



DNATM
SLOW JUICER

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JUICE RECIPES
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• Healthy Green Juice

This classic green juice recipe helps to flush out toxins from the body. Celery is rich in minerals like magnesium that help in relieving stress.

Ingredients

- 2 green apples, halved
- 4 stalks celery, leaves removed
- 1 cucumber
- 6 leaves kale
- 1/2 lemon, peeled
- 1 (1 inch) piece fresh ginger

Instructions

1. In order to make the juice flavor better, remove the apple seeds.
2. Feed the ingredients one at a time, in the order listed, through the juicer.



• Uprooted Juice

If you're in search of something sweet, spicy, and a little tropical too, this juice could be the perfect solution for you.

Ingredients

- 15g fresh ginger
- 30g turmeric
- 200g fennel
- 300g oranges
- 400g carrots
- 15g argan oil

Instructions

1. Feed the ingredients one at a time, in the order listed, through the juicer.
2. Make sure to add the argan oil last, after all the other ingredients have been pressed.



• The Health Boost

Whether you're juicing in winter, spring, summer or fall, this juice is perfect for banishing unwanted illnesses to keep you feeling great – no matter what.

Ingredients

- 1 Beet
- 3 Celery Ribs (remove the leaves)
- 1 Carrot
- 1 Apple

Instructions

1. Peel, cut, deseed, and/or chop the ingredients as needed.
2. Feed the ingredients one at a time, in the order listed, through the juicer.



• Super C Juice

This recipe is packed with lots of plant based vitamin C to help fight the common cold. The taste is sweet and a little peppery.

Ingredients

- 2 oranges
- 1 red capsicum
- 2 kiwi fruits

Instructions

1. Peel, cut, deseed, and/or chop the ingredients as needed.
2. Feed the ingredients one at a time, in the order listed, through the juicer.



• Purple Reign

The taste is peppery, slightly sweet with a little lemon hint. It is a perfect dinner juice. There are 36 anthocyanins (purple light) in red/purple cabbage. These nutrients increase communication between aging brain cells and help fight off free radicals.

Ingredients

1/2 purple cabbage
1/2 beetroot
6 red apples
1/2 lemon

Instructions

1. In order to make the juice flavor better, remove the apple seeds.
2. Feed the ingredients one at a time, in the order listed, through the juicer.



• Popeye's Secret Sauce

Spinach is a rich source of iron which affects the way our body uses energy. The shot of iron will help you in terms of energy for the day.

Ingredients

1 large handful of spinach
2 medium sweet potatoes
1 apple

Instructions

1. In order to make the juice flavor better, remove the apple seeds.
2. Feed the ingredients one at a time, in the order listed, through the juicer.



• Antioxidant-Rich Pineapple Juice

This juice is an outstanding source of vitamin C and manganese! These two nutrients are powerful, natural antioxidants, which means that they help our body to fight off free radicals reducing the risk of some diseases – most importantly, reducing the risk of cancer.

Ingredients

1/2 small pineapple, peeled and halved
2 peaches, halved and seeds removed
2 small oranges

Instructions

1. Feed the ingredients one at a time, in the order listed, through the juicer.
2. Stir the juice and pour into glasses to serve.



• The Sleep Juice

Romaine lettuce aside from being rich in calcium, vitamin K, iron, and vitamin C, it also helps with insomnia because it has lactucarium – this is the white fluid that comes out when you break the lettuce.

Ingredients

4 celery stalks
3 to 4 romaine lettuce heads
1/2 a lemon
1 Fuji apple

Instructions

1. In order to make the juice flavor better, remove the apple seeds.
2. Feed the ingredients one at a time, in the order listed, through the juicer.



• Bloody Mary

Ingredients

- 2 oranges
- 1 red capsicum
- 2 kiwi fruits

Instructions

1. Peel, cut, deseed, and/or chop the ingredients as needed.
2. Feed the ingredients one at a time, in the order listed, through the juicer.



• Cucumber, Celery Apple Juice

Ingredients

- 1 medium green apple
- 2 large kale leaves
- 1/2 bunch dandelion greens
- 1/2 bunch parsley leaves
- 1/2 lime

Instructions

1. In order to make the juice flavor better, remove the apple seeds.
2. Feed the ingredients one at a time, in the order listed, through the juicer.



RECIPES FOR

THE LEFT OVER PULP



• Parsnip, Herb and Polenta Hot Cakes

Ingredients:

2 cups parsnip pulp
2 oz cup (60ml) milk
2 eggs, separated
1/4 cup (45g) polenta (corn meal)
1/4 cup (31g) self-rising flour
1 teaspoon chopped fresh thyme
1 teaspoon chopped fresh rosemary
1 teaspoon cajun seasoning
1 small red bell pepper, finely chopped
1 teaspoon oil

Instructions:

1. Combine parsnip pulp, milk, egg yolks, self-rising flour, polenta, thyme, rosemary, cajun seasoning and red bell pepper in a large mixing bowl. Beat egg whites until soft peaks form, fold into parsnip mixture.
2. Heat oil in a large frying pan, drop spoonfuls of mixture into pan. Cook for about 1 minute on each side or until golden

• Carrot, Apple and Celery Strudels

Ingredients:

- 2 tablespoons (30g) butter
- 1 small onion, finely chopped
- 4+1/2 cups carrot, apple and celery pulp, strained
- 8oz (250g) cottage cheese
- 2 tablespoons chopped fresh mint
- 1 egg, beaten
- 12 sheets filo pastry
- 4 tablespoons (60g) butter, melted
- 1 cup grated fresh Parmesan cheese

Instructions:

1. Melt butter in a saucepan, add onion, cook for 2-3 minutes, or until soft, seasoning to taste.
2. Combine onion, carrot, apple and celery pulp, cottage cheese, mint and egg in a bowl. Mix well.
3. Cut filo sheets in half, place 3 sheets on bench, cover remaining pastry with greaseproof paper, then a damp cloth to prevent drying. Brush 1 sheet of pastry with extra butter, sprinkle with Parmesan cheese, top with another sheet of pastry, brush with butter, sprinkle with more cheese. Repeat with last sheet of pastry.
4. Place tablespoons of carrot pulp mixture on one end of pastry, fold in sides and roll up like a swiss roll. Repeat with remaining pastry and pulp mixture. Place on a greased oven tray and bake at 200°C for 20-25 minutes or until golden.

