

Life-Fueling Juices

Delicious ways to drink your vitamins



Strawberry Blondie

Pineapple Punch Tonic

Cucumint Lemonade

SERVES 4

This recipe isn't your standard childhood lemonade-stand lemonade. For one thing, it's a lot less sugary and a lot more flavorful and comes complete with the hydrating power of cucumber. I'll just come out and say it: This grown-up version of lemonade is too-cool-for-school. You'll probably need hipster, vintage horn-rimmed eyewear to serve this. Oh, and vintage cocktail glasses, too.

- 4 English cucumbers, peeled and coarsely chopped
- 1/3 cup mint leaves, packed tight
- 1 cup fresh lemon juice (4-6 lemons)
- 1/4 cup honey or maple syrup
- 2 cups ice cubes
- Water

1. Place cucumber and mint in a blender and blend until smooth.
2. Pour through a fine mesh sieve or nut milk bag to strain out the pulp.
3. Pour juice into a 4-cup jug or mason jar.
4. Add lemon juice, honey and ice, stirring

to combine. Top it off with water. Serve chilled.

Each serving contains 126 calories, 0g total fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 2mg sodium, 32g carbohydrate, 0g fiber, 19g sugars, 3g protein, 20Est GL.

Herb + Fruit Combos

Fancy-pants your drink even further with these jazzed combos:

- ▶ Blackberries + Mint
- ▶ Peaches + Basil
- ▶ Pineapple + Cilantro
- ▶ Watermelon + Tarragon

Strawberry Blondie

SERVES 2

This is the drink you'll dream of in the cold, dark months of January. Although not essential, it's recommended that this beverage be consumed while you're lying in a hammock.

- 2 cups fresh strawberries
- 1 cup red grapes
- 1/3 cup basil leaves, tightly packed
- 1 (1-inch) piece fresh ginger
- 1 cup ice cubes
- Pinch of Himalayan salt
- 2 cups soda water, divided

Juicer Method

1. Run strawberries, grapes, basil and ginger through a juicer.
2. Divide ice cubes between 2 glasses.
3. Pour juice into glasses and stir in Himalayan salt, to taste.
4. Top with soda water and serve.

Blender Method

1. Place strawberries, grapes, basil and ginger in a blender with 1 cup soda water. Blend until smooth. (You may need to do this in batches.)
2. Pour juice through a fine mesh sieve or nut milk bag to strain out the pulp.
3. Divide ice cubes between 2 glasses.
4. Pour juice into glasses and stir in Himalayan salt, to taste.
5. Top with more soda water and serve.

Each serving contains 107 calories, 1g total fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 100mg sodium, 27g carbohydrate, 4g fiber, 20g sugars, 2g protein, 8Est GL.

Pineapple Punch Tonic

SERVES 2

Have you ever seen the way pineapples grow? There's one wild looking, antioxidant and anti-inflammatory-powered fruit per plant.

- 1 medium pineapple, peeled and cored
- 2 cups cilantro with stems
- 1 lemon or lime
- 1 1-inch piece fresh ginger
- 4 kale leaves, optional

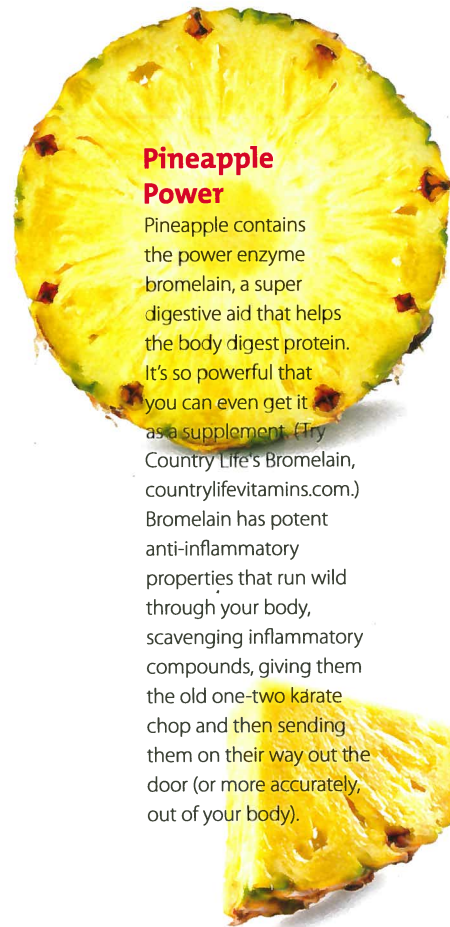
Juicer Method

1. Cut the pineapple into pieces to fit through a juicer.
2. Juice ingredients one at a time.
3. Run 1/2 cup water through the juicer at the end and add this liquid to everything else.
4. Drink the juice right away or store it in an airtight container in the fridge for a couple of hours.

Blender Method

1. Cut ingredients into 1- to 2-inch cubes and place them in a blender with 1 cup water. Blend until smooth. (You may need to do this in batches.)
2. Pour the juice through a fine mesh sieve or nut milk bag to strain out the pulp.
3. Drink the juice right away or store it in an airtight container in the fridge for a couple of hours.

Each serving contains 238 calories, 1g total fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 13mg sodium, 63g carbohydrate, 7g fiber, 45g sugars, 3g protein, 16Est GL.

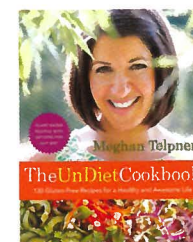


Pineapple Power

Pineapple contains the power enzyme bromelain, a super digestive aid that helps the body digest protein. It's so powerful that you can even get it as a supplement. (Try Country Life's Bromelain, countrylifevitamins.com.) Bromelain has potent anti-inflammatory properties that run wild through your body, scavenging inflammatory compounds, giving them the old one-two karate chop and then sending them on their way out the door (or more accurately, out of your body).

Strawberry Alert

Conventional strawberries make my eyes swell shut. Organic strawberries do not. We learn these sorts of things the hard way. This fruit is nature's most perfect candy. But sadly, strawberries have become one of the most heavily sprayed crops in North America. Want to know what pesticides are sprayed on your produce? Visit WhatsOnMyFood.org.



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