

[WHOLE FOODS JUICE RECIPES](#)



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A whole juice is made in a blender, instead of a juicer. This means that whole juices are whole foods that include fiber, but are made with water-rich fruits to give it a much lighter consistency than a thick, creamy smoothie. Whole juices are perfect for drinking first thing in the morning or between meals. They are especially good during times of illness when your body needs nutrients and fluids, but you don't feel like eating solid food.
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I don't recommend using fruit or vegetable juices as a replacement for food. Instead, I think adding all-natural, unsweetened fruit and vegetable juice to help supplement your diet is a great idea. It's not better than whole foods, it's just different. And sometimes, that's all we need to help us keep up with a healthy diet.
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Detox Juice My Whole Food Life

I'm a bit late to the party here, but I just wanted to say what a tasty looking juice recipe! I like how you mentioned to drink the juice as quick as possible before some of the enzymes are lost.
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Whole Food Juice Recipes SparkRecipes

Whole Food Juice. So good for you and very delish!! Also very easy to make and get in all of your daily fruits and veggies the right way! I use my Vita Mix Blender for best results but I am sure any blender is better than no blender at all!
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Juice Recipes Whole Foods Magazine

Juice (\$18.99, 160 pp) by Carly de Castro, Hedi Gores, and Hayden Slater has over 100 juice recipes designed to replenish nutrients and provide energy.
<http://ebookslibrary.club/Juice-Recipes-Whole-Foods-Magazine.pdf>

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