

Total You Wellness Sessions are held at the main campus in the Carden-Waller Bldg on the 3rd Wednesday of each month, at the Northwest Campus on the 1st Saturday of each month and at the College of Nursing on the 3rd Monday of each month.

Most recipes were adapted from Total Juicing by Elaine LaLanne.



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Benefits Of Juicing





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Spinach Dip



Benefits of Juicing: Is Juicing Good For You?



by [Caroline Young](#) | July 30, 2013 | Updated: August 28, 2013 | [12 comments](#)
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With juice bars popping up in almost every city these days, juicing seems to be the new health nut go-to. People are trying out juice cleanses to shed pounds, detox, or just add a nutrient-packed snack to their diets.

If you're interested in trying out juicing or a juice cleanse, it's important to understand the purpose of juicing, its benefits, and the best way for you to incorporate juice into your diet.

What Is Juicing?

In essence, juicing is extracting the juice from whole fruits and veggies. Some people may wonder why it has become so popular in the past few years, especially since we can simply purchase ready-made fruit and veggie juices at the store. The nutrients in the store-bought juices, however, are nowhere near the quantity or quality of those in fresh homemade juices made from whole (and if possible, [organic](#)) fruits and vegetables, because the nutrients in store-bought have been pasteurized. Juicing allows the preservation of the natural vitamins, minerals and enzymes of the raw produce.¹

It's also a great way for people who are not big fans of fruits and veggies to get their recommended six to eight servings a day. For example, people who do not like beets can juice the beets together with fruits and berries, and receive the nutrients found in beets (potassium, iron, vitamin C), and enjoy at the same time.

Benefits of Juicing

Juicing allows pre-digestion, or the immediate absorption of all of the nutrients from produce. Plus, juicing provides versatility in vegetables because it helps people to enjoy more veggies they may not typically like to eat whole.

Juicing can aid in the digestive process and give it a little break, because it takes less energy to digest the produce as a liquid than as solid foods, which take many hours after consumption to deliver optimal nourishment to the body.²

It can also help in raising the pH balance in our bodies, and in turn, help to protect us from conditions related to acidic imbalances, including heart and kidney disease, osteoporosis, and diabetes.³

How to Juice In A Healthy Way



Most dietitians do not recommend a juicing-only weight loss plan because the lack of fiber and protein in juices often leaves us hungry, and at risk for losing too much muscle mass.⁴ However, a healthy way to juice for fat loss is to combine juicing with a balanced nutrition plan, because the body needs more than the nutrients fruits and vegetables provide.

Make sure to factor in the calories from the juice as a part of your overall diet. One ounce of juice usually contains about 15 calories. Also, the pulp leftover from juicing is actually where all of the healthy fiber is hiding, and it can be recycled into soups, rice dishes, pasta sauces, muffins, and even crackers (See: [Juice Pulp Cracker Recipe](#)). If you're set on drinking your meal, combine the juice into a smoothie, by blending the pulp, nut butter or avocado for healthy fats, and Greek yogurt for protein.⁵



1 cup plain yogurt

1/4 cup fat-free mayonnaise

1 1/2 cups spinach pulp

1/2 cup parsley pulp (remove stems)

1/2 cup onion pulp

1/2 teaspoon salt

1/4 teaspoon pepper

1/2 teaspoon celery salt

1 round loaf French bread

1. Mix all ingredients except bread together and refrigerate overnight.
2. Hollow out French bread and place spinach dip inside.
3. Serve with veggies or pieces of bread.

Good source of Vitamin A, B-complex, and C; potassium; calcium; iron; phosphorus; magnesium; sulfur; manganese; zinc; copper; iodine; chlorophyll; sodium; and mucilage.

Good for skin, ulcers, digestion, and blood pressure, general cleansing, cancer and infection prevention.



Green Ginger Juice

6 kale leaves

2 cups spinach

1/2 cucumber

4 stalks celery

2 apples

1 inch slice of ginger

Good source of calcium and helps digestion.



Great Greens Juice

2 green apples

1-3 cups of spinach

6-8 leaves Swiss Chard

1 cucumber

4 celery stalks

1/2 fennel bulb

1 bunch basil



Talk About The Pulp



Are there any good recipes for the pulp after juicing?

Some juicers would say... (1)yuk! Don't do that; (2)The pulp is too dry; (3) there are no nutrients left in the pulp or; (4)the entire flavor has been removed so what's the use of keeping it?

Actually, the pulp is what's separated from the product you are juicing and it contains lots of fiber.

Adding the pulp to your meal preparation will help to aid the digestive tract, as well as provide additional vitamins and minerals. I am sure that there are a 100 different uses for the pulp but based on my 'internet browsing' I have discovered a few good tips!

- Cook veggie pulp with your chicken broth to add some flavor and nutrients
- Add the pulp to soups, stews or lasagna to boost the fiber and the nutrient content
- Add some veggie pulp to a block of cream cheese for a tasty spread
- Add veggie pulp to ground beef or turkey for a tastier, healthier meat loaf
- Add fruit pulp to smoothies to make the healthiest, tastiest smoothies
- Add fruit pulp to muffins and breads to provide fiber flavor and sweetness

TIP: You can also use the pulp as gardening compost. Toss it into the soil to improve the soil structure as well as aid in the water retention capabilities.

Remember: After you have juiced the longer you let it sit it loses significant amounts of vitamins and nutrients. So juice what you can consume in a day. **DRINK UP!**



Register for our November Workshops on the Health Benefits of Juicing at [Total You Wellness!](#)

Resources:

Juicing for Health
Williams Sonoma
The Biggest Loser
Jack LaLanne

<http://juicing-for-health.com/joy-of-juicing/juicer-pulp-recipes.html>
<http://blog.williams-sonoma.com/when-it-comes-to-juicing-waste-not/>
<http://www.taylorusa.com/media/lit/Juicer-Pulp-Uses.pdf>
<http://www.powerjuicer.com/power-juicer-healthy-living.php>



Fresh Carrot, Apple & Ginger



2 medium carrots (washed, topped, and tailed)

1 crisp apple (washed and stems removed)

1 inch of fresh root ginger (washed)

Save all pulp for later use.

Juice all ingredients.

Good for eyes, skin and digestion.



Carrot-Apple Pulp Muffins

2 cups all-purpose flour

1/4 cup of carrot pulp

1/4 cup of apple pulp

2 teaspoons baking powder

1/4 teaspoon baking soda

1 teaspoon salt

1/2 cup white sugar

1 tablespoon grated orange zest

2/3 cup orange juice

1/2 cup melted butter

2 eggs

1 tablespoon melted butter

1/4 cup packed brown sugar

1/2 teaspoon ground cinnamon

Combine flour, baking powder, baking soda, salt, white sugar and grated orange peel. Stir in orange juice, 1/2 cup melted butter, eggs and carrot and apple pulp.

Pour into 12 muffin cups.

Mix together 1 tablespoon melted butter, 1/4 cup brown sugar, 1/2 teaspoon cinnamon and sprinkle on top of each muffin. Bake in a preheated 350 degrees F (175 degrees C) oven for 20-25 minutes.





Up Juice

4 medium carrots

2 stalks celery

1 beet, with hard segment where greens are attached removed

1 sweet apple

1 stalk asparagus

1. Juice carrots and celery and save pulp for later use.
2. Juice beet, apple, and asparagus.
3. Stir and drink.

Yields: 1 1/2 cups

Good source of Beta-carotene; Vitamin A, B-complex, C, D, E, and K; iron; calcium; sodium; potassium; magnesium; manganese; sulfur; copper; phosphorus; iodine; and niacin.

Good for urinary tract, weight loss, cancer prevention.



Carrot Apple Ginger Pulp Muffins

3 c. whole wheat flour

1 c. all-purpose flour

1 c. extra virgin olive oil

1 c. unsweetened applesauce

1/2 c. milk

2 tsp. salt

4 tsp. baking soda

1 1/2 c. brown sugar

6 large eggs

4 tsp. cinnamon

2 tsp. nutmeg

4 tsp. vanilla

4 c. pulp (I used a mixture of carrots, apples & ginger)

2 c. chopped pecans or walnuts (optional)



1) Preheat oven to 350 degrees. Grease muffin tins thoroughly or use cupcake liners.

2) Mix the flours, olive oil, applesauce, milk, salt, baking soda, brown sugar & eggs in a large mixing bowl.

3) Add the remaining ingredients and mix thoroughly.

4) Pour into muffin pan or liners and bake at 350 degrees for 20-25 minutes. Let muffins cool for about 10 minutes and serve!





Bobbi Sue's Pineapple Wheatgrass

1 pineapple spear

Handful of wheatgrass

Handful spinach

(Wrap wheatgrass in spinach.)

Juice the wheatgrass wrapped in spinach first. Add the pineapple spear to juice the wheatgrass through.

Good for detoxifying the body.



Veggie Quiche



1 up of veggie pulp (tomato, carrot, broccoli, anything!)

1/2 onion chopped

1 carrot, grated

1/2 tsp of garlic powder

1 cup of cheddar cheese (optional)

4 organic eggs, beaten

2 tbsp. parsley, chopped

1/2 cups of milk

Sea salt and pepper to taste

1 unbaked whole wheat pie shell

Place all ingredients (except the pie shell) in a bowl and mix to combine. Pour into pie shell.

Back in oven at 375 degrees for 40 minutes.



Broccoli Bush

4 medium carrots

1/2 medium green bell pepper

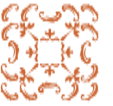
2 stalks broccoli

1. Juice carrots, saving pulp for later use.
2. Juice pepper, saving pulp for salsa.
3. Juice heads of broccoli, discarding stalk.
4. Stir juice and drink.

Yields: 1 cup

Good source of Beta-carotene; Vitamin A and C; riboflavin; iron; calcium; sodium; potassium; magnesium; manganese; and copper.

Good for general cleansing, cancer prevention.



Pineapple Wheatgrass Sorbet



2 pineapple spears

Handful of wheatgrass

Handful spinach

(Wrap wheatgrass in spinach.)

Juice the wheatgrass wrapped in spinach first. Add the pineapple spears to juice the wheatgrass through. Pour fresh juice into a dessert dish and freeze. If you like, you can mix a teaspoon of pulp to the juice to add texture to your sorbet.



Chuck's Wake Up

- 1/2 cucumber
- 1/2 bell pepper
- 1 large carrot
- 1 stalk celery
- 1 sweet apple
- 1 zucchini
- 1 tomato

2 or 3 yellow pepperoncinis

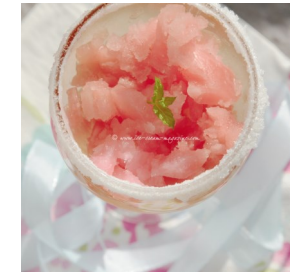
Juice all ingredients, save all pulp for later use, stir thoroughly, and drink immediately.

Good Source of Vitamin A, B-complex, C, D, E, and K; iron; calcium; sodium; potassium; magnesium; manganese; sulfur; copper; silicon; iodine; and phosphorus.

Good for eyes, skin, bad breath, and digestion, general cleansing, ulcers, arthritis, cancer prevention.



Pulp Ice Cream/Sorbet



Take 3 cups of pulp from any sweet fruit. Peaches, pineapple, pear, apples and berries all work well.

Freeze in an ice cube tray. When frozen, mix in a blender with 4 ripe bananas until it is the consistency of sorbet.

Serve immediately.

<http://www.all-about-juicing.com/recipes-using-juicer-pulp.html#.Unqo8IMlIas>





Morning Delight

1 large carrot

1 medium Red Delicious apple

1 pint fresh strawberries

1. Insert washed and unpeeled carrot; save pulp for later use.
2. Insert apple and save pulp for later use or enjoy as applesauce with breakfast.
3. Wash and hull strawberries and insert; save pulp for later use.
4. Stir juice and drink.

Hint: You can mix the pulp from all three ingredients and freeze to make sorbet.

Yields: 1 1/4 cups

Good source of Beta-carotene; Vitamin C, A, B-complex, D, E, and K; iron; calcium; sodium; potassium; phosphorus; and niacin.

Good for skin, cancer prevention.



Zucchini Bread



3 eggs

1 cup canola oil

1 cup honey

2 cups zucchini pulp

2 teaspoons baking soda

1/2 teaspoon baking powder

2 teaspoons salt

1/2 cup wheat germ

1 1/2 cups oat flour

1 cup chopped walnuts

1. Preheat oven to 350 degrees. Beat eggs.
2. Add oil and honey and beat until thick. Stir in zucchini pulp.
3. Add remaining ingredients and mix. Pour into 2 greased loaf pans.
4. Bake for 1 hour, or until golden brown.

Yield 2 loaves.

Good source of Vitamin A and C; Potassium and Magnesium.

Good for kidneys and bladder, general cleansing.



Morning Energy Blast



5 large carrots

3 medium Red Delicious apples

Ginger

1. Feed carrots into juicer and save pulp for later use.
2. Feed apples into juicer and save pulp for later use.
3. Stir juice while mixing in drink mix.

Yields: 1 1/2 cups.

Good Source of Beta-carotene; Vitamin A, B-complex, C, D, E, and K; iron; calcium; sodium; potassium; and electrolytes.

Good for skin and hair, cancer prevention.



Colc Slaw



3 cups cabbage pulp

1 1/2 cups carrot pulp

1/4 celery pulp

1 tablespoon white vinegar

3 tablespoons reduced-calorie mayonnaise

Parsley sprig for garnish

1. Mix together cabbage, celery and carrot pulp.
2. Stir in vinegar and mayonnaise until thoroughly mixed.
3. Garnish with parsley sprig.

Yields: 4 1/2 cups

Good source of Beta-carotene; vitamin A, B-complex, C, D, E, and K; iron; calcium; sodium; potassium; magnesium; manganese; sulfur; copper; phosphorus; and iodine.

Good for ulcers, cancer prevention.



Tummy Salad

3 medium carrots

1/4 head cabbage, sliced to fit into juicer

1 stalk celery

5 sweet cherries, pitted

1. Juice carrots, celery, and cabbage, saving pulp for Cole Slaw.
2. Juice cherries.
3. Stir juices together an drink.

Yields: 1 1/4 cups

Good source of Beta-carotene; Vitamin A, B-complex, C, D, E, and K; iron; calcium; sodium; potassium; magnesium; sulfur; copper; phosphorus; and iodine.

Good for ulcers, cancer prevention.



Sweet Slaw

1 cup apple pulp

1 cup carrot pulp

1 tablespoon lemon juice

1/4 cup raisins or cranberries

1. Put carrot and apple pulp in small bowl. Add lemon juice and stir.
2. Top with raisins or sunflower seeds or sliced almonds or pecan pieces and serve.

Yield: 1 cup

Good Source of Vitamin B1, B2, B6, C and P; niacin; calcium; and phosphorus.

Good for skin, hair and detoxifying.





Top 10 Juice

1 large tomato

3 large carrots

1/2 red bell pepper

1/2 green bell pepper

1/2 yellow bell pepper

1 small onion

2 stalks celery, including tops

1/4 head iceberg lettuce

1 small cucumber, skinned

2 ounces fennel juices (ready-made or made with a wheatgrass juicer).

1. Juice tomato, carrots, bell peppers, onion, and celery, saving pulp for salsa.
2. Juice lettuce and cucumber.
3. Stir together with fennel juice and drink immediately.

Yields: 2 1/2 to 3 cups

Good source of Beta-carotene; vitamin A, B-complex, C, D, E, and K; phosphorus; potassium; iron; bromine; calcium; sodium; magnesium; manganese; sulfur; copper; iodine; cobalt; and zinc.

Good for ulcers, lowering blood pressure.



Carrot-Pineapple Sauce



Pulp of 4 large carrots

Pulp of 1/4 pineapple saved from Carrot Cake Juice

Parsley sprig for garnish

Stir pulps together and garnish with parsley sprig.

Yields: 1/2 cup

Good source of Beta-carotene; Vitamin A, B-complex, C, D, E, and K; iron; calcium; sodium; potassium; magnesium; manganese; sulfur; copper; phosphorus; and iodine.

Good for colds and flu, cancer prevention.



Carrot-Cake Juice

4 large carrots

1/4 pineapple, skin removed, cut into spears

1 golden Delicious apple

ground cinnamon

ground cardamom

1. Juice all three fruits, saving pulp for Carrot-Pineapple Sauce.
2. Stir juice and sprinkle cinnamon and cardamom on top to taste.

Yields: 2 cups

Good source of Beta-carotene; Vitamin A, B-complex, C, D, E, and K; iron; calcium; sodium; potassium; magnesium; manganese; sulfur; copper; phosphorus; niacin; and iodine.

Good for ulcers, cancer prevention.



Salsa Chicken



2 boneless chicken breasts, skin removed

1/2 cup tomato pulp

1/4 cup bell pepper pulp

1 tablespoon onion pulp

1 garlic clove, minced

1 tablespoon cilantro pulp

1/4 cup red bell pepper pulp

1/8 teaspoon garlic powder

1/8 teaspoon salt

1/4 teaspoon salt

1/2 teaspoon cumin

2 tablespoons red wine vinegar

1. Preheat oven to 350°. Place chicken in nonstick baking pan.
2. Mix remaining ingredients and pour over chicken.
3. Cover with foil and bake for 1 hour.

Good source of Vitamin A, B1, B2, B6, C, and K; phosphorus; potassium; iron; bromine; and bactericides.

Good for skin, bladder, gall bladder, liver, kidneys, and flu.



Virgin Mary

6 medium tomatoes

2 stalks celery

1/2 lemon, peeled but with white pith remaining dash
Tabasco (or more to taste)

pepper to taste

1. Cut tomatoes into wedges to fit into juicer. Juice and save pulp for pasta sauce or salsa.
2. Juice celery and lemon, and stir in other ingredients.

Yields: 2 cups

Good source of Vitamin A, B1, B2, B6, C and K;
phosphorus; potassium; iron; bromine; sodium;
magnesium; manganese; iodine; folate, potassium and
copper.

Good for skin, general cleanser.



Summer Salsa



1/2 cup orange pulp

1/2 cup pineapple pulp

Mix well and serve with pear and apple slices. Also great
for chicken and fish.



Pineapple-Orange Zing

4 pineapple spears

1 medium orange, peeled but with white pith remaining

1. Juice pineapple spears, freezing pulp for later use.
2. Juice orange
3. Stir and drink.

Yields: 1 cup

Good source of Vitamin C, A, and B-complex; iodine; magnesium; manganese; and calcium.

Good for digestion, colds and flu.



Simple Salsa



2 cups tomato pulp

1/4 cup onion pulp

1/4 cup celery pulp

1 teaspoon cilantro pulp

Mix all ingredients and serve with chips or raw vegetables.

Yields: 1 1/4 cups

Good source of Vitamin, A, B1, B2, B6, C and K; phosphorus; potassium; iron; and bromine.

Good for skin, general cleanser.



Tomato Salsa Drink

1 tablespoon fresh crumbled cilantro

2 large tomatoes

1 small onion

2 jalapeno peppers

1/2 lime, peeled but with white pith remaining

1. Run cilantro through juicer first so that additional ingredients pick up cilantro flavor as they are processed.
2. Juice tomatoes, onion, and peppers.
3. Juice lime.
4. Save pulp of all ingredients combined for Salsa Salsa.

Good source of Vitamin A, B1, B2, B6, C and K; phosphorus; potassium; iron; magnesium; and bromine.

Good for weight loss, general cleansing, urinary infections and lowering bad cholesterol.



Peachy Sorbet



Peach, apricot, and cherry pulp saved from Fizzy Georgia

1. Combine pulps and freeze in ice-cube tray.
2. Run ice cubes through juicer and collect as sorbet.

Take machine apart to scoop out sorbet.

Yields: 1/2 cup

Good source of Vitamin A, B, and C; and protein.

Good for digestion, general cleanser.



Fizzy Georgia



2 medium peaches

4 apricots

5 sweet cherries

5 ounces sparkling mineral water or champagne

1. Pit peaches, apricots, and cherries. If your juicer has trouble processing peach and apricot skins, peel peaches and apricots.
2. Put fruits through juicer, freezing pulp for sorbet.
3. Stir juice in large glass and slowly pour in mineral water or champagne. Drink will fizz up.

Yields: 1 1/3 cups

Good source of Vitamin A, B, and C; and protein.

Good for Ulcers, cleansing bowels, cancer prevention.



Salsa Salsa

All ingredients are produced by making Tomato Salsa Drink.

tomato pulp

jalapeno pepper pulp

onion pulp

cilantro pulp

lime pulp

Collect pulps from Tomato Salsa Drink recipe, stir together, chill and serve with chips or vegetables.

Yields: 1/2 cup

Good source of Vitamin A, B1, B2, B6, C and K; phosphorus; potassium; iron; and bromine.

Good for skin, general cleanser.





Breakfast Treat



4 pineapple slices

1 pink grapefruit, peeled but with white pith remaining

1. Juice pineapple, freezing pulp for later use.
2. Juice grapefruit.
3. Stir and drink.

Yields: 1 1/2 cups

Good source of Vitamin C, A, and B-complex; iodine; magnesium; manganese; potassium; and phosphorus.

Good for digestion, colds and flu.



Vitamin C Punch Topping



1/3 cup pineapple pulp

2/3 cup grapefruit pulp

2 tablespoons lemon pulp saved from Vitamin C Punch

Thoroughly mix ingredients, chill and serve as pancake, waffle, or topping for pound cake or other dessert.

Yields: 1 cup

Good source of Vitamin A, B-complex, C and P; Calcium; phosphorus; iodine; magnesium; manganese; potassium; iron; and sulfur.

Good for digestion, colds and flu.