**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