



# Blueberry Blast Energy Boost



## Ingredients:

1 cup blueberries  
½ cup coconut water  
½ cup pineapple juice  
1 tablespoon honey  
(optional, for sweetness)

½ teaspoon spirulina powder  
(for the blue color and  
nutritional boost)  
Ice cubes

# Blueberry Blast Energy Bites

## Ingredients:

Pulp from juice

½ cup oats

½ cup almond flour

¼ cup almond butter

2 tablespoons honey

¼ cup shredded coconut

¼ cup chopped nuts (almonds, walnuts, or pecans)

1 teaspoon vanilla extract

Pinch of salt

## Instructions:

1. In a large bowl, combine the blueberry pulp, oats, almond butter, honey, shredded coconut, chopped nuts, vanilla extract, and salt.
2. Mix well until all ingredients are thoroughly combined.
3. Roll the mixture into small bite-sized balls.



## Blueberry Blast Energy Bites con't.

4. Place the energy bites on a baking sheet lined with parchment paper.
5. Refrigerate for at least 30 minutes to allow the bites to firm up.
6. Store in an airtight container in the refrigerator for up to a week.

### Health Benefits:

**Blueberries** are rich in antioxidants, particularly vitamin C and vitamin K, which help protect the body against free radicals and oxidative stress. The high levels of vitamin C and other antioxidants boost the immune system. Blueberries have been shown to improve cognitive function and memory.

**Coconut Water** is an excellent source of natural electrolytes, helping to keep kids hydrated. It contains potassium, magnesium, and calcium, which are essential for overall health and muscle function.

**Pineapple Juice** contains bromelain, an enzyme that aids digestion and reduces inflammation.

**Honey (Optional):** Provides a natural source of energy and contains antioxidants and antibacterial properties.

**Spirulina** is packed with protein, vitamins (such as B1, B2, and B3), and minerals like iron and magnesium. It has anti-inflammatory properties and supports overall immune health.

### Combined Benefits:

This drink combines the hydrating and electrolyte-balancing benefits of coconut water, the immune-boosting and antioxidant properties of blueberries and pineapple juice, and the nutrient density of spirulina. It's a delicious and nutritious way to keep kids healthy and energized.

# Flu Fighter

## Ingredients:

- 1 cup pomegranate seeds
- 3 kale leaves
- 1 cup mixed berries
- 1 cup coconut water



# Flu Fighter Breakfast Cookies

## Ingredients:

- 1 cup pulp from Flu Fighter Juice
- 1 cup rolled oats
- ½ cup almond flour
- ¼ cup honey or maple syrup
- ¼ cup nut butter (almond, peanut, or cashew)
- ½ teaspoon cinnamon
- ½ teaspoon vanilla extract
- ¼ teaspoon salt
- Optional: 1/4 cup dark chocolate chips or dried fruits
- Topping:** seeds (such as chia seeds, flax seeds, or pomegranate seeds) for garnish



## Instructions:

1. Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
2. In a large bowl, combine the pulp, rolled oats, almond flour, cinnamon, and salt.
3. In a small saucepan, warm the honey (or maple syrup) and nut butter over low heat until smooth and combined.

4. Pour the warm mixture over the dry ingredients and add the vanilla extract. Mix well until all ingredients are combined.
5. If using, fold in the dark chocolate chips or dried fruits.
6. Scoop out tablespoon-sized portions of the mixture and roll into balls. Place them on the prepared baking sheet and gently flatten each ball with the back of a spoon.
7. Sprinkle seeds on top of each flattened ball for garnish.
8. Bake for 12-15 minutes or until the edges are golden brown.
9. Let the bites cool on the baking sheet for 10 minutes before transferring them to a wire rack to cool completely.

## Health Benefits:

**Pomegranate:** Rich in antioxidants, helps reduce inflammation, and supports heart health.

**Kale:** High in vitamins A, C, and K, as well as antioxidants and fiber, promoting overall health and immune support.

**Berries:** Packed with vitamins, minerals, and antioxidants, boosting the immune system and promoting skin health.

**Coconut Water** is an excellent source of natural electrolytes, helping to keep kids hydrated. It contains potassium, magnesium, and calcium, which are essential for overall health and muscle function.





## Green Monster Digestive Juice

### Ingredients:

- 1 cups baby spinach
- 3 medium carrots, peeled
- 1 cup pineapple chunks
- 2 medium apples, cored and sliced

# Green Monster Pulp Muffins

## Ingredients:

- 1 cup Green Monster Juice pulp
- 1½ cups whole wheat flour
- ½ cup oats
- 1 tsp baking powder
- ½ tsp baking soda
- ¼ tsp salt
- 1 tsp cinnamon
- ½ cup honey or maple syrup
- 2 eggs
- ¼ cup coconut oil, melted
- 1 tsp vanilla extract
- ½ cup milk (dairy or plant-based)

## Instructions:

1. Preheat your oven to 350°F (175°C). Line a muffin tin with paper liners or lightly grease it.
2. In a large bowl, mix together the flour, baking powder, baking soda, salt, and cinnamon.



## Green Monster Pulp Muffins con't.

3. In another bowl, whisk together the eggs, honey or maple syrup, coconut oil, and vanilla extract.
4. Add the wet ingredients to the dry ingredients and stir until just combined.
5. Fold in the Green Monster Juice pulp and the milk, mixing until everything is well incorporated.
6. Divide the batter evenly among the muffin cups.
7. Bake for 20–25 minutes, or until a toothpick inserted into the center of a muffin comes out clean.
8. Allow to cool in the tin for 5 minutes, then transfer to a wire rack to cool completely.

### Health Benefits:

**Baby Spinach:** Rich in iron, calcium, and vitamins A, C, and K, which support healthy bones, immune function, and vision.

**Carrots:** High in beta-carotene, fiber, vitamin K1, potassium, and antioxidants, promoting good vision and a strong immune system.

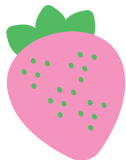
**Pineapple:** Contains bromelain, vitamins C and B6, and manganese, which aid digestion, boost immunity, and support bone health.

**Apples:** A good source of fiber, vitamin C, and antioxidants, helping to support the immune system and promote healthy digestion.

# Dreamy Red Juice

## Ingredients:

- 1 cup cherries (pitted)
- 1 cup strawberries
- ½ cup red grapes
- 1 tablespoon honey
- 1 cup almond milk  
(or any milk of choice)
- ½ teaspoon vanilla  
extract (optional)



## Dreamy Red Bites

### Ingredients:

- 1 cup pulp from juice
- 1 cup rolled oats
- ½ cup almond butter (or any nut butter of choice)
- ¼ cup honey or maple syrup
- ½ cup shredded coconut (optional)
- ½ teaspoon vanilla extract
- ¼ cup mini chocolate chips (optional)

### Instructions:

1. Collect the pulp from juiced cherries, strawberries, and red grapes.
2. Mix the Ingredients: In a large bowl, combine the fruit pulp, rolled oats, almond butter, honey or maple syrup, shredded coconut, and vanilla extract. Mix well until all ingredients are combined.
3. Add Chocolate Chips If using, fold in the mini chocolate chips.
4. Form Balls: Using your hands, form the mixture into small balls, about 1 inch in diameter.



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5. **Chill:** Place the energy balls on a baking sheet lined with parchment paper. Refrigerate for at least 30 minutes to firm up.
  6. **Serve:** Enjoy these healthy and delicious fruit pulp energy balls as a nutritious snack!
- These energy balls are a great way to use up the nutritious pulp from your juicing and make a delicious, fiber-rich snack for the whole family. Enjoy!

## Health Benefits:

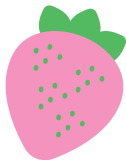
**Cherries** are a natural source of melatonin, a hormone that regulates sleep.

**Strawberries** contain vitamins and antioxidants that support overall health.

**Red Grapes** have relaxing properties and are rich in antioxidants.

**Honey** has calming properties and can help soothe the body.

Enjoy this calming and soothing red juice to help your kids sleep well and wake up refreshed!





# Nutty Delight Milk

## Ingredients:

- 1 cup raw almonds
- 1 cup raw cashews
- 4 cups water (for soaking)
- 3 cups water (for juicing)
- 1 tsp vanilla extract (optional)
- 1-2 tbsp honey or maple syrup (optional)

## Instructions:

1. Soak the almonds and cashews in 4 cups of water overnight or for at least 8 hours.
2. Drain and rinse the soaked nuts.
3. Add the soaked nuts and 3 cups of fresh water to the Lil' Juicer.
4. Start the juicer and let it process the nuts and water to extract the milk.
5. If desired, add vanilla extract and honey or maple syrup to the milk and mix well.
6. Pour the nut milk into a glass bottle and store it in the refrigerator for up to 3-4 days.
7. Shake well before each use and enjoy your Nutty Delight Milk!

# Nutty Pulp Treats

## Ingredients:

- 1 cup nut pulp (from making Nutty Delight Milk)
- 1 cup rolled oats
- ½ cup almond flour
- ¼ cup honey or maple syrup
- ¼ cup nut butter of your choice
- ¼ cup coconut oil, melted
- ¼ cup dark chocolate chips (optional)
- 1 tsp vanilla extract
- ½ tsp baking powder
- ¼ tsp salt

## Instructions:

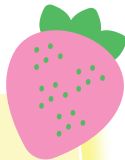
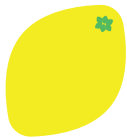
1. Preheat your oven to 350°F (175°C) and line a baking sheet with parchment paper.
2. In a large bowl, combine the nut pulp, rolled oats, almond flour, honey or maple

syrup, coconut oil, chocolate chips (if using), vanilla extract, baking powder, and salt. Mix well until all ingredients are fully incorporated.



## Nutty Pulp Treats con't.

3. Scoop the mixture into small balls and press them with a fork. Place them on the prepared baking sheet.
4. Bake for 15–20 minutes, or until the edges are golden and the center is set.
5. Allow to cool on a wire rack before enjoying.



### Health Benefits:

**Almonds:** High in vitamin E, magnesium, and healthy fats, which support heart health and skin health.

**Cashews:** Rich in copper, magnesium, and antioxidants, promoting bone health and reducing inflammation.

**Homemade Nut Milk:** Free from preservatives and additives, making it a healthier alternative to store-bought options.

# Cleanse Power Shot

## Ingredients:

1 stalk of celery

½ cucumber

½ lemon, peeled

A handful of fresh parsley

1-inch piece of fresh ginger root



## Health Benefits:

**Celery:** Hydrating and contains antioxidants that help detoxify the body.

**Cucumber:** Hydrates and soothes the digestive tract.

**Lemon:** Stimulates digestive juices and helps detoxify the liver.

**Parsley:** Rich in vitamins and helps to cleanse the kidneys.

**Ginger:** Known for its anti-inflammatory properties and ability to aid digestion.



# Tropical Sunshine Creamsicles

## Ingredients:

- 1 cup pineapple
- 1 cup orange
- ½ cup carrots
- 1 cup vanilla Greek yogurt
- 1 tablespoon honey (optional)

## Instructions:

1. Juice the pineapple, orange, carrots together.
2. Mix with Yogurt: In a bowl, mix the juice with Greek yogurt. Sweeten with honey if desired.
3. Assemble the Popsicles: Pour the mixture into popsicle molds. Insert popsicle sticks and freeze for at least 4 hours or until fully frozen.

## Health Benefits:

**Pineapple:** contains bromelain, which has anti-inflammatory properties and can help soothe a sore throat

**Orange:** High in vitamin C, which supports the immune system

**Carrots:** Rich in vitamins A and K, boost immune and vision health.

**Greek Yogurt:** Contains probiotics, supports digestive health.



# Lil' Juicer

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