**Sarah’s Juice Recipes**

**Morning Juice** Sweet and refreshing – a great way to start the morning.

2 small grapefruit  
2 granny smith apples  
1 large handful of carrots  
1”x2” piece of ginger

**Purple Goodness** Slightly sweet and full of goodness.

1/3 head of purple cabbage  
1 small handful of carrots  
1 semi-sweet apple (Jonagolds)  
3 cups long-stemmed spinach

**Mamma Mia!** A cure for those savory cravings.  Try fresh garlic at your own risk - a little goes a long way.

5 large tomatoes  
3 cups long-stemmed arugula  
1 zucchini  
½ cup basil  
4 sprigs of thyme  
1 dash of garlic powder

**Strawberry Basil Lemonade** I see a future for this “splurge juice” as a dessert or cocktail base.

1 carton of strawberries  
3 large handfuls of grapes  
3 lemons  
½ medium jicama (peeled)  
½ cup basil

**Faux-jito** So refreshing!  Another juice destined for a little alcoholic addition.

2 cucumbers  
2 large handfuls of grapes  
½ medium jicama  
2 limes  
½ cup mint