

## **7 Simple and Healthy Juice Detox Recipes for Beginners**



It is fun and exciting to prepare home-made natural juices that are, if not delicious, at least incredibly healthy for your organism. With all the fuzz around the store-bought foods, it is pretty much complicated to find your way out of this improper environment, where you are encouraged to consume all those foods with additives, added sugars, carbohydrates and

fats. Thus, toxins and free radicals start flowing freely through your body, endangering your health at a great deal and banishing your positive mood. But do not stand there watching them destroying your well-being! If you are a real fan of fruits or vegetables and you want to go through a complete detoxification of your body, here are 7 simple and healthy juice detox recipes to prepare at home.

## **Recipe #1**

Who says you cannot combine apples and root vegetables? Take your blender or **juicer**, then mix a few slices of ginger, one carrot, beet and half an apple together, then enjoy your drink. This delicious juice has a pretty sweet taste due to the carrot, but it might become somehow sour due to the apple. With only 155 calories, this juice is great for beginners!

### **Ingredients:**

*Few slices of ginger*

*One carrot*

*One beet*

*Half an apple*

## **Recipe #2**

A combination between sweet potatoes and almonds is enough to supplement your organism with the necessary potassium and protein daily allowances, which will balance your fluids and electrolytes. You only need an apple, half an orange, almonds and half a sweet potato to prepare this

juice – mix these ingredients together and you will obtain a complete refueler for the days when you feel tired.



**Ingredients:**

*One apple*

*Half an orange*

*Few almonds (it's better to soak almonds in water for few hours before)*

*Half a sweet potato*

**Recipe #3**

Winter has arrived and cold is accompanying it, so you need to take some additional precautions in order to prevent an eventual infestation. You can prepare yourself a delicious and very healthy juice by mixing kiwis, grapefruit and oranges together, along with a pinch of cinnamon, for a unique taste. This will boost your immune system and will provide you with plenty of vitamins at the same time.

### **Ingredients:**

*Kiwis*

*Grapefruit*

*Oranges*

*Pinch of cinnamon*

### **Recipe #4**

If tiredness and sleepiness cause you troubles, the most appropriate way to avoid them is preparing a natural juice with peaches, lychees in syrup and coconut water. Apart from being an excellent source of energy, this juice will also keep your body perfectly hydrated, which is a plus particularly during the winter, when your organisms needs fluids. You should mix only half a glass of coconut milk with one peach and as many lychees in syrup as you want, adding a teaspoon of honey for a better taste.

### **Ingredients:**

*One Peach*

*Lychees in syrup (as many as you wish)*

*Half a glass of coconut milk*

*One teaspoon of honey (optional)*

### **Recipe #5**

Bear in mind that you will need plenty of antioxidants in order to detoxify your organism, so a **detox home-made juice** will be the most suited choice.

You will need one mango, a glass of blueberries and three or four middle-sized strawberries in order to prepare this juice. Mix these ingredients together then enjoy your natural and tasty drink! If you plan to go to your workout session, you may use it after you finish, boosting your nutritional values and keeping your body slim.



**Ingredients:**

*One mango*

*Glass of blueberries*

*3 or 4 middle-sized strawberries*

**Recipe #6**

Vitamins are also important when it comes to detoxification, so just take a swig of this vitamin packed juice and show some care for your health. With only 192 calories, this juice combines pears, apples and cherries, which will create an excellent-tasting drink that will make you feel better than ever.

This juice contains vitamin A, B complex, C and E, as well as [lutein](#), which

promotes strong bones and can fight aging, so you get triple **benefits** in only one single drink.

**Ingredients:**

*One Pear*

*One Apple*

*Half glass of cherries*

**Recipe #7**

Iron is the key for a healthy organism, so you will need it included in your diet, too. Prepare a great detox juice with kale, Granny Smith apple, green grapes and cucumber and you will simply start feeling excellent. This juice is rich in vitamin K, which helps many of your organs function correctly.

**Ingredients:**

*Kale*

*Granny Smith apple*

*Green grapes*

*Cucumber*

With all these **juices ideas**, you should be able to choose exactly the right one for you and start living healthy. Do not stick only to one of these juices however, even though it is your favorite one or tastes better than the others. One of these drinks consumed daily will ensure your organism the necessary intake of nutrients and will make you feel positive all the time!