

JUICER INGREDIENTS

Leslie Price - Rachael Ray Magazine

Ingredient	Advantage Provided	Pairs With
Apple	Cholesterol-regulating pectin	Leafy greens, lemon, ginger
Beet	Energy-boosting antioxidants	Lime, cucumber, carrot
Carrot	Beta-carotene for eye health	Beet, parsley, celery
Celery	B vitamins to ease stress	Leafy greens, pear, apple
Chard	Bone-strengthening vitamin K	Other leafy greens, lemon, ginger
Cilantro	Antibacterial properties	Lime, orange, jalapeno
Cucumber	Potassium to help regulate blood pressure	Kale, spinach, ginger
Ginger	Stomach-soothing compounds	Pineapple, apple, pear
Honeydew	Vitamin A for healthy skin	Lime, ginger, cucumber
Horseradish	Pungent compounds to help clear sinuses	Carrot, celery, lemon
Jalapeno	Capasaicin for reducing inflammation	Cilantro, orange, lime
Kale	Iron for energy	Chard, spinach, lemon
Lemon	Immunity boosting vitamin C	Apple, carrot, beet
Lime	Detoxifying flavonoids	Melon, cilantro, jalapeno
Orange	Potassium to keep blood pressure in check	Grapefruit, lemon, cilantro
Parsley	Zinc for maintaining sharp senses	Celery, beet, lemon
Pear	Soluble fiber to help regulate digestion	Cucumber, celery, leafy greens
Pineapple	Manganese for brain function	Ginger, leafy greens, herbs
Romaine	Vitamin A for eye health	Other leafy greens, cucumber, apple
Spinach	Soluble fiber to help lower cholesterol	Apple, beet, lemon
Tomato	Lycopene, a cancer-fighting antioxidant	Celery, carrot, lemon
Watermelon	Vitamin B6 to promote a healthy metabolism	Mint, basil, lime