
.....
1 cucumber, chopped
.....
2 celery stalks, chopped
.....
a bunch of cilantro
.....
a handful of kale leaves
.....

Put all the ingredients into a blender in the order they are listed. Blitz until smooth. Serve immediately.

After a hard workout your muscles need to recover, and a smoothie with ingredients that are known to have anti-inflammatory benefits is just what your body needs. If you train hard to look good on the outside, this drink will help look after everything you need inside. I like using hemp protein powder for this one. serves one



REPAIR & REBOOT

.....
1¼ cups mineral water or
coconut water
.....

1 tbsp natural
protein powder
.....

1 tsp flaxseeds
.....

1 tbsp pumpkin seeds
.....

1-in piece of fresh turmeric,
peeled, or ½ tsp ground
turmeric
.....

1-in piece of fresh ginger,
peeled and chopped
.....

¼ a pineapple, peeled,
chopped and frozen
.....

1 frozen banana
.....

a handful of ice cubes
.....

Put all the ingredients into a blender in the order they are listed. Blitz until smooth. Serve immediately.

JUICEMAN FACT

Pumpkin seeds are high in zinc, which is important for strong hair and nails.

This is so easy and quick to make, and it really hits the spot after a workout. It will help to restore your energy and strength, which leads to a fast recovery. You can use any protein powder, but a vanilla one works well with the bananas to give you a great-tasting smoothie. *serves one*



MATCHA RECOVERY SHAKE

.....
1 tsp matcha
green tea powder
.....

1½ cups almond or
cashew milk
.....

1 tbsp natural
protein powder
.....

2 frozen bananas
.....

Sift the matcha powder into the almond milk and mix until no clumps remain, then put all the ingredients into a blender. Blitz until smooth. Serve immediately.

JUICEMAN TIP

Try adding some cacao nibs for extra energy, extra antioxidants and extra crunch. Cacao is also known to elevate your mood.

JUICEMAN FACT

During exercise, your body loses potassium through sweat. Eating a banana boosts your potassium levels and gives you 10 percent of the recommended daily intake.

This smoothie is delicious, and just what you need after a workout. Cherries are known as one of nature's true healing foods. They are packed with antioxidants and offer many health benefits, including help with insomnia, joint pain and belly fat. *serves one*



CHERRY ON THE TOP

.....
1 $\frac{2}{3}$ cups coconut water
or the water and meat
from a fresh coconut
.....

.....
1 tsp lucuma powder
.....

.....
 $\frac{2}{3}$ cup frozen pitted
cherries
.....

.....
a handful of spinach leaves
.....

.....
1 frozen banana
.....

Put all the ingredients into a blender in the order they are listed. Blitz until smooth. Serve immediately.

JUICEMAN TIP

Remember to take the pits out of the cherries before freezing.

JUICEMAN FACT

Cherries contain melatonin, which can aid sleep, so have a handful before bed for a good night's zzzzzz.



To have good overall health, you need a healthy gut and digestion. Perm A vite powder is a product I use a lot. It provides large amounts of cellulose fiber and L-glutamine, with additional nutrients, including N-acetyl-D-glucosamine, slippery elm bark and MSM. Don't be put off by the long words; it basically helps look after your gut, which is like your body's second brain, so it's really important. It has helped me in so many ways! serves one



BE GOOD TO YOURSELF

.....
1 cup coconut water
.....

2 tbsp natural
protein powder
.....

1 tsp Perm A vite powder
or L-glutamine powder
.....

1 tsp ground turmeric
.....

1 tsp manuka honey
.....

2 oranges, peeled
.....

1/4 a pineapple, peeled,
chopped and frozen
.....

a handful of ice cubes
.....

Put all the ingredients into a blender in the order they are listed. Blitz until smooth. Serve immediately.

JUICEMAN FACT

L-glutamine is key for post-workout recovery and hugely beneficial for your digestive system.



This is great for people needing to reboot after a gym session – a tasty, refreshing drink that gives you a super-kick of energy. It also works well as a meal replacement. I love hemp, and this one contains hemp oil; I suggest you use hemp protein for your protein powder here, too. The hemp seed is bursting with omega-6s and omega-3s, essential fatty acids that are known to have heart-health and anti-inflammatory benefits. *serves one*



RAGING BULL

.....
1 1/4 cups coconut water
.....

1 tbsp natural
protein powder
.....

1 tsp maca powder
.....

1 tsp chia seeds
.....

1 tsp pumpkin seeds
.....

1 tsp coconut oil or
coconut butter
.....

1 tsp hemp oil
.....

1 tbsp raw honey
.....

4 Medjool dates, pitted
.....

1 lime, peeled
.....

1 lemon, peeled
.....

1 orange, peeled
.....

Put all the ingredients into a blender in the order they are listed. Blitz until smooth. Serve immediately.

JUICEMAN FACT

The vitamin C in the citrus fruits will help your body absorb the iron from the pumpkin seeds, which have one of the highest iron contents of any seed.

Close your eyes when you drink this one and you could be sunning yourself in a beautiful tropical paradise. These ingredients do make me think of vacationing in the Caribbean, but why not drink it all year round? If you keep all the ingredients frozen, you can have it any time! serves one



MANGO PUNCH

.....
1 cup almond milk

.....
1 tbsp flaxseeds

.....
2 tbsp hemp seeds

.....
1/4 a jalapeño chile, chopped

.....
1 lime, peeled

.....
a large handful of chopped
frozen mango

.....
1/4 a pineapple, peeled,
chopped and frozen

.....
1/2 a frozen banana
.....

Put all the ingredients into a blender in the order they are listed. Blitz until smooth. Serve immediately.

JUICEMAN TIPS

Top with flaked coconut for a truly tropical experience. Add a shot of rum for a delicious cocktail.



This is a good example of how you can make your favorite juice ingredients into a smoothie. Feeling a bit run-down, or getting ready for the onset of winter? This has the ingredients to give you a big immune boost, which will help you fight off colds and illness. serve one



FLU JAB

.....
1 cup mineral water
.....
a pinch of ground cinnamon
.....
a pinch of cayenne pepper
.....
1 tbsp manuka honey
.....
1-in piece of fresh ginger,
peeled and chopped
.....
1/2 a lemon, peeled
.....
1 apple, cored and chopped
.....
1 orange, peeled
.....
2 carrots, chopped
.....

Put all the ingredients into a blender in the order they are listed. Blitz until smooth. Serve immediately.

JUICEMAN TIP

For extra health benefits, add 10 drops of echinacea.





SHOTS AND TONICS

Shots are addictive. They are now something I do every time I use my juicer. They are quick and easy and you can create the most awesome nutrient-rich, medicinal fireballs, not to mention that you can use them in loads of different ways.

At the Juiceman factory, shots are my favorite thing to play with, and there is nothing better than the smell of fresh-pressed ginger and lemon. A word of warning though: Pure ginger is not for the faint-hearted, so go easy and start by pairing it with celery or apple.

When I have a cold coming on, I go straight for the fresh ginger, lemon and honey with warm water. You can also freeze a load of shots in ice-cube trays. These can then be defrosted and drunk neat or simply added to water.

I like to use shots with water to make tonics. Why not try adding your ginger, turmeric and lemon shot to some cold water for a health tonic on a hot day or after a gym session? Have fun and play around with the flavor and heat.

The name says it all. Make it when you need it!
This is great as a shot or tonic, and brilliant for
when you're feeling run-down. serves one

GET WELL

.....
1/2 an orange, peeled
.....

2-in piece of fresh ginger
.....

1 slice of chile
.....

1 tsp colloidal silver
.....

1 tsp echinacea powder
.....

1 1/4 to 2 cups warm or
cold water (optional)
.....

Juice the orange, ginger and chile, then mix in
the colloidal silver and echinacea. Serve straight
up, or mix with the water.

JUICEMAN TIP

A friend of mine recommended the brand
MesoSilver, which claims to be a true colloidal
silver. We use it whenever anyone in the family
is coming down with a cold.



My sister loves this shot. It takes a little time to prepare, but using a fresh aloe leaf is definitely the way to go. Aloe vera is the bomb. It's really easy to grow and easy to drink when mixed with grapefruit juice. *serves one*

SKIN SHOT

.....
1 grapefruit, peeled
.....

.....
1 aloe vera leaf, peeled
.....

.....
1/2 a cucumber
.....

.....
1 tsp chia seeds
.....

Put all the ingredients, except the chia seeds, into a blender. Blitz until smooth. Add the chia seeds and keep stirring until fully mixed. Leave in the fridge for 10 minutes to allow the chia seeds to expand. Serve chilled.

JUICEMAN TIP

To peel the aloe vera leaf, lay it flat and remove the sides. Then run a knife under the top and bottom outer layers, as if you're filleting a fish.

MORNING SHOT

This is my daily ritual. The lemon and ginger help waken your body and digestive system, while also alkalinizing your body and invigorating your metabolism. I enjoy mine with warm water. *serves one*

.....
1 lemon, peeled

.....
2-in piece of fresh
ginger, peeled

.....
1¼ to 2 cups warm or
cold water (optional)

Juice the ingredients, except the water. Serve straight up, or mix with the water.

JUICEMAN TIP

I like to add 1 tsp of manuka honey.



SOS

I love turmeric for its incredible healing properties. This is a great shot – and it's even better as a tonic. Mix with water at 10 parts water to 1 part shot, and enjoy after a run or yoga session. *serves one*

.....
2-in piece of fresh ginger,
peeled

.....
1-in piece of fresh
turmeric, peeled

.....
½ a lemon, peeled

.....
1 tsp coconut sugar

.....
a pinch of ground
cinnamon

.....
1¼ to 2 cups warm or
cold water (optional)

Juice the ingredients, except the water. Serve straight up, or mix with the water.

JUICEMAN TIP

Make sure you drink a glass of water after consuming turmeric to avoid any teeth staining.

TUMMY TUCK

If you don't know about apple cider vinegar, then let's just start by saying it's amazing and has unbelievable healing qualities. Make sure you buy one that contains the "mother" – strands of proteins, enzymes and friendly bacteria that give the product a murky, cobweb-like appearance. I love this shot as it helps to settle my stomach, and it's also great to help boost the immune system. *serves one*

.....
1 tsp apple cider vinegar

.....
1 tsp raw honey

.....
a pinch of cayenne
pepper

.....
a pinch of ground
cinnamon

.....
1¼ to 2 cups warm or
cold water (optional)

Combine the ingredients, except the water, in a shaker, or stir well. Serve straight up, or mix with the water.

RAW HEAT

This shot can be as big as needed and is my go-to when I'm starting to feel a bit run-down or like I'm getting a cold. It's great for clearing your sinuses, and celery is also super-alkaline and detoxifying. *serves one*

.....
2 celery stalks

.....
½ a lemon, peeled

.....
2-in piece of fresh
ginger, peeled

.....
1¼ to 2 cups warm or
cold water (optional)

Juice the ingredients, except the water. Serve straight up, or mix with the water.



This makes a great shot, but I prefer it with the added water to make a rehydrating drink that's perfect for yoga or post-workout. It contains some Indian flavors and is a great shade of orange. Remember to peel the turmeric with care. serves one



YOGA SHOT

.....
2-in piece of fresh ginger,
peeled
.....

1-in piece of fresh turmeric,
peeled
.....

1/2 a lemon, peeled
.....

1 tsp coconut sugar
.....

a pinch of Himalayan salt
.....

a pinch of ground cinnamon
.....

a pinch of ground cardamom
.....

a pinch of black pepper
.....

1 1/4 to 2 cups warm or cold
water (optional)
.....

Juice the ginger, turmeric and lemon, then mix in the coconut sugar, salt, cinnamon, cardamom and pepper. Serve straight up, or mix with the water.



Whenever I'm looking to detox, I add one of these shots to my daily routine. Activated charcoal is a must for those looking to cleanse. This amazing black powder helps to draw out toxins and impurities from your system. Don't be put off by how it looks! It's easy to drink and doesn't taste of much at all. *serves one*

ACTIVATED CHARCOAL TONIC

.....
1 tsp activated charcoal
.....

1 tsp coconut sugar or
maple syrup
.....

juice of 1/2 a lemon
.....

2 cups mineral water
.....

Simply mix the ingredients together and enjoy. Serve immediately.

JUICEMAN TIP

Drink this between meals on an empty stomach for maximum benefit. It's also an old-school cure for food poisoning and toxicity.



FIREBALL

I highly recommend adding oregano oil to your arsenal of natural healing tools, as it has a wide range of uses. This herbal oil is a powerful antimicrobial that can help fight off infections. Oregano oil also has antibacterial, antiviral and antifungal properties. This recipe is a great hangover cure. It will clear your head, but beware: It will be hot!

serves one

1 orange, peeled

2-in piece of fresh ginger

a pinch of cayenne pepper
or 1 slice of hot red chile

2 drops of oregano oil

1¼ to 2 cups warm or cold water (optional)

Juice the orange and ginger, then mix in the cayenne pepper and oregano oil. Serve straight up, or mix with the water.

THE HEALER

MSM is a key source of sulphur and is a staple in my diet. It has a number of healing and preventative properties. It is important for bone and joint care, as well as skin and hair care.

serves one

¼ a cucumber

½ a lemon, peeled

1 tsp MSM powder

1 tsp aloe vera juice

Juice the cucumber and lemon, then mix in the MSM powder and aloe vera juice. Serve straight up.

JUICEMAN FACT

MSM is often referred to as the “beauty supplement” because of its ability to enhance the thickness of hair and strength of nails in a very short time frame.

BRAIN BOOSTER

Cilantro is one of the very few herbs that is used as a heavy-metal detox agent to detoxify mercury, aluminium and lead, among others. I often make a small bottle of neat, concentrated cilantro juice and mix it with chlorella powder. Drink a shot of this booster every day and feel the improvement to your brain power.

serves one

a small bunch of coriander

1/2 an apple

1/2 a lemon, peeled

1 tsp chlorella powder

Juice the cilantro, apple and lemon, then mix in the chlorella powder. Serve straight up.

LAST RESORT

All my favorite powerful ingredients in one very small package. It may not be a pleasure to drink, but it will do the job and give you a huge boost. Good luck!

serves one

1 garlic clove

1-in piece of fresh ginger, peeled

1 tbsp aloe vera juice

1 drop of oregano oil

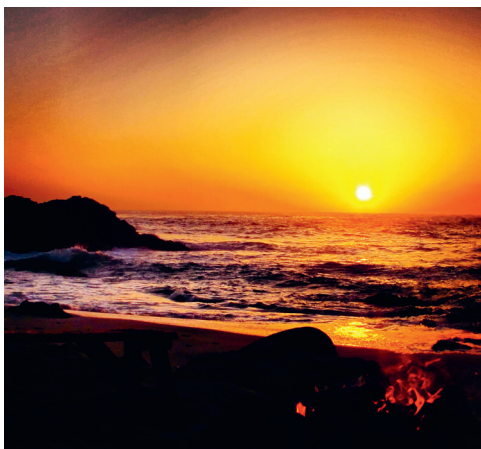
a pinch of cayenne pepper

2 drops of echinacea

Juice the garlic and ginger, then mix in the aloe vera juice, oregano oil, cayenne and echinacea. Serve straight up.

JUICEMAN FACT

Cayenne pepper boosts the metabolism.



TEAS AND WARM DRINKS

Natural teas are another great way to incorporate fresh fruit or many of your pantry staples into your daily routine. It amazes me how many people now drink warm water every morning to rebalance and alkalinize their system. Don't stop there! Try adding herbs, spices, citrus fruits, or even some of the shots from the previous chapter.

One of my favorite ingredients is apple cider vinegar. It's unbelievably good for you and is one of the oldest natural cures for a whole range of ailments. I particularly enjoy it in warm water with some cinnamon and raw honey.

My tip would be to invest in a good-quality loose-leaf teapot so you can play with your infusions.

Apple cider vinegar is an important part of my daily routine – whether it's in salad dressings, teas or a morning shot. This is my winter flu-fighting drink when I'm feeling fatigued or under the weather. It is also great to have before a big meal as it aids digestion. serves two



HOT CIDER HEALER

.....
2 cups warm water

.....
1 tbsp apple cider vinegar

.....
1 tsp ground cinnamon

.....
2 slices of fresh ginger,
peeled

.....
1 tsp raw or manuka honey

.....
a pinch of cayenne
pepper (optional)
.....

Combine all the ingredients together and stir well. Serve immediately.

JUICEMAN TIP

If you get a breakout of zits, try dabbing on neat apple cider vinegar. It works for me!

JUICEMAN FACT

Apple cider vinegar helps to speed up the metabolism. It also supports fat burning and can control appetite.



This drink sits between a juice and a soup. I love how the apples/pineapple blend with the carrots and spices. serves two



WARM WINTER SPICE

.....
5 apples or 1/4 a pineapple,
peeled and cored

.....
1 orange, peeled

.....
1 cinnamon stick

.....
2 star anise

.....
a sprig of rosemary

.....
4 carrots

.....
1-in piece of fresh ginger,
peeled

.....
a pinch of ground cinnamon

.....
a pinch of ground nutmeg

Juice the apples and the orange and pour the juice into a saucepan. Add the cinnamon stick, star anise and rosemary, then cover with a lid. Bring to the boil and allow to simmer for 1 to 2 minutes. Turn off the heat and set aside, covered, for 5 minutes, then strain through a fine sieve.

Juice the carrots and ginger and mix with the warm spiced apple juice. Pour into glasses and sprinkle with the cinnamon and nutmeg before serving.

JUICEMAN TIP

Add some rum to turn it into a winter punch.

Matcha is the ultimate green tea, as it consists of the whole leaf in powdered form. It can be used like coffee, to make anything from a matcha shot to a matcha cappuccino. This is a delicious, warming tea. With all the goodness from the matcha and almond milk, your body will feel comforted, too. *serves one*

MATCHA LATTE

.....
1 cup almond milk
.....

1 tsp matcha
green tea powder
.....

a dash of vanilla extract
.....

In a small saucepan over low heat combine the milk with the matcha powder and vanilla. Whisking to make sure there are no lumps, cook until warm, 3 to 5 minutes. Serve immediately.

JUICEMAN TIP

For extra sweetness, add some manuka honey and then sprinkle some cinnamon on top.





We all know how good mint tea is at the end of a meal to aid digestion, but don't just save it for after you've eaten – this tea will make you feel refreshed at any time of day. *serves one*



MOROCCAN MINT TEA

.....
1/2 a lemon, peeled and
sliced
.....

a small handful of
mint leaves
.....

1 cinnamon stick
.....

1 star anise
.....

1 cup boiling water
.....

manuka honey, to taste
.....

1 thin slice of fresh ginger
.....

Place the lemon in a large cup. Add the mint leaves, then crush them to get the aromas going. Next, add the cinnamon stick and star anise. Pour in the boiling water. Steep the tea for 5 minutes. Enjoy with a little manuka honey and garnish with the ginger.

JUICEMAN TIP

Double the ingredients and place in a pot for more than one serving. You can keep refreshing this with water or use the leftovers in a smoothie – just remember to remove the spices.

This is how I start my day and it feels both refreshing and invigorating. The cayenne pepper is excellent for getting your digestive system fired up, the maple syrup is for energy and the lemon is to cleanse. *serves one*



TEATOX

1 cup warm water
(or you can make it with
cold water in the summer)

1/2 a lemon, peeled and
sliced

1-in piece of fresh ginger,
peeled and grated

a pinch of cayenne pepper

1 tsp maple syrup

In a large cup, combine all the ingredients and stir. Serve immediately.

JUICEMAN TIP

You can make a large batch and keep it in the fridge for 3 to 5 days, or you can freeze it.





NUT MILKS

There are many views on dairy and milk. I'm gonna give you my two pennies' worth here. Cows' milk is undoubtedly produced to feed calves, which we are not, so it's not a stable nutritional solution for us, even though we are told that a glass a day is good. I do, though, believe that, like butter, it does have beneficial vitamins and has its place in our diet, but that it's not to be consumed in large quantities daily. I also believe in the importance of using organic where possible, to support the humane treatment of cows and the safer production of milk. But enough about that . . . on to the good stuff!

Nut milk is not only delicious and unbelievably nutritious, it's also really easy to make and is a great thing to stock up on for smoothies and breakfasts. It is a staple part of my family's daily food and drink – whether it's on porridge, cereal or in a smoothie.

You'll need a nut milk bag for this chapter. A fine sieve will also work well, although you'll end up with a coarser texture.





If you were to compare nut milk to dairy milk, almond would be of the low-fat variety. Organic almonds have one of the highest nutrient levels of all nuts and, together with the potassium and copper-rich dates, the antioxidant-filled vanilla and alkalinizing Himalayan salt, they make a deliciously healthful milk. It can be consumed on its own or used in a whole host of other recipes, including ice cream and smoothies, or on your porridge or granola at breakfast time. makes 3½ cups



ALMOND MILK

.....
¾ cup almonds
.....

2 Medjool dates, pitted
.....

6½ cups mineral water
.....

a dash of vanilla extract
.....

a pinch of Himalayan salt
.....

Equipment: a nut milk bag
.....

In a large bowl, soak the nuts and dates in 3 cups of the water for 6 hours, or overnight, making sure they are well covered.

Place the nuts, dates, their soaking water, the vanilla, salt and remaining 3½ cups water in a blender. Blend for 1 to 2 minutes until smooth and creamy, taking care not to let the milk heat up.

Strain through the nut milk bag into a pitcher or sterilized airtight glass bottles. Refrigerate and use within 3 days.

JUICEMAN TIP

Try adding coconut butter or oil for added energy, or a few pumpkin seeds.

CASHEW MILK



This is the full-cream option of the nut milk world. It's delicious and creamy, making it a great addition to porridge or smoothies. Cashews are full of vitamin K, copper and magnesium, which are essential for energy, metabolism and nerve function. They are also a great source of good fats, with zero cholesterol, making them the perfect snack. Makes 3½ cups

¾ cup cashews

2 Medjool dates, pitted

6½ cups mineral water

a dash of vanilla extract

a pinch of Himalayan salt

Equipment: a nut milk bag

In a large bowl, soak the nuts and dates in 3 cups of the water for 6 hours, or overnight, making sure they are well covered.

Place the nuts, dates, their soaking water, the vanilla, salt and remaining 3½ cups water in a blender. Blend for 1 to 2 minutes until smooth and creamy, taking care not to let the milk heat up.

Strain through the nut milk bag into a pitcher or sterilized airtight glass bottles. Refrigerate and use within 3 days.

JUICEMAN TIP

Try adding turmeric or cinnamon for extra flavor.

Why not try some other variations too? You can simply replace the almonds or cashews in the previous recipes with ¾ cup of your favorite seeds or nuts. Here are some suggestions to get you started:

BRAZIL NUT MILK

Brazil nuts are a wonderful source of selenium. I like to throw a Brazil nut or two into any shake, just because they are so damn good for you. Brazil nuts do not need to be soaked.

MACADAMIA NUT MILK

Macadamia nut milk is purely delicious. It has many health and vitality benefits, and contains antioxidants such as manganese, vitamin E and zinc. Macadamias also lower your risk of heart disease.

PISTACHIO NUT MILK

Pistachios are full of B vitamins, copper, manganese, potassium, calcium, iron, magnesium, zinc and selenium. They are also an excellent source of vitamin E. Pistachio milk is a real treat – you have to try it.

HEMP SEED MILK

Hemp seeds are one of my favorite ingredients, as they are loaded with omega-3s and -6s, and are also a great protein source. I like to make this milk and then turn it into a banana and cinnamon shake. Hemp seeds do not need to be soaked.

PUMPKIN SEED MILK

Pumpkin seeds are unbelievably good for you on all levels. This milk is rich in zinc, magnesium, iron and omegas, making it great for muscle repair and for general heart and liver health. Play with the sweetness, and possibly add a few nuts to find the right flavor. I love this delicious milk on my porridge.



Turmeric is a fantastic natural healer and blends perfectly with cashew milk. I became addicted to turmeric milk in L.A. at a bar called Moon Juice. I like to drink this milk straight up as a healthful snack. It's a delicious treat that's also great for your body. makes 3½ cups



TURMERIC MILK

¾ cup cashews

2 Medjool dates, pitted

6½ cups mineral water

1 to 2 tsp ground turmeric
or 2 tbsp juiced turmeric
(peel the turmeric before
you juice)

1 tsp raw honey

1 tsp ground cinnamon

a pinch of ground
cardamom

a pinch of Himalayan salt

Equipment: a nut milk bag

In a large bowl, soak the nuts and dates in 3 cups of the water for 6 hours, or overnight, making sure they are well covered.

Place the nuts, dates, their soaking water, the turmeric, honey, cinnamon, cardamom and remaining 3½ cups water in a blender. Blend for 1 to 2 minutes until smooth and creamy, taking care not to let the milk heat up.

Strain through the nut milk bag into a pitcher or sterilized airtight glass bottles. Refrigerate and use within 3 days.

JUICEMAN TIP

Turmeric can stain clothing, so be careful when straining the milk.

JUICEMAN FACT

Turmeric is a powerful anti-inflammatory and a strong antioxidant. It's quite hard for us to absorb though, so try swallowing a few whole peppercorns too, as this can help.



There are endless flavor variations once you figure out your favorite base milk. Try adding fruit and spice to create your own milkshake or protein powders for a superfood shake. Here are some simple suggestions for you to play with. In general, the best rule to follow is one part solids to three parts liquid. Play around with flavors.

BUILD YOUR OWN SHAKE

To build your own shake, choose one ingredient from each category. Blend until smooth and creamy. Serve immediately.

Nut Milk

Almond milk, cashew milk, Brazil nut milk, walnut milk, pecan milk, macadamia nut milk, hazelnut milk, pumpkin seed milk, hemp seed milk.

Flavor

Vanilla powder, cinnamon, cardamom, nutmeg, cacao powder, carob powder.

Sweetener

Dates, raisins, stevia, raw or manuka honey, maple syrup.

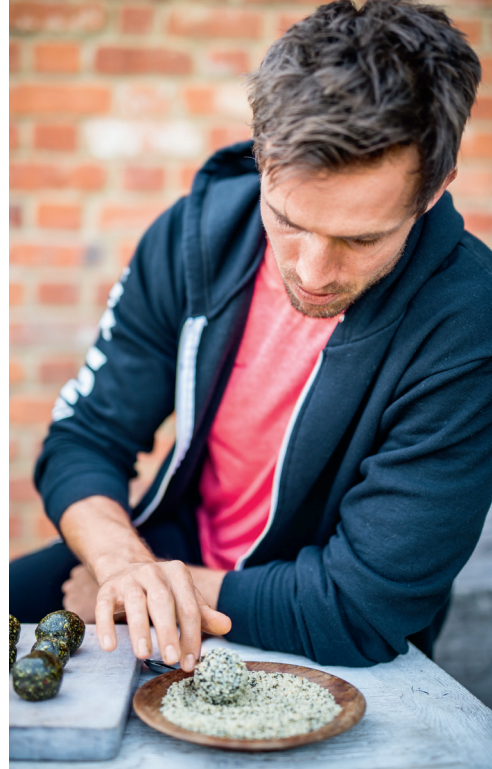
Superfood

Protein powder, lucuma powder, maca, activated barley, spirulina, ground flaxseed.

Fruit

A handful of your fresh fruit of choice.





FOOD

**BREAKFAST • LIQUID LUNCH
ON THE GO • ICE CREAM**

This book is predominantly about liquid, but I love food and wanted to share some of my favorite meals to show how you can integrate them into your life. Your daily consumption should be about how you feel and what you are doing. Listen to your body: if you feel sluggish or that you indulged too much the day or night before, take it easy and have a nice green smoothie for breakfast, salad for lunch and soup for dinner. If you need energy, why not incorporate some high-value foods, such as oats, nuts, seeds and green juices?

Here are some of my favorite recipes. If you like them, who knows, I might have to write a Foodman book . . .

BREAKFAST

We all know that breakfast is the most important meal of the day. It is also my favorite meal of the day. Breakfast in my house can easily go on for 3 hours on the weekend!

Eating a good breakfast is a great habit to get into, as you are setting yourself up with all the energy you need to get you through the day. I have included lots of recipes in this section that can be prepared the night before too, for those of us who might not have time in the morning. There really is no excuse to leave the house with an empty tank!

LIQUID LUNCH

Juices and smoothies can be a useful meal replacement or a great way to have a healthful snack on the go. Smoothies are effectively cold soups. This section shows you some more savory versions, as well as my infamous bone broth. I love soups – they are a staple of my weekly diet.

ON THE GO

I'm always on the go – whether I'm flying out of the house at 5 a.m. to do some filming or on a road trip with Jane and the kids – so I need snacks! This section is about how to make healthy, easily transportable snacks to take with you wherever you're going. I try to save an evening a week or Sunday morning to make some batches of kale chips and protein balls – and we always have a loaf of Banana Man (p. 170) on hand in my house. Be warned: None of these will last long because they are so delicious, so make a double batch!

ICE CREAM

I love ice cream – and so does my family. However, my son, Jackson, has an allergy to dairy. These recipes are all dairy free, guilt free and packed with flavor. Feel free to play around with your favorite fruits and nuts.



BREAKFAST

MUESLI IN A GLASS

A lovely, quick breakfast in a cup. I use this recipe a lot, as my mornings can be quite hectic. If you don't want gluten, buy gluten-free oats, which can be found in most supermarkets. *serves one*

2 handfuls of oats, soaked overnight in water and drained	1 apple, cored and chopped
1 Medjool date, pitted	1 tbsp coconut butter
1/2 tsp ground cinnamon	a handful of ice cubes
1 tbsp almond butter	1 cup mineral water or coconut water

Combine all the ingredients in a blender and blitz until smooth. Serve immediately.

JUICEMAN TIP

Top this with some pumpkin and sunflower seeds.

CASHEW COFFEE

Coffee and cashews . . . BOOM! This is a fantastic, healthy way to enjoy your morning coffee. The cacao will give you an extra kick too! *serves one*

half a handful of almonds or cashews, soaked for 6 hours or overnight, drained	1 tsp raw cacao nibs
1/2 a frozen banana	1 to 2 shots of cooled espresso
	1 cup almond milk
	1/2 tbsp coconut sugar
	a handful of ice cubes

Combine all the ingredients in a blender and blitz until smooth. Serve immediately.



RAW ICED MOCHACCINO

If you usually kick-start your morning with a coffee then you will love my take on a mocha, especially on warm days. It hits all the right spots and gets you ready to conquer the day. You can enjoy this drink warm by blending on high for 2 minutes and omitting the ice.

serves one

1 1/2 cups almond milk	1 tbsp coconut butter
1 tsp lucuma powder	1 tbsp raw honey
1 tsp maca powder	6 ice cubes
1 tbsp raw cacao powder	

Combine all the ingredients in a blender and blitz until smooth. Serve immediately.

JUICEMAN FACT

Lucuma powder is a natural wonder-sweetener packed with vitamins and minerals.

CACAO ESPRESSO

This cacao espresso makes a brilliant coffee substitute. *serves one*

For the espresso:	a pinch of ground cinnamon
a handful of raw cashews	a pinch of cayenne pepper
1 cup mineral water	For the cashew cream:
1 tbsp raw cacao nibs	1 cup cashews
1 tbsp raw cacao powder	3 Medjool dates, pitted
2 tbsp raw honey or agave nectar	1 cup water
a dash of vanilla extract	1 tsp vanilla powder
1 tsp coconut butter	1 tbsp coconut butter

Combine all the espresso ingredients in a blender and blitz for at least 1 minute or until you have a fairly thick and intense chocolate drink. Feel free to overblend for a hot alternative. Transfer to a serving glass. Combine all the cashew cream ingredients in a blender and blitz until smooth. Pour the espresso into a glass and top with the cashew cream for a totally delicious experience.







Once you have tried this, you will be hooked. It makes breakfast time easy, fast and nutritious. But don't just save this for breakfast – it is a great snack at any time of day. serves four



OVERNIGHT OATS

.....
3 cups rolled oats
.....

.....
a handful of flaked almonds
.....

.....
1 apple, cored and grated
.....

.....
a handful of goji berries
or raisins
.....

.....
2 tbsp pumpkin seeds
.....

.....
3 tbsp chia seeds
.....

.....
3 cups nut milk or coconut
milk, plus more for serving
.....

.....
2 Medjool dates, pitted
and chopped
.....

.....
a pinch of ground cinnamon
.....

.....
a dash of vanilla extract
.....

.....
a pinch of Himalayan salt
.....

.....
a handful of strawberries,
chopped
.....

.....
maple syrup or raw
honey for serving (optional)
.....

Place all the ingredients, except the strawberries and maple syrup, in a bowl and stir until thoroughly mixed. Place in the fridge overnight.

The next morning, give the mixture another stir and serve with strawberries and additional nut milk. Add maple syrup for added sweetness.

JUICEMAN TIP

Try adding some lucuma powder for extra vitamin B.



I love chia pots and eat them for breakfast three or four times a week. The basic rule of thumb is one part chia seeds to five parts liquid, which makes a great consistency. Chia seeds are known to give you energy, so this is great to eat at any time of the day. The chia seeds swell in liquid, making them a very filling snack.

serves two



JUICEMAN CHIA POT

.....
1 cup almond milk

.....
1 tsp vanilla extract

.....
1 tsp raw honey

.....
1/4 cup chia seeds

.....
chopped fresh fruit,
berries and pumpkin
seeds for serving
.....

In a pitcher, combine the almond milk, vanilla and honey and stir well. Add the chia seeds and keep stirring until fully mixed, for at least 5 minutes so the seeds don't clump. Leave in the fridge for 4 hours, or overnight if you have an early start the next day. Serve topped with chopped fruit, berries and/or pumpkin seeds.

JUICEMAN TIP

Try putting chopped banana, hemp seeds and honey in the bottom of your bowl before you add the chia mixture. It makes it extra delicious and filling.

This is a fantastic example of how versatile juices can be. The carrot and apple juice makes this porridge vitamin-rich and adds sweetness, and the coconut butter makes it really creamy. This is a great way to start the day – you will be surprised by how good it tastes. *serves two*



CARROT & APPLE PORRIDGE

.....
1½ cups rolled oats
.....

1¼ cups carrot and apple
juice (around 3 carrots
and 2 apples)
.....

1 cup mineral water
.....

1 tsp ground cinnamon
.....

2 tsp vanilla extract
.....

1 to 2 tsp coconut butter
.....

your favorite fruits
and seeds for topping
(optional)
.....

Place the oats, juice, water, cinnamon, vanilla and coconut butter in a medium saucepan over low heat and warm for 8 to 10 minutes, stirring occasionally to prevent sticking. (Add more water, depending on your desired consistency.) Remove from the heat, transfer to a bowl and serve topped with whatever takes your fancy.

JUICEMAN TIP

I always add the pulp from the juice into the porridge for extra fiber and goodness.





I like to know exactly what ingredients I am eating, so there really isn't anything better than homemade granola – and it is so quick and easy to make. It lasts for ages in an airtight container too. It can be eaten straight with yogurt or milk. I also like to use it to top a chia pot or to snack on throughout the day. serves two



EVERYDAY GRANOLA

.....
5 Medjool dates, pitted

.....
1 tbsp coconut oil

.....
2 cups rolled oats

.....
2 tbsp maple syrup

.....
1½ cups mixed nuts,
broken up inside a kitchen
towel with a rolling pin

.....
a dash of vanilla extract

.....
a pinch of ground cinnamon

.....
1 tbsp pumpkin seeds

.....
1 tbsp flaxseeds

Preheat the oven to 350°F. Line a baking sheet with parchment paper.

Put the dates and the coconut oil in a blender and blitz until smooth.

In a bowl, combine the blended dates with the remaining ingredients. Spread the mixture out to about ¾ to 1½-in thickness on the prepared baking sheet and bake for 30 to 40 minutes. Check every 10 minutes to make sure it isn't burning and give it a shake.

Once crisp and golden brown, remove from the oven and leave to cool. Store in an airtight container.

GREEN GIANT BREAKFAST BOWL

A smoothie in a bowl is my ultimate breakfast – quick, easy and super-nutritious. *serves one*

1/2 an avocado, peeled and pitted	1/4 a pineapple, peeled, chopped and frozen
1/4 a fennel bulb	1 tbsp hemp seeds
a handful of spinach and kale leaves	1 cup almond milk or ice-cold mineral water
3/8-in piece of fresh ginger, peeled	a handful of ice cubes
1 frozen banana	seeds, nuts and/or granola for topping

Place all the ingredients, except the topping, in a blender and blitz until smooth. Pour into a bowl and sprinkle with the toppings of your choice before serving.



EXOTIC SMOOTHIE BOWL

Once you start making morning smoothie bowls, you'll never stop. This version works really well and is packed with nutrition. Unless I am training in the gym, this will easily see me through till my next meal. The consistency should be thick like ice cream, so you will need a spoon or spatula to get it out. *serves one*

1 frozen banana	1 tbsp chia seeds
1 mango, peeled and chopped	1 tbsp natural protein powder
1/4 tsp ground turmeric	a handful of frozen blueberries
1/2 coconut yogurt or kefir	a handful of fresh strawberries
	granola, fresh fruit and/or seeds for topping

Place all the ingredients in a blender, except the topping, and blitz to a thick consistency. Pour into a bowl and add the toppings of your choice before serving.

BLUEBERRY, COCONUT & CHIA SMOOTHIE BOWL

Smoothie bowls don't have to be confined to breakfast. They can be enjoyed any time of day. *serves one*

1/4 cup coconut water	1 tsp goji berries
a handful of frozen blueberries	1 tsp chia seeds
1 frozen banana	1 tbsp natural protein powder
1 tbsp coconut butter or coconut oil	berries, seeds, nuts and/or granola for topping

Place all the ingredients, except the topping, in a blender and blitz to a thick consistency. Pour into a bowl and sprinkle on the toppings of your choice before serving.

FOREVER YOUNG SMOOTHIE BOWL



Matcha tea is the best-quality powdered green tea available. It contains five times as many antioxidants as other foods, and are the magical nutrients and enzymes responsible for fighting UV damage, giving us younger-looking skin. *serves one*

3/4 cup mineral water	1 tsp matcha green tea powder
a handful of baby spinach leaves	1 frozen banana
1/2 an avocado, peeled and pitted	2 handfuls of chopped frozen pineapple
1 lime, peeled	a handful of ice cubes
1 tbsp coconut butter	berries, seeds, nuts and/or granola for topping
1 tbsp raw honey	

Place all the ingredients, except the topping, in a blender and blitz until smooth. (Adjust the sweetness if desired by adding more honey or a date.) Pour into a bowl and sprinkle on the toppings of your choice before serving.





LIQUID LUNCH

This was something that I started making only last year as a result of a very serious gut infection that I picked up on my travels. At one point I was diagnosed with Crohn's disease, which led me to search for the best things to heal my stomach and gut. The diagnosis was unbelievably scary, but luckily I'm now in remission, helped along by plenty of rest and this medicinal soup. It's packed with amino acids, collagen, glucosamine, silicon, magnesium and many other nutrients besides. Making this broth is now a weekly ritual for me. On Sundays, we always roast a chicken and make this broth with the bones. You will be amazed by how easy it is, as well as by the amount of food you can make from one chicken!

makes 7 to 8 cups

BONE BROTH



3½ lb chicken,
preferably organic

Himalayan salt and
black pepper

1 tbsp coconut oil

2 onions, peeled and
roughly chopped

3 celery stalks, roughly
chopped

4 carrots, roughly chopped

3 bay leaves

2 sprigs rosemary

a glug of apple
cider vinegar

1 cup brown rice or ½ lb
kelp noodles (optional)

Preheat the oven to 350°F.

Place your bird in a large ovenproof pot (such as a Dutch oven) and season well with the salt and pepper. Use the back of a spoon to spread the coconut oil evenly over the chicken.

Roast for 1 hour. Add 2 cups of water and return the pot to the oven for another 30 minutes.

Remove the chicken and allow to cool. Take off all the meat from the bones and refrigerate. Lower the oven temperature to 250°F.

Place the chicken carcass back in the pot, along with the vegetables, herbs, vinegar and 8 cups of water. Cook in the oven for 4 hours.

Strain the broth into an ovenproof saucepan. Add half the chicken meat (you can use the rest of the meat in your favorite salad or wrap) and brown rice. Place back in the oven for 20 minutes.

Remove the saucepan from the oven. Serve with whatever fresh ingredients and flavors take your fancy. Here are some ideas that have worked for me.

Fresh veggies: kale, sliced carrots, bok choy, mushrooms, bean sprouts, peppers.

Spices: grated fresh ginger or turmeric, sliced fresh chile, roasted garlic purée.

Fresh herbs: parsley, chives, cilantro.

JUICEMAN TIP

You can freeze the broth for later use. We always have broth on hand to use in soups and gravy or to even drink straight-up.

JUICEMAN FACT

Bone broth is easy for our bodies to absorb and contains minerals such as calcium, silicon, sulphur, magnesium, phosphorous and many trace minerals.



I love gazpacho – this is a bit of a different take on it, but it works really nicely. The ginger and chile give it a bit of a kick, but you can put in as little or as much as you like. It can be served in bowls or glasses. *serves two*



WATERMELON GAZPACHO

.....
3 cups cubed watermelon
(1-in cubes)
.....

.....
2 celery stalks, chopped
.....

.....
3 medium tomatoes,
roughly chopped
.....

.....
1/2 a cucumber, roughly
chopped
.....

.....
2 red bell peppers,
roughly chopped
.....

.....
1-in piece of fresh ginger,
peeled and minced
.....

.....
1/2 a red chile
.....

.....
the juice of 2 limes
.....

.....
a handful of fresh
basil leaves
.....

.....
Himalayan salt and
black pepper
.....

.....
1 tbsp apple cider vinegar
.....

Put 2 or 3 cubes of the watermelon and a couple of celery pieces into your bowls or glasses. Put the remaining ingredients into a blender. Pulse until it reaches a soup-like consistency. Taste it and add more seasoning if needed. Chill in the fridge for 2 to 3 hours before serving.

JUICEMAN TIP

Traditionally, the Spanish add bread to their gazpacho, which gives it a creamy texture. Try adding a handful of soaked cashews to this recipe for the same effect.

There is a fine line between a smoothie and a soup. I would call this a savory smoothie or chilled soup, so you can choose how you want to eat it. Either way, it's delicious. Go easy with the spice at first – you can always blend and then add more to taste. serves two



SPICY AVOCADO & CARROT SOUP

.....
the juice of 6 carrots

.....
1 large avocado, peeled
and pitted

.....
1½ tbsp grated fresh
ginger

.....
1½ tbsp lemon juice

.....
½ a green chile

.....
¼ tsp cayenne pepper, plus
more for sprinkling

.....
a small bunch of mint

.....
a small bunch of basil

.....
2 tbsp cold-pressed olive oil
.....

Put all the ingredients, except the olive oil, into a blender with the rest of the ingredients and blitz to your desired consistency. I like it smooth. Drizzle with a little olive oil and sprinkle with additional cayenne pepper before serving.



ON THE GO

Everyone loves banana bread, and this dairy- and wheat-free version is amazing. My kids love a slice with a thick helping of raw honey spread on top. Nut butter works well too.

makes one loaf



BANANA MAN

.....
¾ lb ripe bananas, peeled
.....

3 eggs
.....

2 tbsp chia seeds, plus
more for the pan
.....

½ cup ground flaxseeds,
plus more for the pan
.....

1¾ cups ground almonds
.....

1 tbsp hemp protein
.....

3 tbsp raw honey
.....

2 tsp cold-pressed hemp oil
.....

1 tbsp cold-pressed olive oil
.....

1 tsp ground cinnamon
.....

1 tsp coconut butter
.....

2 tsp baking soda
.....

the juice of 1 lemon
.....

a pinch of Himalayan salt
.....

Optional toppings:
.....

sliced banana
.....

walnuts
.....

coconut flakes for
sprinkling

Preheat the oven to 350°F.

Put all the ingredients, except the toppings, in a blender into the order listed. Blend until the mixture is smooth and set aside for 10 minutes.

In the meantime, grease a medium loaf pan and line it with ground flaxseeds or ground chia seeds, which will help prevent the mixture from sticking. Pour in the mixture and give it a gentle shake to level the surface. Top with sliced banana and walnuts (if using).

Bake for 30 minutes. Keep checking and put aluminum foil over the top if the bread starts to burn. The center needs to be firm, so check with the tip of a knife and if it comes out clean, it's done.

Sprinkle with coconut flakes before serving, if you like.

JUICEMAN TIP

Try adding maca powder to the mixture for extra power.



These protein balls are great for snacking on and for eating after training. They are absolutely delicious and look spectacular – even my kids love them! I make a batch on Sunday for the week ahead. makes 25 truffles



JUICEMAN PROTEIN TRUFFLES

For the truffles:

.....
1 cup almonds
.....
1 cup cashews
.....
¾ cup pumpkin seeds
.....
½ tsp sea salt
.....
½ tsp ground cinnamon
.....
1 tbsp chocolate protein
or hemp protein powder
.....
1 tbsp maca powder
.....
1 tbsp raw cacao nibs
.....
2 tsp spirulina
.....
18 Medjool dates, pitted
.....
a squeeze of orange
or lemon juice
.....

Optional toppings:

.....
1 tbsp raw cacao powder
.....
1 tbsp hemp seeds
.....
a handful of goji
berries, chopped
.....
1 tbsp grated coconut
.....

Put all the truffle ingredients into a blender and pulse until it forms a thick, smooth consistency. Then roll the mixture into small balls.

To finish, roll each ball in your choice of topping. Sometimes I mix the toppings together and cover the truffles in all of them. Serve immediately or store in an airtight container, refrigerated, for up to 1 week.

JUICEMAN TIP

For a bit of variation in flavor, try adding lemon zest and a dash of vanilla extract to the truffle mixture, or some orange zest and finely chopped chile.





Ever since I started Juiceman I have been making salads made with juice ingredients and vice versa. Kale is such a powerhouse of nutrients, and when it's massaged with lemon, oil and salt it becomes a great base for lots of different salad variations – from kale chicken caesar to kale waldorf. The key is to fully coat the kale leaves with the dressing and massage well. Unlike other salads, this one will also keep overnight because of its dense texture.

serves two

KALE SALAD

2 large handfuls of
kale leaves

a pinch of Himalayan salt

1 lemon

1/2 to 1 avocado, peeled,
and roughly chopped

2 carrots, peeled and
thinly sliced

2 large tomatoes, chopped

1 tbsp sesame seeds

For the dressing:

3 tbsp cold-pressed olive oil

the juice of 1/2 a lemon

1 tsp hemp oil

1 tbsp apple cider vinegar

1 tsp honey

Himalayan salt and
black pepper

Option 1

a handful of
alfalfa sprouts

1 tbsp pumpkin
seeds

2 tbsp
pomegranate
seeds

Option 2

a handful of
raisins

1 celery stalk,
sliced

1 head of
chicory, roughly
chopped

Option 3

2 handfuls of
black olives

1 red onion,
sliced

1/2 a cucumber,
chopped

Option 4

2 tomatoes,
chopped

a handful of
arugula

1 mozzarella
ball, sliced

Remove the stalks from the kale, wash the leaves and rip or chop. Place in a large bowl. Sprinkle the kale with the salt and massage into the leaves. Leave for 5 minutes to soften.

Squeeze the lemon over the kale, add the avocado and mix thoroughly. Add the carrots, tomatoes and sesame seeds and season to your liking.

To make the dressing: Mix the ingredients together. Drizzle the dressing over the salad before serving.

Why not try the combinations at the top of the page too, either instead of the tomatoes and carrots or as extra toppings?

I am such a fan of kale chips. They can be coated in all sorts of flavors, from maple and cinnamon to honey, but this spicy citrus recipe is my favorite. The amounts I've given will fill 3 to 4 baking sheets, but it's better to make a big batch. However, they are so delicious that they generally get devoured pretty quickly in our house!

serves four



JUICEMAN'S KILLER KALE CHIPS

.....
10 kale leaves
.....
1 tsp Himalayan salt
.....
1 tbsp cold-pressed
olive oil or coconut oil
.....
the juice of 1 lemon
.....
1 tbsp nutritional yeast
.....
1 tbsp ground chile or 1 fresh
red chile
.....
1 tbsp ground cumin
.....
1 tbsp smoked paprika
.....
1 cup cashews
.....
1/2 tsp cayenne pepper
.....

Preheat the oven to 300°F. Line a large baking sheet with parchment paper or, if using a dehydrator, place sheets on your dehydrator trays.

Remove the stalks from the kale. Wash the leaves and roughly tear. Place in a large bowl. Sprinkle the kale with the salt and massage into the leaves.

Throw the remaining ingredients into a blender and blitz until smooth. Add this mixture to the kale and toss until fully coated.

Spread out as many of the kale leaves on the prepared baking sheet as you can.

Bake for 20 minutes, turning halfway through. If using a dehydrator, select 125°F to 145°F for 6 hours, turning halfway through.

Remove from the oven and let cool down and crisp. Repeat with any remaining kale. Serve warm or cooled. Store in an airtight container for up to 2 weeks.



ICE CREAM

ALMOND STRAWBERRY ICE CREAM



In the summer months I freeze lots of organic strawberries so that I can make this any time of the year. *serves two*

4 handfuls of frozen strawberries

1 cup almond milk

1 tbsp almond butter or coconut butter

hemp seeds (optional)

maple syrup (optional)

Place the strawberries, almond milk, and almond butter in your blender and blitz until smooth. Do not overblend so that the mixture gets hot. Transfer to an airtight container and freeze. Enjoy sprinkled with hemp seeds and a drizzle of maple syrup, if desired. Store in an airtight container in the freezer for up to 2 weeks.

BANANA CASHEW ICE CREAM

My kids call this vanilla ice cream. Little do they know! This is another great way to use your stash of frozen bananas. *serves two*

2 frozen bananas

1 cup cashew milk

1 tbsp nut butter or coconut butter

a dash of vanilla extract

1 tbsp raw honey, plus more for drizzling

Place all the ingredients in your blender and blitz until smooth. Do not overblend so that the mixture gets hot. Transfer the mixture to an airtight container and freeze. Enjoy with a drizzle of honey. Store in an airtight container in the freezer for up to 2 weeks.

VANILLA CACAO ICE CREAM



For ice cream or smoothies, it is always a good idea to have frozen nut milk on hand. I use a simple ice cube tray. Once the milk is frozen, you can transfer the ice cubes to a resealable bag and keep them for up to three months in the freezer. Play with the amount of liquid per cube, depending on what size cube your blender can cope with. *serves two*

1 frozen banana

6 nut milk ice cubes, or 1 cup nut milk

a dash of vanilla extract

1 tbsp raw cacao nibs, plus more for serving

1 tsp raw cacao powder

1 tbsp maple syrup

Place all the ingredients in your blender and blitz until smooth. Do not overblend so that the mixture gets hot. Transfer the mixture to an airtight container and freeze. Enjoy sprinkled with cacao nibs. Store in an airtight container in the freezer for up to 2 weeks.

MANGO SORBET

Sorbet in its simplest form is my favorite dessert on a hot day. You can use any fruit to make this recipe. My daughter loves it with frozen raspberries, but I think it works best with mango. *serves two*

1 1/2 frozen mangoes

1 lime or 1/2 an orange, peeled

Place all the ingredients in your blender and blitz until smooth. Do not overblend so that the mixture gets hot. Transfer the mixture to an airtight container and freeze.

JUICEMAN TIP

Try mixing in some frozen chopped peaches for a change. I also like to add some freshly chopped mint leaves to complement the mango, or some chiles for a spicy version. Store in an airtight container in the freezer for up to 2 weeks.





COCKTAILS

Cold-pressed cocktails are my passion and my Friday-night ritual, so much so that I'm now partnering up with a huge liquor company, as they were fed up with serving their premium drinks with sodas – I can totally see why. What better way to enjoy your cocktail than with a healthful fresh mixer?

As I explained in the main introduction, throughout the book you will also see the cocktail logo next to certain juices that work well with alcohol. Realistically, you can mix your poison with any of your favorite juices, no matter what they are.

You really can have healthful cocktails, and they taste better than any pre-boiled, sugar-based drinks served in fancy bars and costing an arm and a leg.

My advice for this section is to buy the best-quality alcohol you can afford. My favorite spirits to make cocktails with are vodka, gin, tequila and sake – all of which I call “clean” spirits. This means they are highly distilled and low in sugar.

And, of course, remember to drink responsibly!



Bloody Mary (p. 188)



Juiceman Daiquiri (p. 188)



Piña Colada (p. 188)



Whiskey Cooler (p. 186)

RED HOT

I can drink this cocktail all night – it's delicious, with or without the vodka.

serves two

2 handfuls of raspberries

1/4 a red chile

1 lime, peeled

1 apple

vodka (choose your measure)

Juice the fruit and chile and add as much vodka as you like. Serve immediately.

JUICEMAN TIP

This one looks great in a martini glass, garnished with a couple of raspberries. Grate a little of the lime zest over the top for added zing.

WATERMELON MARTINI

Perfect for a summer party, this cocktail is an all-round people-pleaser. Make sure you have lots of watermelon on tap, as it will all be gone before you know it.

serves two

a handful of strawberries

1 1/2 cups chopped watermelon

a small bunch of mint

1 lime, peeled

vodka (choose your measure)

Juice the fruit and mint and add as much vodka as you like. Serve immediately.

JUICEMAN TIP

Try swapping the mint for red chile for a spicy alternative.

COCONUT WONDER

This reminds me of the many happy vacations I've taken in the Caribbean. There is always a good excuse to drink rum, and this is definitely one of them. This drink is refreshing as well as hydrating – forgetting the rum, of course!

serves two

1/2 a pineapple, peeled and cored

1 lime, peeled

1 cup coconut water

rum (choose your measure)

Juice the pineapple and lime, then add the coconut water and as much rum as you like. Serve immediately.

BROOKLYN BANGER

Whiskey is my drink. I personally like it neat with lemon and cloves, but this is a way to make it into a gorgeous long drink to sip all evening. serves two

1 orange, peeled

1 grapefruit, peeled

1-in piece of fresh ginger, peeled

a pinch of cayenne pepper

1/2 cup mineral water

whiskey (choose your measure)

Juice the orange, grapefruit and ginger and add the cayenne, water and as much whiskey as you like. Serve immediately.

This is a great way to show how you can adapt simple juices to make mixers. Try this citrus cooler with a twist. serves two



WHISKEY COOLER

.....
2 lemons, peeled
.....

.....
1 orange, peeled
.....

.....
1-in piece of fresh ginger,
peeled
.....

.....
2 tbsp coconut sugar
.....

.....
5 oz bourbon
.....

.....
ice cubes for serving
.....

.....
a twist of orange peel
.....

Juice the lemons, orange and ginger and add the coconut sugar and bourbon. Serve over ice with a twist of orange peel.



PIÑA COLADA

This fresh take on a piña colada is show-stopping. It's delicious, so be careful how much rum you use!
serves two

1 tbsp coconut butter

1 tsp coconut oil

1 tsp maple syrup

a large handful of
chopped frozen
pineapple

1 cup coconut milk or
mineral water

a handful of ice cubes,
plus more for serving

white rum (choose
your measure)

Put all the ingredients into a blender and blitz until smooth. Serve over ice.

JUICEMAN SANGRIA

I have made this at many family parties and it always goes like gangbusters. I love Pinot Noir, and this is an amazing way to drink it. Keep the pitcher topped up with lots of ice and slices of fresh orange and apple. I love to add loads of different fruit, and it's also great if you replace the Pinot Noir with sparkling wine or Champagne. makes one large pitcher

1/2 a pineapple, peeled
and cored

2 pears

1 lime, peeled

1-in piece of fresh ginger,
peeled

750-ml bottle of
Pinot Noir

a dash of vanilla extract

a pinch of ground
cinnamon

1 orange, peeled and
sliced

1 apple, sliced

a handful of mint leaves

Juice the pineapple, pears, lime and ginger. Pour the Pinot Noir into a pitcher, add the remaining ingredients to the pitcher and stir well. Then add the juice and chill well before serving.

JUICEMAN TIPS

You can add agave syrup or coconut sugar for some sweetness. This one works well with flavored ice cubes.

BLOODY MARY

I have tried a Bloody Mary in virtually every country I have visited. Some have been great and some not so great. This one, however, is sensational. My wife doesn't usually drink Bloody Marys, but is hooked on this one. If you want to add some naughty Worcestershire sauce and Tabasco, go for it! serves two

3 large tomatoes,
chopped

2 celery stalks, chopped

1 lemon, peeled

1 lime, peeled

1/2 a red onion, chopped

1 slice of red chile

1 tbsp tomato purée

2 oz vodka

grated fresh horseradish,
to taste, or a pinch of
cayenne pepper

salt and black pepper

Worcestershire sauce to
taste (optional)

Tabasco sauce to taste
(optional)

Place all the ingredients, except the salt and pepper, in a blender and blitz for 1 minute. If you like it smooth you can press the mixture through a fine sieve using a spoon. Season with salt and pepper. Serve immediately.



JUICEMAN DAIQUIRI

We all love a daiquiri, and using fresh ingredients is a must to make this drink super. Its vibrant color is not the only reason to drink it. serves two

2 oz rum

2 handfuls of frozen
strawberries

3 basil leaves

2 limes, peeled

1 tbsp agave syrup

a handful of ice cubes

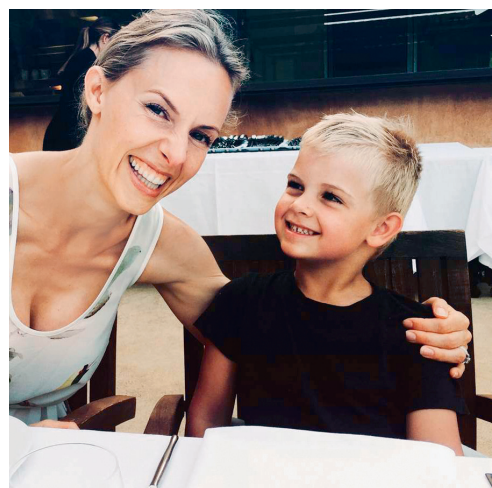
Put all the ingredients into a blender and blitz until smooth. Serve immediately.

JUICEMAN TIP

Add some chopped red chile for an extra kick.







**WASTE
NOT
WANT
NOT**

When I first started Juiceman.co, one of the things that really interested me was finding ways to use our leftover pulp. I wanted the company to have a zero-waste policy and to use our waste product instead of throwing it away. We have tried everything from teas to dog treats in an attempt to make a company that loves the environment as much as it loves making juices. I wanted to share some easy ways to use your leftovers here, too.

In addition to the recipes in this chapter, try adding fruit and vegetable pulp to cake recipes, porridge and breads. The pulp contains lots of nutrients and, of course, it's full of fiber, which is great for our digestive systems.

GREEN JUICE PULP CRACKERS

My favorite use for leftover pulp is to make wheat-free crackers. They are full of flavor, fiber and vital nutrients.

makes about 54 crackers

2/3 cup green juice pulp
(the greener the better)

2 tbsp ground flaxseeds

1 tbsp tamari or low-sodium soy sauce

2 tbsp nutritional yeast

the juice of 1 lemon

3/4 cup mineral water

2 tbsp chia seeds

Place the pulp, flaxseeds, tamari, nutritional yeast and lemon juice in a blender or food processor. Add the water while blending to get a paste. Transfer to a bowl, add the chia seeds and mix thoroughly.

In the oven:

Preheat the oven to 300°F. Line a large, rimmed baking sheet with parchment paper. Spread the mixture out on the baking sheet and score into 2-in squares. Bake for 45 minutes, checking regularly.

In a dehydrator:

Spread the mixture out on a Teflex sheet, score into 2-in squares and dehydrate at 120°F for 5 to 6 hours. Flip the sheet over (you may want to put another sheet on top and then flip them both) and then dehydrate for another 4 to 5 hours until very dry.

MY BROTHER MARK'S PULP CRACKERS

My brother Mark is wheat intolerant, so I first made these for him. They were an instant hit. makes about 54 crackers

2/3 cup juice pulp

2 tbsp ground flaxseeds

2 tbsp tamari or low-sodium soy sauce

2 tsp ground coriander

the juice of 1/2 a lime

a pinch of Himalayan salt and black pepper

3/4 cup mineral water

2 tbsp chia seeds

Place the pulp, flaxseeds, tamari, coriander, lime, salt and black pepper in a blender or food processor. Add the water while blending to get a paste. Transfer to a bowl, add the chia seeds and mix thoroughly.

In the oven:

Preheat the oven to 300°F. Line a large, rimmed baking sheet with parchment paper. Spread the mixture out on the baking sheet and score into 2-in squares. Bake for 45 minutes, checking regularly.

In a dehydrator:

Spread the mixture out on a Teflex sheet, score into 2-in squares and dehydrate at 120°F for 5 to 6 hours. Flip the sheet over (you may want to put another sheet on top and then flip them both) and then dehydrate for another 4 to 5 hours until very dry.

These work well with homemade hummus or as an accompaniment to bone broth or other soups – or simply enjoy them on their own. makes about 54 crackers

JUICEMAN PULP CRACKERS

.....
2/3 cup juice pulp
.....
3 tbsp ground flaxseeds
.....
2 tbsp chia seeds
.....
2 tbsp sunflower seeds
or pumpkin seeds
.....
1 tsp Himalayan salt
.....
1 tsp ground cumin
.....
1 tsp paprika
.....
a pinch of cayenne pepper
.....
the juice of 1/2 a lime
.....
3/4 cup mineral water
.....

Place the pulp, flaxseeds, chia seeds, sunflower seeds, salt, cumin, paprika, cayenne and lime juice in a blender or food processor. Add the water while blending to get a paste.

In the oven:

Preheat the oven to 300°F. Line a large, rimmed baking sheet with parchment paper. Spread the mixture out on the baking sheet and score into 2-in squares. Bake for 45 minutes, checking regularly.

In a dehydrator:

Spread the mixture out on a Teflex sheet, score into 2-in squares and dehydrate at 120°F for 5 to 6 hours. Flip the sheet over (you may want to put another sheet on top and then flip them both) and dehydrate for another 4 to 5 hours until very dry.

JUICEMAN TIP

Add 1 tbsp of psyllium husk for added fiber. If your mixture gets too thick, add some water or juice.



ALMOND PULP BODY SCRUB

This is a brilliant way to use up leftover nut pulp. Any nut pulp will work. My wife used this scrub when she was pregnant to keep good circulation and her skin moisturized. She added wheat germ oil, carrot seed oil and neroli oil. She swears the scrub was the reason she didn't get stretch marks.

1/2 cup almond pulp

1 tbsp finely ground sea
or kosher salt

1 tsp ground black pepper

1 tbsp honey

2 tbsp raw sugar

1/4 cup sweet almond oil
or other base oil

1 tbsp dried lavender

4 to 5 drops of essential oil
of your choice (optional)

Mix all the ingredients together until well combined. Store in an airtight container in the fridge.

To use, simply scrub over your body and rinse with water. It will leave you glowing.

JUICEMAN TIP

Coffee grounds work really well too; use instead of the almond pulp.

QUICK & EASY BODY SCRUB

There are many things you can do with your leftover pulp, but body scrubs are a favorite with the missus. Get this bad boy all over you . . . scrub scrub scrub.

1/2 cup raw almond pulp or other nut pulp
(the grittier the better)

1/2 cup cold-pressed sweet almond oil

1 tbsp raw sugar

the zest of 1 lemon

Mix all the ingredients together until well combined. Store in an airtight container in the fridge.

To use, simply scrub over your body and rinse with water. It will leave you glowing.

JUICEMAN TIP

You can add a few drops of essential oil of your choice for extra fragrance. I particularly like rose oil.





CLEANSE

Fasting is one of the oldest ways of encouraging the human body to heal and naturally rid itself of toxins. On average, we take 18 hours to process each serving of food that we consume. If you consider the fact that we eat three meals a day, and often snack in between, our bodies therefore never stop working.

Over time, toxins build up and coat the internal system, creating an acidic pH, whereas the human body requires an alkaline pH. The Western diet, heavy in meat and dairy products, contributes to this buildup. If your colon and digestive system are coated in waste, your body will only be able to absorb a small percentage of the “good stuff” you consume.

Fasting with juice aids detoxification while still ensuring that you get all the necessary nutrition and goodness. The body doesn’t need to work hard to digest juice because all the fiber is removed in the juicing process. For the duration of your cleanse, your digestive system will therefore be able to rest and your body can focus on the other things it needs to do, like healing.

Make the changes now and reap the rewards!

A NEED TO REBOOT

I started cleansing as I was beginning to feel the wear and tear of living a fast-paced life, working and traveling a lot while trying to enjoy myself, too. I wanted to refresh my body and mind and take some time out to heal. When I did my very first cleanse, a patch of eczema I had had for years just disappeared and has never come back. My skin looks and feels so much better, my eyes are brighter and any dark circles always disappear during a cleanse. I do one at least five times a year. You can choose how many days you would like to do, but the longer you do, the more benefits you tend to feel. That said, it is still an achievement to do a one-day cleanse. It's your personal decision.

If you are in any doubt about your health and whether it would suit you to do a cleanse, then I suggest that you speak to your doctor about it.

The following is a testimonial from one of our Juiceman cleanse customers that really shows how beneficial juice cleansing can be.

"Being the CEO of an organization, full-time mum and wife takes its toll. I travel all over the world and spend much of my time at conferences, where good food and great wine are in abundance, so it's no surprise that keeping my weight down has always been a challenge. Over the last few years, though, I had also noticed my lack of energy, foggy brain and overwhelming sense of exhaustion that would hit every afternoon. It was after a two-week holiday in the Caribbean that I realized that resting had not improved these symptoms and so I turned to a juice cleanse for my first-ever detox.

"I found seven consecutive days in my diary when I wasn't invited to some corporate lunch or dinner that I couldn't get out of. I had weaned myself off caffeine over the summer, but I was still out drinking wine the night before I started my detox. I promised myself

that I would give it one week of my life and then on the eighth day I would have a supper of steak, triple-cooked french fries and Chablis to celebrate. I'm the sort of person that is in 110 percent or not in it at all, so I knew that I could do it having made the commitment. Then the greatest thing happened . . .

"I expected to feel hungry but I didn't. The first couple of days were easy (it was strange not sitting down to eat with the family in the evening but actually it was quite liberating). It was also strange not thinking about what to cook for dinner. I realized that I eat purely for pleasure. My days would be cheered up by the thought of what delicious dish I would consume in the evening, but I felt really free not having to think about that and I started to think about other nice things I could do, like having a long hot soak in the bath.

"There was a moment on day four when a colleague was taking a bite out of a ham salad roll and I could have snatched it right out of her hands – but I just took a few sips of my juice and the feeling subsided. At this point I started to crave a Cobb salad. I was dreaming of vegetables and salad – no dressing, just crisp, fresh ingredients. However, I also felt tired and sluggish and my brain was foggy again so I went to bed early that night.

"On day five I woke up early, refreshed and full of energy. For the first time in ages I jumped, rather than dragged, myself out of bed and I bounced down the stairs, rather than shuffled! My energy levels matched my five-year-old's that morning and it was a great feeling. My concentration improved at work and my thinking became clearer.

"At the end of the cleanse, my husband prepared triple-cooked french fries but with salmon, as the thought of red meat just felt too heavy. I had four or five fries and a small piece of salmon and that was enough. The thought of wine made my nose curl and when I sipped it, yuck, it was like the first time I ever tried wine!



"I have continued to juice and follow a clean lifestyle ever since. I think my system, or at least my palate, has been reset because all of those things like red meat, pasta, wine and chocolate that I used to crave, I'm not bothered about any more. I wish I had done a before and after of my figure and of the inside of my fridge – they both look completely different now! Most important, though, I feel great, I sleep well and I'm full of enough energy to work and play. I lost eleven pounds in seven days and have now gone on to lose twenty-eight pounds and I feel in the best shape of my life, inside and out." —Simone Buckley

PRE-CLEANSE ADVICE

The day before: Remove all caffeine, alcohol, dairy and processed foods from your diet. If you are a smoker, you would ideally stop during the cleanse to get the best results. If not, try to cut down – it may even be the catalyst to giving up completely! Today is the perfect day to get some fresh, preferably organic, food to eat. Try and spend your day eating whole fruit, salads, soups and steamed vegetables. If you must eat meat, stick to chicken or have fish instead. The more effort you put into this day, the more it will help with the overall cleanse. Do not worry about the thought of having no food and don't eat more than usual to make sure you have enough calories – your juice cleanse will provide you with everything you need in the days to follow. Try to consume your last meal by 6 p.m. or 7 p.m. so that you can get a deeper, more beneficial cleanse in the first day. Also, now is a good time to get your cooler bag together if you are going to be out all day. A standard cooler bag or cooler, such as you would use on a picnic, complete with ice packs, should be sufficient. Your juices need to be kept



refrigerated at all times; failing to do so may damage the product and make it inedible.

It is a good idea to try and plan your days so you allow for enough rest and detox-boosting activities such as:

Exercise: If this is your first cleanse, I would do something light and avoid heavy cardio. Walking, yoga (if there's one thing you should do, it's stretch) and light circuits are a good start. If you are an experienced cleanser, you should be able to carry on as normal. One tip is that you will always have optimum energy 30 minutes after your juice, so this is a good time to exercise. Also, try and get it done in the mornings, as you may be more tired between 4 p.m. and 8 p.m.

Massage: If you can, book yourself for a deep-tissue massage in order to help your body dispel toxins and increase blood flow.

Sauna and steam: A great way to encourage and speed up the detox. By sweating, you are releasing toxins. Make sure you rehydrate after.

Body brush: This will help to eliminate toxins. Always remember to brush toward the heart.

Take a hot epsom salt bath: Again, this will help to flush away the toxins. Take some time out for this each evening and you will reap the rewards.

Colonics: Everyone should be open-minded about this, as it's a truly good way to clean your digestive system so your body can absorb all the nutrients properly. If this is not for you, then a colon cleanser such as Colosan will encourage bowel movement while cleansing. If you are happy to go ahead with a colonic, then try to have one the night before you start or the morning of the first day and then another the morning after you finish.

Sleep and rest: If possible, try and grab a catnap in the afternoon and make sure you get an early night, as sleeping will aid your body's repairing process.

Activated charcoal: I love this stuff. It is a great way to draw out all the toxins your body is holding on to. Simply add 1 tsp to 1 1/4 cups of mineral water, and add some lemon and maple syrup for a better taste, if you like. Doing this twice daily during your cleanse will help the detoxing process.

Before you go to bed, take a selfie and record measurements and weight as a point of comparison.

POST-CLEANSE ADVICE

It is important to ease yourself out of a cleanse the way you eased yourself in. I suggest a green smoothie for breakfast and a light salad for lunch and dinner. Hopefully, you will feel so good that you will want to eat only clean, nutritious food. I strongly advise that you avoid alcohol and caffeine for at least 24 hours. I once had a client who had a cappuccino immediately after finishing his cleanse and felt so sick that he never drank coffee again. Bad move, but perhaps a good outcome!

THE PROGRAM

THE ESSENTIAL CLEANSE

Your essential shopping list contains everything you need to get started. This is per day, so simply multiply the ingredients by the number of days you're cleansing for.

2 1/2 lemons
1 lime
3 green apples
1 red apple
1 pear
1/2 a pink grapefruit
4 celery stalks
1 cucumber
a handful of kale leaves
1/4 a fennel bulb
3 carrots
1/2 a sweet potato
1 red beet
1 yellow beet
3 1/2-in piece of fresh ginger
1-in piece of fresh turmeric
a small handful of mint leaves

Wake Up	Morning Shot (p. 116)
7 a.m.	All Hail Kale (p. 28)
11 a.m.	Beet Box (p. 36)
2 p.m.	Cool as a Cucumber (p. 46)
5 p.m.	Ultimate OJ (p. 51)
8 p.m.	Green Love (p. 60)

THE SUPER CLEANSE—FOR THOSE OF YOU WANTING A DEEPER DETOX

Your super-shopping list contains everything you need to get started. This is per day, so simply multiply the ingredients by the number of days you're cleansing for.

3 lemons
1 orange
1/2 a lime
1 apple
2 pears
a handful of grapes
1 rhubarb stalk (if in season)
1/4 a pineapple
2 1/4 cucumbers
8 celery stalks
a large handful of kale leaves
1 Swiss chard leaf
1/2 a head of bok choy
2 carrots
1/2 a zucchini
1/4 a fennel bulb
a handful of spinach leaves
5-in piece of fresh ginger
1-in piece of fresh turmeric
a pinch of cayenne pepper
a few leaves of fresh rosemary
a bunch of cilantro
1-in slice of lemongrass
a small bunch of parsley
8 drops of echinacea
1 tsp MSM powder
1 tsp aloe vera juice

Wake Up	The Healer (p. 122)
7 a.m.	Green Love (p. 60)
11 a.m.	Winter Cold Kicker (p. 62)
2 p.m.	Mean Green (p. 42)
5 p.m.	Green Rocket (p. 42)
8 p.m.	Green Roots (p. 43)

FREEZE WITH EASE

Chopped fruit is great for speeding up your juice- and smoothie-making process. In addition, consider making a big batch of juice, nut milk or shots to freeze as ice pops and ice cubes.

This is a great way to plan ahead and by buying your produce in bulk, you'll get more value for your money.

Here are some of my favorite recipes to freeze, but in all honesty, you can freeze anything – from straight kale juice to cashew milk.

ICE CUBES

Cool as a Cucumber (p. 46) – a great addition to a gin and tonic.

Morning Shot (p. 116) – enjoy in warm water first thing in the morning.

Deep Green (p. 35) – add some extra green goodness to your green smoothie.

Almond Milk (p. 141) – perfect for adding to smoothies.

100% turmeric – great to add to any juice or smoothie and a quick way to make Turmeric Milk (p. 144) when blitzed with nut milk.

ICE POPS

PPG (p. 45)

Ultimate OJ (p. 51)

Orange Healer (p. 34)

Watermelon Cooler (p. 26)

Juiceman Daiquiri (p. 188)





Q & A

Q & A

Why is juicing supposedly more effective for nutrient absorption than actually eating the solid fruit and vegetables?

It's not; it is just a much easier and quicker way to get nutrients into your body. If you want to get the best results, it is important to incorporate a fat into your juices, whether it's a teaspoon of coconut oil or hemp oil, half an avocado or just some raw nuts. Juicing is a way to support a healthier lifestyle, not a way to replace eating.

My dentist yells at me for drinking too many smoothies (acid erosion of the teeth). Is there anything else besides drinking through a straw that I can do to help this?

Citrus-based juices and smoothies, especially shots, can affect the enamel of your teeth (depending on their condition). I've actually never had this problem, but the advice I would give is to avoid brushing your teeth straight after a drink, even your morning lemon and ginger tea, as this could push the acid deeper into the enamel.

Does adding protein powder to a smoothie lessen the blood-sugar spike?

Yes, protein is important to prevent blood-sugar spikes, which make you feel weak and dizzy. You can add extra protein to your smoothie by including soaked nuts and seeds, protein powder or spirulina. You can also add fiber in the form of flaxseeds, chia seeds, rolled oats or wheat germ to slow down the absorption of glucose.

Whenever I try to bulk out my smoothies with ice cubes, the result falls flat. Help!

This can be a problem, depending on your blender. Ice takes a few seconds to mix in. If you are unable to get the mix going, add some liquid and give it a shake.

Can I really get full from a juice?

Absolutely, if it's a dense green one. One of the key things is to chew your juice and take your time. This way your body accepts it as food and it's easier to digest. Due to the lack of fiber in a juice, a smoothie will be a more filling option though.

Is it safe to juice every day?

There are no doubt many opinions on this, but my view is yes, definitely. I think everyone is different and nutritional needs will vary. I have juiced every day for over ten years and believe it's the reason why I feel strong and healthy. You should vary what you juice and support it with a healthful diet and exercise. It is definitely not a wonder cure, but it's a healthy habit that provides great nutritional benefits.

Do I need to spend a lot of money on a juicer?

How do I choose one?

Generally, the rule is that the more you spend, the better-quality machine you get. My Omega and Vitamix juicers are still going strong after five years – and they've had to endure a lot of use. I also think it's important to understand the yield aspect of a juicer. With a low-rpm cold-press mechanism, you can get a good 10 percent yield, especially off leafy green vegetables. So if you juice every day, it will be a better value than a cheaper high-speed juicer.

There seem to be many different smoothie makers and juicers out there. What are the best ones?

Here are my recommendations:

Juicers:

Omega Vert
Breville
Philips

Blenders:

NutriBullet
Vitamix
Ninja

Does it tend to be the more expensive the better?

With juicers, I would say yes. They produce better-quality juice and yield, which will be easier on your annual produce budget. With blenders, I feel the NutriBullet provides a great solution. The reason to purchase a Vitamix is for larger volume per use and a greater variety of uses. One thing I will say is that a Vitamix will never be as good as a food processor at making nut butters, dips, cake batters, etc. due to the smaller blade and base of the container.

Can I swap a meal for a juice?

Yes, absolutely. Just not every meal, unless you are specifically cleansing. I have gone seven days on just juice and felt amazing, but you need the right preparation. In general, if you have had a big breakfast and lunch, you will probably sleep better on a light dinner, which could be a green juice or smoothie. I for one consider 2 pounds of fresh vegetables in a juice a better meal than a pizza.

What's the best juice for a detox?

Ones that are low in fruit content and high in green vegetables, celery, aloe vera – ingredients that will cleanse you and replenish your system. Check out the previous Cleanse section.

Is there really too much sugar in fruit and natural fruit juice?

Everything in moderation! There is no hiding that there is sugar in fruit and fruit juices. But as long as you're not consuming large amounts of them and you're energetic and active enough, the sugar shouldn't be a problem for you. Our bodies will convert it to energy. Otherwise it can be stored as fat. A lot has been said about the high sugar content of juices and smoothies and that they are not as good for us as we

think. Many commercial drinks are indeed overloaded with sweet-tasting ingredients, can be highly processed and made with heat-inducing cooking methods. However, making fresh juices and smoothies at home is a whole different ball game.

Can I put yogurt in a smoothie – or will that undo all my hard work?

It depends on what you are looking for and what kind of yogurt. There is nothing wrong with a treat, and personally I love coconut yogurt or kefir in a smoothie.

Ditto juice. Sometimes I add store-bought juice to the blended fruit. Am I just pouring sugary badness into my healthy drink? Are there certain types of juice I should avoid?

YES! This is a Juiceman no-no, unless we are talking cold-pressed juice, coconut water or nut milk. Heat-pasteurized juices have effectively been cooked and many have had sugar added, which means you are indeed ruining your good work.

What's the best drink to give you energy?

Ingredients like chile and ginger are great for kick-starting your system and metabolism. My go-to if I'm having a sluggish start to the day is a green smoothie with a few dates and a scoop of maca powder for an added kick. If you are really in need of some energy, add yerba maté tea to your drink.

What's the best drink after a workout?

One that is hydrating, so look for one containing a high percentage of cucumber or coconut, for example. Protein is key to keeping strong and maintaining or building muscle mass.

What's the best drink to help calm a stomach?

Ginger is great to settle your stomach and combat nausea. Sugar is also good, so look for drinks containing pineapple or apple, for instance. If it's related to digestive issues, then I would try taking a shot of live apple cider vinegar daily before each meal to help with your digestion.

What should be the ratio of vegetables to fruit in a juice or smoothie?

Ideally 20 percent fruit to 80 percent vegetables. That said, there is nothing wrong with an all-fruit juice – as long as you're not drinking massive amounts of it. I typically like my juices 80 percent veggies (50 percent leafy greens and herbs), 15 percent fruit and 5 percent citrus and spice. Layer spinach in between fruits or use high-water-content veggies like cucumbers or carrots.

What time of day do you have your smoothie/juice?

I tend to start my day with a juice and then have a smoothie after a workout or as a meal replacement in the evening. If I'm feeling a bit flat and run-down, I will have a couple of shots, too.

Do you tend to have a smoothie instead of a meal and a juice with a meal?

Yes, exactly. If I'm having shrimp and spaghetti or scrambled eggs and avocado on toast, there is nothing better than a green juice to provide extra nutrients.

What are the best ingredients for an energy boost?

Dates
Maca powder
Raw cacao
Yerba maté

What are good detoxing ingredients?

Leafy greens
Lemon
Spirulina
Chlorella powder
Celery

If you're having a smoothie for breakfast, can you get enough protein from just fruits and vegetables, or should you add a protein powder?

Definitely add protein. There is a myth about protein being more for men and people wanting to bulk out. In fact, good levels of protein make your body better at burning fat.

What are your thoughts on adding powders such as spirulina to juices and smoothies?

Spirulina is such an amazing ingredient and top of the chain in terms of phytonutrients and minerals. It contains fifteen times more calcium than milk. It can be quite overpowering, though, so I recommend it in smoothies more than juices, as you can hide the taste. Trying to put powders into juices is tough.

What are your top tips for a juice cleanse?

Prep, prep and prep. Eliminating your vices (alcohol, coffee, red meat, etc.) at least 24 hours prior to a cleanse makes a huge difference. Also adopting a more vegan raw diet is a great way to maximize the goodness. Try to get your body ready the day before by having a chia pot with fruit for breakfast, soup or smoothie for lunch and a salad for dinner. This way your body will start making adjustments.

Should you exercise while doing a cleanse?

It's personal preference, but it's great to get your metabolism going to help expel toxins. This can be anything from undertaking a light gym session or some yoga to going for a jog. I once ran five miles each day on a five-day cleanse and found it was easy. The key things I recommend are at least eight hours sleep, hot salt baths and plenty of water. If you can get a colonic or sauna/steam, then even better.

How long can you keep juices in the fridge after you've made them?

If you use a low-rpm cold-press juicer, I would say 24 to 48 hours. But they are always best fresh. Any high-rpm juicer will cause heat friction, meaning that the juice starts to oxidize straight away and effectively go off. Drink these juices immediately. At Juiceman, we use the freshest veggies and fruit and make the juices in a cold room to ensure the best unpasteurized juice possible. Even taking into account those procedures, I always say the sooner you drink it the better.

How can you make a juice actually fill you up until lunch?

Loading it full of green vegetables will help. Ultimately I recommend smoothies more as meal replacements because they have fiber in them. A lot depends on your goal. If you want to lose weight, then low-fiber juices will be more effective as a meal replacement.

Is it worth buying a NutriBullet?

Yes, I absolutely love the NutriBullet and think it's already responsible for a huge shift in attitudes toward healthy eating. The fact that it is so powerful and well priced means it's a great starter tool. There is also little waste and it's very easy to clean.



Can a peanut butter smoothie ever be healthy? (There's a lot riding on this question. I hope the answer is yes!)

Peanuts are funny ones, as there are two sides to them. The less commercial raw and unsalted ones are a great source of magnesium, folate, vitamin E, copper, arginine and fiber. The downside is that they are also loaded with fats – even though they are healthy fats – so watch your intake. If you're using the roasted and salted peanuts, like the ones you get at your favorite bar, then the answer is definitely no!

What's the best fruit juice or smoothie option that isn't so high in sugar?

Any that is vegetable-based or at least 70 percent green vegetables. Also, watermelon is a great option because of its high water content.

What's your favorite combination for a smoothie or juice?

Kale, pineapple, cucumber, lime, celery, ginger and cilantro for a juice. For a smoothie, I like Thai flavors. If it's a smoothie I will often add my faves – coconut butter, hemp seeds, cinnamon and a date – with some almond milk or water.

What's your favorite smoothie ingredient?

Activated barley and spirulina for their health properties. For sheer pleasure, cashew butter and coconut butter!

What's a great pre- or post-workout smoothie?

Chocolate Power Shake (p. 91) and Pink Power Shake (p. 92) are great.

When doing a juice cleanse should you be careful how much fruit is in the juices?

Absolutely, but it's also about getting through it the first time, so I recommend keeping it palatable on your first go. I also recommend setting yourself a realistic target. Try for 36 hours or 2 days, but be prepared to extend if you're feeling comfortable. Some people find it easy and some do not.

Are all juicing machines fiendishly hard to clean?

No, not at all. The newer models are becoming a lot easier to clean. I always recommend putting water through your machine after each time you use it and then soaking all parts in hot, soapy water at the end of the day.

Is it true that juicing leeks and garlic in large quantities can cause stomach upset?

Probably. I wouldn't recommend eating large volumes of raw garlic and leeks either. My first cleanse involved a juice with raw garlic and onions and it is still my least favorite juice ever. I recommend putting things like garlic to in a shot if you are going to use them.



DR JUICE

COLD AND FLU / IMMUNITY BOOST

A strong immune system is essential for maintaining good health and well-being. Since adapting my diet to include raw organic food, juices and smoothies, I've been surprised at how I'm able to avoid getting sick and don't suffer from general fatigue.

Turn to these recipes when you feel the initial signs of a cold or flu coming on. They will help your body to fight it off while keeping you feeling energized. Make sure you have a high intake of vitamin C and incorporate echinacea, apple cider vinegar, turmeric and ginger in your juices and smoothies. There are some great shots here for clearing your sinuses, too.

Juiceman recommends

Chaga mushroom
Echinacea
Ginger
Goji berries
Lemon
Orange
Oregano oil
Parsley
Turmeric

Juices: The Original (p. 25)
Ultimate OJ (p. 51)
Love It Spicy Green (p. 63)
Winter Cold Kicker (p. 62)

Smoothies: Immunity Boost (p. 75)
Flu Jab (p. 109)

Shots: Raw Heat (p. 116)
Get Well (p. 113)
Fireball (p. 122)

Tea: Hot Cider Healer (p. 127)

ALKALINIZING

Research shows that keeping the body's pH alkaline (our optimum pH is around 7.4) increases vitality and prevents illness. You can buy a test kit and measure your level quite easily. Great ingredients for encouraging alkalinity are superfoods such as spirulina and chlorella powder. Strangely enough, some highly acidic ingredients also create an alkaline environment in the body, including apple cider vinegar and citrus fruits such as lemon and lime.

Juiceman recommends

Apple cider vinegar
Broccoli
Cabbage
Celery
Chlorella powder
Cucumber
Kale
Lemon
Lime
Spirulina

Juices: Cool as a Cucumber (p. 46)
Mean Green (p. 42)
Love It Spicy Green (p. 63)
Alkalinize (p. 64)

Smoothies: Supermom (p. 81)
Green Warrior (p. 90)
The Royal Green (p. 100)

Shot: Morning Shot (p. 116)

DETOXIFYING

We are exposed to harmful toxins daily – even the chemicals in household cleaning products and pharmaceutical drugs contribute toward toxicity within the body and can overburden our system. This section is about encouraging the release and removal of toxins. To help with this, drink a pint of water first thing in the morning to flush the system. You could even try adding some activated charcoal to help draw out the toxins.

Juiceman recommends

Activated charcoal
Blue green algae (such as E3Live)
Chlorella powder
Probiotics
Psyllium husks
Spirulina
Wheatgrass

Juices: Thai Green (p. 53)

Green Glow (p. 59)

Deep Green (p. 35)

Skin Food (p. 34)

Green Love (p. 60)

Shot: Activated Charcoal Tonic (p. 120)

Tea: Teatox (p. 134)

DIGESTION

Our gut is our “second brain” and the key to good health. And yet it is often abused. Having had firsthand experience of a gut infection, I strongly recommend that you pay it due attention. There are many ways to help maintain a healthy digestive system – from making sure you chew your food properly to juice cleansing and having a good probiotic program. My tip is to always make sure you do a full probiotic course after any antibiotic prescription.

Juiceman recommends

Aloe vera
Apple cider vinegar
Cayenne pepper
Chia seeds
Cinnamon
L-glutamine
Perm A vite
Probiotics (I recommend Symprove)
Psyllium husk

Juices: Pink Healer (p. 40)

Green Hero (p. 43)

Smoothies: Supermom (p. 81)

Green Bangkok (p. 97)

Shot: Tummy Tuck (p. 116)

Tea: Moroccan Mint Tea (p. 133)

PRE-WORKOUT

Depending on what kind of workout you're undertaking and what your goals are, there are some things to consider when it comes to fueling your body. If you are looking to burn fat, focus on cardio exercise first thing in the morning while you're in a fasting state. But nothing too strenuous, a slow jog for an hour or a yoga or Pilates session are good options. If you are looking to maintain or increase muscle mass, it's important to fuel your workout. Heavy sessions will require both carbs and protein. I will have a small protein shake 30 to 60 minutes before training and snack on things like dates and bananas. Yerba maté tea is a great way to kick-start your energy. It will give you a caffeine boost. Powders such as activated barley, lucuma and maca are great for slow-release energy.

Juiceman recommends

Activated barley
Banana
Cacao nibs
Cashews
Cayenne pepper
Chia seeds
Ginseng
Lucuma
Raw honey
Maca
Mango
Medjool dates
Yerba maté

Juices: Beet Box (p. 36)

The J5 (p. 46)

Smoothies: Fire-Starter (p. 76)

Hurricane (p. 91)

The Incredibles (p. 84)

Mango Punch (p. 107)

Tropical Thunder (p. 96)

Shot: Morning Shot (p. 116)

Smoothie Bowl:

Green Giant Breakfast Bowl (p. 162)

RECOVERY/POST-WORKOUT

Recovery is all about providing your body with the right nutrients to refuel and repair. Staying well hydrated throughout the day and sleeping efficiently at night are also essential. A protein smoothie after a workout will help the body repair and build muscle tissue – L-glutamine and protein powder are excellent for this. Including chia seeds and shelled hemp will also provide good levels of omega-3s and -6s. If you are looking to burn fat, I'd advise having green juice or a yerba maté tea for energy. Add turmeric for its anti-inflammatory properties. Your body continues to burn fat even after you've finished working out, so wait 20 minutes or so before refueling if this is your aim.

Juiceman recommends

Activated barley
Activated whey
Almonds
Blue green algae (such as E3Live)
Branched-chain amino acids
Chia seeds
Coconut oil
Essential fatty acids
Glucosamine
Hemp seeds
L-glutamine
Natural protein powder
Turmeric

Juices: Wimbledon Winner (p. 48)

Pineappleade (p. 66)

Smoothies: Be Good to Yourself (p. 105)

Chocolate Power Shake (p. 91)

Green Warrior (p. 90)

Hurricane (p. 91)

Pink Power Shake (p. 92)

Shot: Yoga Shot (p. 118)

BEAUTY

Beauty comes from within, and this applies to your health too. Nowadays, we're just not getting enough of the vitamins, oils and minerals that our bodies need for maintaining optimum health. Healthy hair, skin and nails all require good levels of essential fatty acids and vitamins C, B, K2 and D. Minerals such as silicon, niacin, zinc and sulphur are important, too. My wife swears by the supplement MSM – it is a natural source of sulphur and can help improve the elasticity of skin and hair.

Juiceman recommends

Aloe vera
Cashews
Chia seeds
Coconut oil
Cucumber
Deer antler extract
Green leafy vegetables – kale, Swiss chard, etc
Hemp seeds
Macadamia nuts
MSM
Pumpkin seeds
Turmeric

Juices: Cool as a Cucumber (p. 46)

Green Glow (p. 59)
Green Ninja (p. 46)
Skin Food (p. 34)

Smoothies: Blueberry Facial (p. 84)

The Secret Smoothie (p. 99)
Skin Love (p. 72)
Taylor's Favorite Tipple (p. 82)

Shot: Skin Shot (p. 115)

Smoothie Bowl:

Forever Young Smoothie Bowl (p. 162)

WEIGHT LOSS

Start by assessing your diet and daily routine. Are you eating too many processed foods? Cookies, desserts and potato chips are among the biggest causes of weight gain. The first thing to do is cut all of these out of your diet. Also try to start your day with 4½ cups of mineral water to encourage the cleansing process. You could even try a 3-, 5- or 7-day juice cleanse. At Juiceman, we have had some amazing results with our juice cleanses – one client lost 11 pounds in 7 days! If you are looking for low-calorie juices, stick to the green juices with little or no fruit.

Some ingredients speed up metabolism and digestion, such as yerba maté tea and cayenne pepper. Fruit and vegetables with a high water content, such as cucumber and watermelon, are healthful low-calorie options. The smoothies below can also be used as meal replacements.

Juiceman recommends

Cucumber
Grapefruit
Melon
Watermelon
Yerba maté

Juices: Skinny Jeans (p. 54)

Watermelon Cooler (p. 26)

Smoothies: Diet Smoothie (p. 97)

Green Bangkok (p. 97)
Green Warrior (p. 90)

Shots: Activated Charcoal Tonic (p. 120)

Fireball (p. 122)
Tummy Tuck (p. 116)

Tea: Hot Cider Healer (p. 127)

HEALING

Some of my favorite healing superfoods are turmeric, which boasts some unbelievable cancer-fighting properties; apple cider vinegar, which is one of the oldest tonics and has been used for a wide range of medicinal purposes – both as an internal medicine and as a topical cure; and medicinal mushrooms, which are widely considered to be a wonder cure in Asia. They have unparalleled amounts of antioxidants and healing benefits. If I'm in need of a boost, I will put a teaspoon in my smoothie twice a day and feel like Superman.

Juiceman recommends

Aloe vera
Apple cider vinegar
Argan oil
Blue green algae and other algae, such as spirulina
Chaga mushroom
Hemp oil
L-glutamine
Manuka honey
MSM
Reishi mushroom
Turmeric

Juices: Green Hero (p. 43)
Green Rocket (p. 42)
Ultimate OJ (p. 51)

Smoothies: Be Good to Yourself (p. 105)
Mango Magic (p. 88)
The Royal Green (p. 100)

Shots: The Healer (p. 122)
Last Resort (p. 123)
SOS (p. 116)

Tea: Hot Cider Healer (p. 127)

STRESS

Physical and mental stress can wreak havoc on your health. Good nutrition and sufficient sleep are incredibly important in combatting stress. Listen to your body. When you feel tired, try to rest – don't be a hero and battle through it. This section suggests foods to combine to help your body and mind relax.

Juiceman recommends

Almonds
Blue green algae (such as E3Live)
Blueberries
Cacao nibs
Cashews
Chamomile
Chlorella powder
Ginseng
Oranges
Spinach
Walnuts

Juice: Orange Healer (p. 34)

Smoothies: Blueberry Facial (p. 84)
Chocolate Rebel (p. 86)
Hurricane (p. 91)
The Royal Green (p. 100)

Nut milks: Almond Milk (p. 141)
Cashew Milk (p. 142)

STOCKISTS AND SUPPLIERS

JUICERS AND BLENDERS

JUICELAND

www.juiceland.com

JOHN LEWIS

www.johnlewis.com

ARGOS

www.argos.com

HUROM

www.huromuk.com

ORGANIC FOODS, NATURAL PRODUCTS AND HEALTH SUPPLEMENTS

JUICEMAN

Cold Pressed Juice

www.juiceman.co

DAYLESFORD

Home grown and locally sourced

organic produce

www.daylesford.com

ABEL & COLE

Organic food delivery

www.abelandcole.co.uk

EVOLUTION ORGANICS

General health store

www.evolutionorganics.co.uk

RED23

Online health store

www.red23.com

AS NATURE INTENDED

General health store

www.asnatureintended.uk.com

BIONA

www.biona.co.uk

RAW HEALTH

www.rawhealth.uk.com

DR MERCOLA

Supplements and vitamins

www.mercola.com

ARTISANA ORGANICS

Nut butters and coconut oil

www.artisanaorganics.com

THE RAW HONEY SHOP

www.therawhoneyshop.com

MIGHTY BEE

Coconut water

www.mightybee.com

SUNWARRIOR

Vegan protein powders

www.sunwarrior.com

JING TEA

www.jingtea.com

DRAGON HERBS

Exotic herbs and tonics

www.dragonherbs.com

LIFORME

Yoga mats

www.liforme.com

RESTAURANTS AND JUICE BARS

LONDON

Ottolenghi www.ottolenghi.co.uk

The Electric Diner www.theelectricdiner.com

Nama www.namafoods.com

Granger & Co www.grangerandco.com

Wild Food Cafe www.wildfoodcafe.com

LA

Moon Juice www.moonjuiceshop.com

Cafe Gratitude www.cafegratitude.com

NEW YORK

Hu Kitchen www.hukitchen.com

Juice Press www.juicepress.com

The Butcher's Daughter

www.thebutchersdaughter.com

The Fat Radish www.thefatradishnyc.com

INDEX

a

activated barley 91
Activated Charcoal Tonic 120
activated whey 16
Alkalinize 64
All Hail Kale 28
almonds:
 Almond Milk 141
 Almond Pulp Body Scrub 196
 Almond Strawberry
 Ice Cream 178
 Quick and Easy Body
 Scrub 196
aloe vera 17
 Green Hero 43
 Skin Shot 115
apple cider vinegar:
 Hot Cider Healer 127
 Tummy Tuck 116
apples:
 All Hail Kale 28
 Brain Booster 123
 Carrot and Apple
 Porridge 158
 Flu Jab 109
 Green Warrior 90
 Jackson's Breakfast Juice 33
 Original, The 25
 Raspberry Kicker 56
 Secret Smoothie, The 99
 Warm Winter Spice 129
avocado:
 Incredibles, The 84
 Recovery Shake 78
 Spicy Avocado and Carrot
 Soup 168
 Strawberry Milkshake 84
 Supermom 81

b

bananas:
 Banana Cashew
 Ice Cream 178
 Banana Man 170
 Blueberry Facial 84
 Cherry on the Top 103
 Chocolate Power Shake 91

Chocolate Rebel 86
Exotic Smoothie Bowl 162
Fire-Starter 76
Green God, The 90
Incredibles, The 84
Mango Punch 107
Matcha Recovery Shake 102
Repair and Reboot 101
Secret Smoothie, The 99
Strawberry Milkshake 84
Supermom 81
Tropical Thunder 96
Be Good To Yourself 105
bee pollen 17
beetroot:
 Beet Box 36
 Colour of Red 30
 Hot and Sweet Beets 39
 Bloody Mary 188
blueberries:
 Blueberry Facial 84
 Green Ninja 46
 Love Purple 84
 Recovery Shake 78
 Taylor's Favorite Tipple 82
body scrubs 196
bok choy:
 Thai Green 53
Bone Broth 164-65
Brain Booster 123
Brazil Nut Milk 142
breakfast dishes 152-63
broccoli:
 Secret Smoothie, The 99
Brooklyn Banger 185

c

cacao:
 Cacao Espresso 152
 Chocolate Power Shake 91
 Chocolate Rebel 86
cakes: Banana Man 170
carrots:
 Carrot and Apple Porridge 158
 Flu Jab 109
 Original, The 25
 Pick-Me-Up 96

Secret Smoothie, The 99
Skinny Jeans 54
Spicy Avocado and Carrot Soup
 168
 Ultimate OJ 51
 Warm Winter Spice 129
Cashew Coffee 152
Cashew Milk 142
celery:
 Alkalinize 64
 Raw Heat 116
chaga mushrooms 17
chard, Swiss:
 Love It Spicy Green 63
 Secret Smoothie, The 99
Cherry on the Top 103
chicken:
 Bone Broth 164-65
chlorella powder 16
Chocolate Power Shake 91
Chocolate Rebel 86
cleansing 200-205
coconut:
 Blueberry Facial 84
 Coconut Wonder 185
 Piña Colada 188
colloidal silver 17
Color of Red, The 30
Cool as a Cucumber 46
Cool Greens 35
crackers 193-95
cucumber:
 Cool as a Cucumber 46
 Green Bangkok 97
 Green Giant 95
 Green Glow 59
 Healer, The 122
 Skin Food 34
 Skin Love 72
 Supermom 81
 Royal Green, The 100

d

dates:
 Love Purple 84
Deep Green 35
deer antler extract 17
Diet Smoothie 97

e

equipment 18
 Everyday Granola 161
 Exotic Smoothie Bowl 162

f

fennel:
 Beet Box 36
 Cool Greens 35
 Fireball 122
 Fire-Starter 76
 flaxseed 76
 Flu Jab 109
 Forever Young Smoothie Bowl 162
 freezing 205

g

Get Well 113
 ginger:
 Fireball 122
 Get Well 113
 Last Resort 123
 Morning Shot 116
 Original, The 25
 Raw Heat 116
 SOS 116
 Teatox 134
 Yoga Shot 118
 grapefruit:
 Beet Box 36
 Brooklyn Banger 185
 Immunity Boost 75
 Skin Shot 115
 Green Bangkok 97
 Green Giant 95
 Green Giant Breakfast Bowl 162
 Green Glow 59
 Green God, The 90
 Green Hero 43
 Green Juice Pulp Crackers 193
 Green Love 60
 Green Ninja 46
 Green Rocket 42
 Green Roots 43
 Green Warrior 90

h

Healer, The 122
 hemp protein 16

Hot and Sweet Beets 39
 Hot Cider Healer 127
 Hurricane 91

i

ice cream 178
 ice cubes and lollies 205
 Immunity Boost 75
 Incredibles, The 84

j

J5, The 46
 Jackson's Breakfast Juice 33
 Juiceman Chia Pot 157
 Juiceman Daiquiri 188
 Juiceman Protein Truffles 172
 Juiceman Pulp Crackers 193
 Juiceman Sangria 188
 Juiceman's Killer Kale Chips 176

k

kale:
 All Hail Kale 28
 chips 176
 Green Giant 95
 Kale Salad 175
 Secret Smoothie, The 99
 kefir:
 Green God, The 90
 kiwi:
 Green Giant 95
 Jackson's Breakfast Juice 33
 Taylor's Favorite Tipple 82

l

L-glutamine 16
 Last Resort 123
 lemon:
 Morning Shot 116
 Teatox 134
 Whiskey Cooler 186
 Love It Spicy Green 63
 Love Purple 84
 lucuma 16

m

maca 16
 Macadamia Nut Milk 142

mango:

 Exotic Smoothie Bowl 162
 Fire-Starter 76
 Mango Magic 88
 Mango Punch 107
 sorbet 178
 Tropical Thunder 96
 matcha 16
 Forever Young Smoothie Bowl 162
 Matcha Latte 130
 Matcha Recovery Shake 102
 Mean Green 42
 melon:
 Skin Love 72
 Skinny Jeans 54
 see also watermelon
 milk
 see nut milks
 mint:
 Moroccan Mint Tea 133
 Morning Shot 116
 Moroccan Mint Tea 133
 MSM 16
 Muesli in a Glass 152
 My Brother Mark's Crackers 193

n

nut milks 138–47

o

oats:
 Carrot and Apple Porridge 158
 Everyday Granola 161
 Muesli in a Glass 152
 Overnight Oats 155
 oranges:
 Be Good to Yourself 105
 Brooklyn Banger 185
 Color of Red, The 30
 Fireball 122
 Flu Jab 109
 Get Well 113
 healer 34
 Hurricane 91
 Jackson's Breakfast Juice 33
 Orange Healer 34
 Original, The 25

Pick-Me-Up 96
Raging Bull 106
Secret Smoothie, The 99
Taylor's Favorite Tipple 82
Ultimate OJ 51
Warm Winter Spice 129
Whiskey Cooler 186
Original, The 25
Overnight Oats 155

p

peaches:
Love Purple 84
pears:
Hot and Sweet Beets 39
Pink Healer 40
PPG 45
Perm A vite 16
Pick-Me-Up 96
Piña Colada 188
pineapple:
Be Good To Yourself 105
Coconut Wonder 185
Green Bangkok 97
Green Love 60
Hurricane 91
Mango Magic 88
Mango Punch 107
Pineappleade 66
PPG 45
Recovery Shake 78
Repair and Reboot 101
Thai Green 53
Pink Healer 40
Pink Power Shake 92
Pistachio Nut Milk 142
plums:
Love Purple 84
PPG 45
protein shakes 146
Pumpkin Seed Milk 142

q

Quick and Easy Body Scrub 196

r

Raging Bull 106
raspberries:
Fire-Starter 76
Raspberry Kicker 56

Red Hot 184
Taylor's Favorite Tipple 82
Raw Heat 116
Raw Iced Mochaccino 152
Recovery Shake 78
Red Hot 184
reishi mushrooms 17
Repair and Reboot 101
Royal Green, The 100

s

salads:
Kale 175
Secret Smoothie, The 99
Skin Shot 115
Skin Food 34
Skin Love 72
Skinny Jeans 54
slippery elm 17
sorbet 178
SOS 116
soups:
Bone Broth 164-65
Spicy Avocado and Carrot Soup 168
Watermelon Gazpacho 167
Spice is Nice 46
Spicy Avocado and Carrot Soup 168
spinach:
Green Bangkok 97
Green Giant 95
Green Glow 59
Green Ninja 46
Green Warrior 90
Incredibles, The 84
Secret Smoothie, The 99
Supermom 81
spirulina 16
strawberries:
Hot and Sweet Beets 39
ice cream 178
Immunity Boost 75
Pink Healer 40
Pink Power Shake 92
Strawberry Milkshake 84
Supermom 81
Wimbledon Winner 48
Supermom 81

sweet potato:
Ultimate OJ 51

t

Taylor's Favorite Tipple 82
teas 127, 129, 133, 134
Teatox 134
Thai Green 53
tomatoes:
Bloody Mary 188
Tropical Thunder 96
truffles 172
Tummy Tuck 116
turmeric:
Turmeric Milk 144
SOS 116
Yoga Shot 118

u

Ultimate OJ 51

v

Vanilla Cacao Ice Cream 178
vegan protein powder 16

w

walnuts:
Blueberry Facial 84
Warm Winter Spice 129
watercress:
Deep Green 35
watermelon:
Diet Smoothie 97
Watermelon Cooler 26
Watermelon Martini 184
Watermelon Gazpacho 167
Whiskey Cooler 186
Wimbledon Winner 48
Winter Cold Kicker 62

y

Yerba maté 17
Yoga Shot 118
yogurt:
Love Purple 84

z

zucchini:
Green Love 60

THANK YOU

First of all, thank you for buying this book. I set out to share my lifestyle in a fun and accessible way, and I hope I've achieved that.

Thank you to everyone who has ever bought a Juiceman juice and follows the brand and me on our journey.

There are so many people who have influenced me – from my local greengrocer to talented chefs – that I don't know where to begin. Without the help of everyone, this book would never have happened.

First of all, to my book agent, Rachel Mills at PFD, thank you for reaching out and making this happen (I know I owe you a yoga mat!).

To the wonderful guys at Penguin who have worked so hard on getting this book out there. To my publisher, Lindsey Evans – you are awesome and thanks for all your creative help and for being very patient. The same goes to Zoe Berville and Sophie Elletson.

To the great team who put the shoot together: Al Richardson for his photographs, Joe Woodhouse and Laurie Hill for the food styling and Emma Lahaye for the props.

To the design team at Smith & Gilmour: Alex, Emma and Zoe.

My motivation is my two beautiful children, Taylor and Jackson. They inspire me to better myself and look at the world as their future.

Thank you to my wonderful wife, Jane. Without your help, often late into the night, I would never have finished this book. Your support and belief means the world to me and keeps me going.

To my mum, who has always showed me that following the crowd is too easy and to think outside the box. Thanks, Mum, for making me pick the veggies every Sunday and teaching me about food and alternative medicine . . . yes, I did listen!

To my dad for all his advice and for keeping me on the right track.

Thank you to the rest of my family: Mark, Sophie, James, Adam, Jack, Uncle Mike, Gran, Karen, Liam and Marina. And the gang: Charlie, Georgia, Lyla, Ethan and Sky.

Thank you to my good friends who are always there for me: Pete, Lou Lou, Andy, Nisse, Matt, Will, Simon, Kevin, Georgia.

A big thank-you to Gavin Myall, my manager, for providing some calm in what has been a crazy year.

And finally to the team at Juiceman for all your hard work and effort to create something special.



Andrew Cooper is a model, founder of the Juiceman brand of products in his native UK and an actor known for, among other roles, Beck on *The Royals*. Recognized as “the Diet Coke man,” he works on high-profile print and TV assignments for brands such as Levi’s, Polo by Ralph Lauren, Armani and Paul Smith. With his wife and two children, Andrew divides his time between the United Kingdom and California.

JUICE MANIFESTO

is your new go-to right next to
the juicer on the kitchen counter.

From actor, model and juicing entrepreneur Andrew Cooper comes a book that's packed with goodness, deliciousness and fresh tastes and ideas. You'll find here not only juices, smoothies and tonics, but also kid-friendly snacks, small meals and bowls, even ice cream and cocktails. Plus a cleanse – *and* tasty treats that use up the pulp (and minimize the food waste)! More than

120 recipes feature glowful superfoods, energy-boosting proteins and beauty-enhancing ingredients. Packed with nutritious tips and helpful information, *Juice Manifesto* will keep those healthful juices flowing!

From a man who knows his juice, here's a juice manifesto for juicing up and feeling good!



Andrew Cooper is a model, founder of the Juiceman brand of products in his native UK and an actor known for, among other roles, Beck on *The Royals*. Recognized as “the Diet Coke man,” he works on high-profile print and TV assignments for brands such as Levi's, Polo by Ralph Lauren, Armani and Paul Smith. With his wife and two children, Andrew divides his time between the United Kingdom and California.

Chronicle Books publishes distinctive books and gifts. From award-winning children's titles, bestselling cookbooks, and eclectic pop culture to acclaimed works of art and design, stationery, and journals, we craft publishing that's instantly recognizable for its spirit and creativity. Enjoy our publishing and become part of our community at www.chroniclebooks.com.

Want More
Chronicle Ebooks?

CLICK HERE!

**Get
freebies,
discounts,
and more!**