

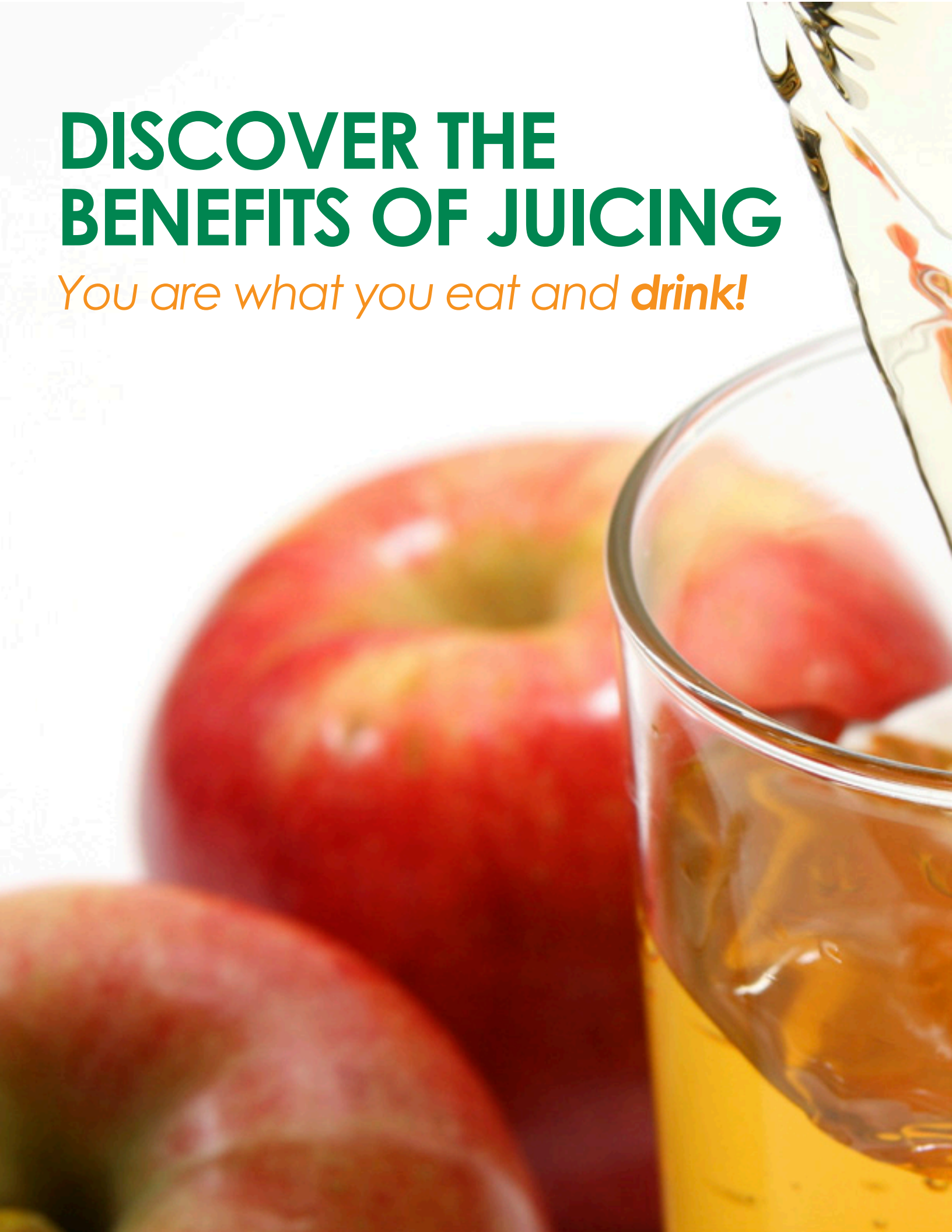


JUICE RECIPES



DISCOVER THE BENEFITS OF JUICING

*You are what you eat and **drink!***





Tap into the power of juicing with these recipes from Omega and enhance your general well-being, boost your energy levels and improve your vitality. Juicing extracts the vital nutrients and live enzymes directly from fruits, vegetables, leafy greens, and wheatgrass to make you feel healthier and more alive.

Our recipes are designed to help you eliminate toxins naturally. These recipes are also designed to help you discover how easy and delicious juicing can be.

Pomegranate Juice

What You'll Need:

5 Pomegranates

PREP

JUICE

How To Prepare:

- 1 Cut the pomegranate.
- 2 Juice the seeds in an Omega Juicer.
- 3 Serve & Enjoy!



Green Apple-ade

What You'll Need:

1 Green Apple
2 cups Spinach (~3 handfuls)
2 cups Kale leaves (~6-8 leaves)
(Australia Tuscan cabbage)
1/2 Cucumber
4 Celery Stalks
1/2 Lemon

PREP

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How To Prepare:

- 1 Wash all produce well.
- 2 Peel lemon, optional.
- 3 Juice in an Omega juicer.
- 4 Serve & Enjoy!



Australian Dream

What You'll Need:

2 beets (Australian beetroot)

2 organic carrots

1 cup organic strawberries

6-8 kale (Australian Tuscan cabbage)
leaves/2 cups

How To Prepare:

- 1 Wash all produce well.
- 2 Cut as needed to fit into juicer.
- 3 Juice in an Omega juicer.
- 4 Pour over ice and enjoy!

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Purple Grimace

What You'll Need:

6 cups Concord Grapes
1 Golden Delicious Apple
2 small pieces Ginger
1/2 cup Blackberries

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How To Prepare:

- 1 Wash all produce well.
- 2 Juice in an Omega juicer.
- 3 Pour over ice.
- 4 Enjoy!



Melon-of-Mine

What You'll Need:

2 Apples
1/2 Cantaloupe, peeled
1/2 Honeydew
6-8 Leaves Kale
6-8 Leaves Swiss Chard

PREP

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How To Prepare:

- 1 Wash all produce well.
- 2 Juice in an Omega juicer.
- 3 Pour over ice.
- 4 Enjoy!



Very Berry

What You'll Need:

2 cups of strawberries
2 cups of blueberries
1 1/2 cups of raspberries

PREP

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How To Prepare:

- 1 Wash all produce well.
- 2 Juice in an Omega juicer.
- 3 Pour over ice.
- 4 Enjoy!



Gazpacho Juice

What You'll Need:

4 Plum Tomatoes
1 large Cucumber
2 stalks Celery
1 Red Bell Pepper (Australia capsicum)
1/4 small Red Onion
2 cups Parsley, leaves and stems,
roughly chopped
1 Lime

PREP

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How To Prepare:

- 1 Wash all produce well.
- 2 Juice in an Omega juicer.
- 3 Pour over ice.
- 4 Enjoy!



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Green Machine

What You'll Need:

1 cucumber
4 celery stalks
2 apples
6-8 leaves kale
1/2 lemon
1 tbsp ginger

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How To Prepare:

- 1 Wash all produce well.
- 2 Cut produce to fit into the hopper.
- 3 Juice in an Omega juicer.
- 4 Pour over ice.
- 5 Enjoy!



Celery Cabbage

What You'll Need:

1/2 a cabbage
3 stalks of celery
1/2 a tomato
2 carrots

How To Prepare:

- 1 Cut produce to fit into the hopper.
- 2 Juice.
- 3 Pour over ice.
- 4 Enjoy!

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Carrot Juice

What You'll Need:

5 Carrots

A small handful of parsley

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How To Prepare:

- 1 Cut the carrots.
- 2 Juice carrots and parsley in an Omega Juicer.
- 3 Serve & Enjoy!



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Clean Boost

What You'll Need:

1/2 a beetroot
5 spinach leaves
1/4 cabbage
1 broccoli stalk
1/2 a grapefruit, peeled
1/2 a lemon, peeled
1 orange, peeled
1 kiwifruit, peeled
2 small pieces of ginger

PREP

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How To Prepare:

- 1 Cut produce to fit into the hopper.
- 2 Juice.
- 3 Pour over ice.
- 4 Enjoy!



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Morning Sunshine

What You'll Need:

1-cup strawberries, hulled
1/3 cup frozen blueberries
2 bananas, peeled and cut into chunks
1 orange, peeled

How To Prepare:

- 1 Wash produce well.
- 2 Juice in an Omega juicer.
- 3 Pour over ice.
- 4 Enjoy!

PREP

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Strawberry Pineapple

What You'll Need:

1 1/2 cups strawberries
1 cup pineapple, peeled and cored

PREP

JUICE

How To Prepare:

- 1 Wash produce well.
- 2 Juice in an Omega juicer.
- 3 Pour over ice.
- 4 Enjoy!



Hawaii Dream

What You'll Need:

1 cup of pineapple
1 banana
1 cup peaches
1/2 cup mango, peeled and cored, chunks

PREP

JUICE

How To Prepare:

- 1 Wash produce well.
- 2 Juice in an Omega juicer.
- 3 Pour over ice.
- 4 Enjoy!





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