

12 FRESH & HEALTHY JUICE RECIPES FOR BEGINNERS



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Green Power Fusion

This recipe combines hydrating vegetables with citrus and apple for a mild, not-too-sweet green juice. It's rich in vitamins A, C, and K, and can support digestion and immune health.



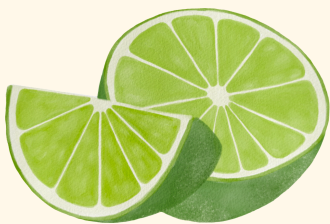
1 bunch celery



2 bunches kale



1 cucumber



2 limes



1 apple

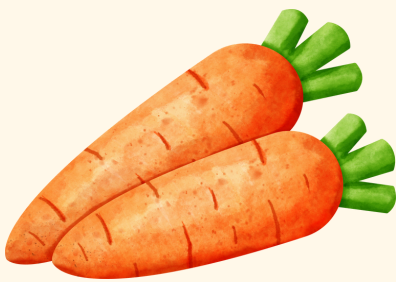


¼ cup parsley



Carrot Orange Glow

This juice is high in beta-carotene and vitamin C. It's a good option in the morning or whenever you need a natural immunity boost. The ginger adds a small kick and some added anti-inflammatory benefits.



2 medium carrots



2 oranges



1 piece fresh ginger



Tropical Kale Cleanser

This juice blends leafy greens with tropical fruit and electrolytes.

The kale provides a strong dose of vitamins A and K, while pineapple adds a touch of sweetness and bromelain, an enzyme known to support digestion. Coconut water helps with hydration, making this a good pre- or post-workout option.



1 handful kale leaves



$\frac{1}{2}$ cup pineapple



$\frac{1}{2}$ cup coconut water



CCA Juice

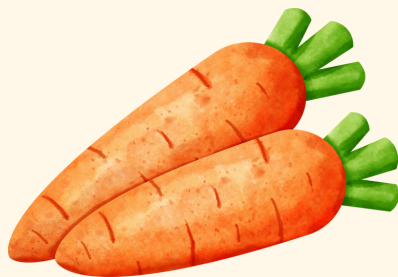
Short for cabbage, carrot, and apple, this CCA juice is rich in antioxidants and fiber. Cabbage supports gut health and may help reduce inflammation. Carrots bring beta-carotene, and apples offer a natural sweetness along with vitamin C. It's a nourishing juice that works well in colder months.



1 head cabbage



2 apples



2 large carrots



Cucumber Apple Mint Cooler

Light and refreshing, this is a great juice for warmer days or when you're feeling sluggish. The cucumber has a high water content, mint offers a natural cooling effect, and apples give it just enough sweetness. It's also super simple to prepare.



2 medium
cucumbers



2 green apples

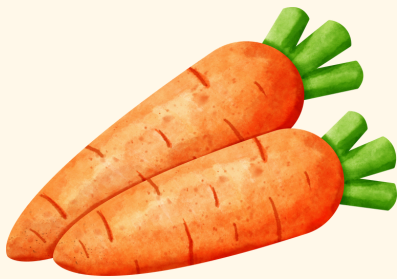


1 handful mint leaves



Carrot Wheatgrass Energizer

If you're looking to boost your energy naturally, this juice offers a mix of vitamins, minerals, and plant compounds. Wheatgrass is nutrient-dense, though its flavor is strong, so the carrots and blueberries help balance that out. Celery adds hydration and a mild salty note.



2 medium carrots



1 cup blueberries



1 small handful
wheatgrass



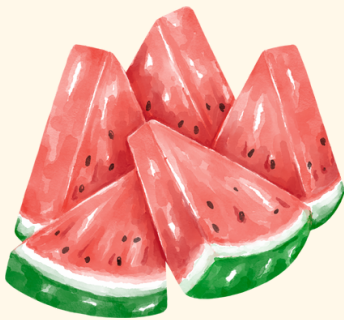
1 stalk celery



Watermelon Blueberry Hydrator

While fruit-only juices are usually best in moderation, this one is a light, hydrating exception. Thanks to the high water content of watermelon and the modest portion of blueberries, it's low in sugar and ideal for hot weather or post-exercise rehydration.

The lime adds a subtle, refreshing kick.



2 cups watermelon
cubes



½ cup blueberries



1 tablespoon lime juice

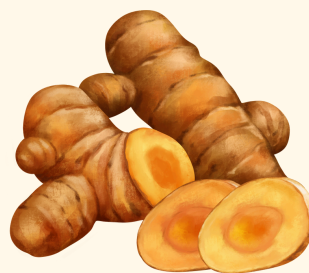


Cherry Ginger Reset

This tart and spicy juice supports digestion and reduces inflammation. Cherries are rich in antioxidants and may ease muscle soreness. Turmeric and ginger both have anti-inflammatory properties, while lemon adds vitamin C and helps with detoxification. The perfect workout recovery shot.



$\frac{1}{2}$ cup cherries



$\frac{1}{2}$ tsp turmeric



$\frac{1}{4}$ oz ginger

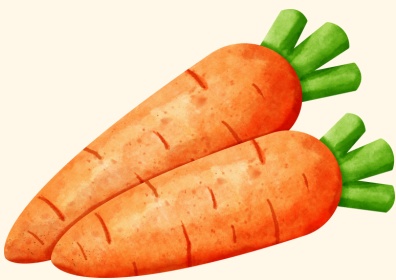


$\frac{1}{4}$ lemon

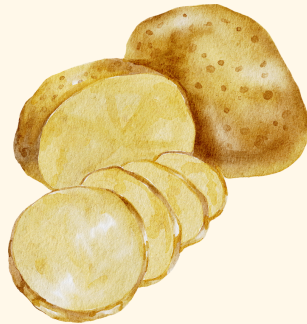


Vital Root Recovery

Packed with a variety of vegetables, this juice is a powerful blend for immune support and recovery. Carrots and beets promote heart health and circulation. Broccoli and tomato offer antioxidants and vitamin C. Potato provides potassium and cucumber adds hydration.



2 carrots



1 potato



2 broccoli florets



½ small beet



1 tomato



¼ cucumber



Immune Orchard Mix

A sweet-and-savory blend designed to strengthen the immune system. Strawberries, orange, and apple bring vitamin C and antioxidants. Apricot adds a touch of beta-carotene. Broccoli and cauliflower support detoxification and contain compounds linked to improved immunity.



3 strawberries



1 orange



1 apple



3 broccoli florets



1 apricot

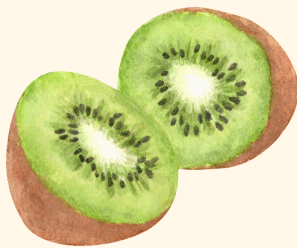


3 cauliflower florets



Kiwi Pine Rush

This energy-boosting juice delivers a sharp, tropical flavor with real benefits. Kiwi and orange are packed with vitamin C. Pineapple adds bromelain, an enzyme that aids digestion. Ginger offers a warming kick and supports circulation. Try this one in the morning or before an active day.



2 kiwis



1 orange



½ pineapple



½ oz ginger

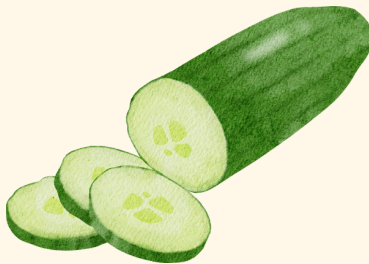


Spicy Citrus Cleanser

A bold, detox-focused juice with just a hint of heat. Pineapple and lemon help flush the system and aid digestion. Spinach adds iron and vitamin K. Cucumber hydrates and cools the mix. The jalapeño gives a gentle metabolic boost. Drink it when you need to wake up your senses or support a gentle cleanse.



½ lemon



½ cucumber



¼ jalapeño



2 pieces pineapple



1 tbsp spinach



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