

Aeitto Recipes

The Healthy Diet



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Aeitto

- This guide will help you create wholesome foods. Fresh, healthy juice can boost your energy. Whether you are a juice beginner or have a busy schedule, you can meet your daily needs for fruits and vegetables with a glass of juice, while providing your body with vitamins and nutrients. Easy juice recipes also can help with recovery after a workout, which makes it a great post-activity drink. Aeitto fit the diverse natural health elements into your cups easily.
- To retain the maximum amount of nutrients from ingredients, please try your slow juicer. Such as the upgraded auger of the Aeitto Slow Juicer, can better increase juicer yield, and the juice can retain more abundant nutrients and reduce oxidation.
- These vegan juice recipes are packed with ingredients perfect for boosting energy, trying juicer recipes, or using up leftover fruits and vegetables in the fridge! Make organic, healthy juices at home in just minutes.



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Aeitto Family

Slow Juicer





RECIPES 1

JUICE STARTER SET



Juice Recipes

For Beginners

Yield: 16 oz serving (may vary)

Prep Time: 15mins

Cook Time: 5mins

Ingredients:

2 celery stalks

1 apple

1 bunch of parsley leaves

1 orange

1 beetroot

Directions:

1. wash the produce thoroughly
2. peel apple, orange, mango, beetroot and cut them into small quarters
3. chop the celery and parsley leaves
4. Insert all ingredients into Aesito slow juicer



Juice Cleanse

Starter Recipes

Yield: 16 oz serving (may vary)

Prep Time: 15mins

Cook Time: 5mins

Ingredients:

2 Red Beet

1 Orange

1 bunch of kale

1/4 large Cucumber

Directions:

1. wash the produce thoroughly
2. peel beet, orange, Cucumber and cut them into small quarters
3. chop the kale roughly
4. Insert all ingredients into Aesito slow juicer



Celery Apple

Yield: 16 oz serving (may vary)

Prep Time: 15mins

Cook Time: 5mins

Ingredients:

2 celery stalks

1 apple

1/2 bunch of parsley leaves

1 orange

1 beetroot

Directions:

1. wash the produce thoroughly

2. peel orange, beetroot,
and apple

and cut them into small quarters

3. chop the celery roughly

4. Insert all ingredients
into Aejitto slow juicer



RECIPES 2

DETOX DRINKING



3-Day Detox Juice

Breakfast

Yield: 16 oz serving (may vary)

Prep Time: 15mins

Cook Time: 5mins

Ingredients:

1 medium cucumber

4 celery stalks

1/2 green apple

1/2 lime

1 cup kale leaves

1 cup pineapple

Directions:

1. wash the produce thoroughly
2. chop the celery into small pieces
3. remove the core of an apple, and slice it into appropriate sizes
4. peel cucumber, pineapple, and lime cut into small quarters
5. Insert all ingredients into Aeito slow juicer



3-Day Detox Juice

Lunch

Yield: 16 oz serving (may vary)

Prep Time: 15mins

Cook Time: 5mins

Ingredients:

1 cup blueberries

1/4 avocado

1 lemon

1 mango

1 bunch kale leaves

Directions:

1. wash the produce thoroughly
2. Roughly chop the kale leaves
3. peel avocado, lemon, and mango cut into small quarters
4. Insert all ingredients into Aeito slow juicer



3-Day Detox Juice

Dinner

Yield:16 oz serving (may vary)

Prep Time: 15mins

Cook Time: 5mins

Ingredients:

3 celery stalks

1 cucumber

1 apple

1 lemon

1-2 inch piece of ginger

Directions:

1. wash the produce thoroughly
2. Roughly chop the kale leaves
3. peel avocado, lemon, and mango cut into small quarters
4. Insert all ingredients into Aeito slow juicer



Healthy Cleanse Juice

Yield:16 oz serving (may vary)

Prep Time: 15mins

Cook Time: 5mins

Ingredients:

half of the pineapple

2 pieces of ginger

1 mango

half of the cantaloupe

1/4 lemon

Directions:

1. wash the produce thoroughly

2. peel cantaloupe, pineapple, mango, and lemon and cut into small quarters

3. Insert all ingredients into Aetto slow juicer



Liver Detox Juice

Yield: 16 oz serving (may vary)

Prep Time: 15mins

Cook Time: 5mins

Ingredients:

1 beet (medium size)

6 celery stalks

1 cup fresh cilantro

1/2 lemon

1 piece of ginger

Directions:

1. wash the produce thoroughly
2. peel beet, and ginger and cut into small quarters
3. Chop the celery and cilantro
4. Insert all ingredients into Aeitto slow juicer



Cleansing Pineapple Mango

Yield: 16 oz serving (may vary)

Prep Time: 15mins

Cook Time: 5mins

Ingredients:

1/2 pineapple

2 inches of ginger

Handful wheatgrass

1 mango

1/2 cantaloupe

Directions:

1. wash the produce thoroughly
2. peel pineapple, ginger, mango, and cantaloupe and cut into small quarters
3. Chop the wheatgrass
4. Insert all ingredients into Aeito slow juicer



RECIPES 3

IRON POWER



High Iron Juice For Anemia

Yield:16 oz serving (may vary)

Prep Time: 10mins

Cook Time: 3mins

Ingredients:

1 carrots

1 apples

1 thumb-size piece of ginger

½ lemon

Directions:

- 1.wash all the ingredients then remove the apple core and cut it into small pieces
- 2.peel carrots, ginger, and lemon, cut into small quarters
- 3.insert all of the ingredients into Aeitto slow juicer



Iron-Rich Green Juice

Yield: 16 oz serving (may vary)

Prep Time: 10mins

Cook Time: 5mins

Ingredients:

2 celery stalks

1 cucumber

1 orange

half a lemon

Directions:

1. wash all the ingredients;
2. Roughly chop the celery stalks
3. peel the cucumber, orange, lemon and cut into small pieces
4. Add all ingredients into the Aeitto juicer



Anemia

Energy Juice

Yield:16 oz serving (may vary)

Prep Time: 10mins

Cook Time: 5mins

Ingredients:

1 handful of parsley

1 lemon

Directions:

- 1.wash all the ingredients;
- 2.Roughly chop the celery stalks
- 3.peel the lemon and cut into small pieces
- 4.Add all ingredients into Aeitto juicer



Purple Anemia Fighting Juice

Yield:16 oz serving (may vary)

Prep Time: 10mins

Cook Time: 5mins

Ingredients:

2 Carrots

1/2 Red Cabbage

1/2 Lemon

1 Small Red Apple

1/4 Cantaloupe Melon

Directions:

- 1.wash all the ingredients;
- 2.Roughly chop the celery stalks
- 3.peel the lemon and cut into small pieces
- 4.Add all ingredients into Aeitto juicer



Strawberry Pineapple Juice

Yield: 16 oz serving (may vary)

Prep Time: 10mins

Cook Time: 5mins

Ingredients:

1 pear

1/2 pineapple

1 cup of strawberries

1/2 a lime

Directions:

1. wash all the ingredients with clean water
2. Core and peel pineapple, pear, lime, slice into appropriate sizes
3. Juice up all the ingredients and stir before drinking



RECIPES 4

ENERGY UP JUICE



Morning Juice

Yield: 16 oz serving (may vary)

Prep Time: 10mins

Cook Time: 5mins

Ingredients:

2 apple

half a carrot

1 celery stalk

Directions:

1. wash the produce thoroughly
2. peel carrot and apple, core the apple, and cut them into small quarters
3. Chop the celery
4. Insert all ingredients into Aeito slow juicer



Brain Boosting Beetroot Juice

Yield: 16 oz serving (may vary)

Prep Time: 15mins

Cook Time: 5mins

Ingredients:

1 medium Apple

2 Beet Roots

1 medium Carrot

1/2 Lemon

2 Oranges

Directions:

1. wash the produce thoroughly
2. core the apple, peel the carrot, apple, beet, lemon, and orange; and cut them into small quarters
3. Chop the celery
4. Insert all ingredients into Aeito slow juicer



Immunity-boosting Juice Recipes

Yield:16 oz serving (may vary)

Prep Time: 10mins

Cook Time: 5mins

Ingredients:

1 carrot

2 orange

Directions:

1. wash the produce thoroughly
2. peel the carrot and orange and cut them into small sizes
3. Insert all ingredients into Aeito slow juicer



Juice Recipes For Gut Health

Yield:16 oz serving (may vary)

Prep Time: 15mins

Cook Time: 5mins

Ingredients:

1 pineapple

1 pears

1 cucumber

Thumb-length of ginger

Directions:

1. wash the produce thoroughly
2. peel pineapple ,cucumber, pear, core the pear, and cut them into small quarters
3. Insert all ingredients into Aeito slow juicer



Juice Recipes For Eye Health

Yield: 16 oz serving (may vary)

Prep Time: 15mins

Cook Time: 5mins

Ingredients:

1/2 grapefruit

1/2 carrot

1 apple

1/4 cantaloupe

1 mango

1/3 lime

Directions:

1. wash the produce thoroughly
2. peel all ingredients and cut them into small quarters
3. Insert all ingredients into Aeito slow juicer



Juice Recipes For Nerve Pain

Yield: 16 oz serving (may vary)

Prep Time: 15mins

Cook Time: 5mins

Ingredients:

1/3 pineapple

2 carrot

1/3 melon

2 orange

1/4 lime

Directions:

1. wash the produce thoroughly
2. peel all ingredients and cut them into small quarters
3. Insert all ingredients into Aesito slow juicer



RECIPES 5

HARRY POTTER'S JUICE



Juice Recipes For Kids

Yield: 16 oz serving (may vary)

Prep Time: 15mins

Cook Time: 5mins

Ingredients:

1/2 medium oranges

1/5 of a pineapple

1/3 lime

1/2 inch piece of ginger root

3/4 medium carrot.

Directions:

1. wash the produce thoroughly
2. peel all ingredients and cut them into small quarters
3. Insert all ingredients into Aeitto slow juicer



Juice Recipes For Kids

Yield:16 oz serving (may vary)

Prep Time: 15mins

Cook Time: 5mins

Ingredients:

1 lime

1 lemon

1/2 mango

1 orange

1/2 cup strawberries

1/2 cup blueberries

1/2 cup blackberries

Directions:

1. wash the produce thoroughly
2. peel lime, lemon,mango,orange and cut them into small quarters
3. Insert all ingredients into Aeitto slow juicer



RECIPES 6

AMAZING ANTIOXIDANTS



Skin Solving Celery Juice

Yield:16 oz serving (may vary)

Prep Time: 8 mins

Cook Time: 3mins

Ingredients:

1 bunch of celery

Directions:

1. wash and chop the celery into small pieces
2. Insert all celery into Aeito slow juicer



Juice Recipes For Glowing Skin

Yield:16 oz serving (may vary)

Prep Time: 10 mins

Cook Time: 5 mins

Ingredients:

1 apple

1 orange

4 carrots

1/2 cucumber

1 inch of ginger

1/2 lemon

Directions:

1. wash the produce thoroughly
2. remove the core of an apple, slice it into appropriate sizes
3. peel and remove the top end of carrot,cucumber, orange and lemon, cut into small quarters
4. Insert all ingredients into Aeitto slow juicer



RECIPES 7

CHASE DOPAMINE



Juice Recipes For Stress-Busting

Yield:16 oz serving (may vary)

Prep Time: 15 mins

Cook Time: 5 mins

Ingredients:

3 carrots

1/2 pink grapefruit

1 pear

15 leaves of peppermint

Directions:

1.wash all the ingredients with clean water

2.peel and core of carrort,grapefruit,pear and cut into small pieces

3.Roughly chop the peppermint leaves



Juice Recipes For Mental Health

Yield: 16 oz serving (may vary)

Prep Time: 15 mins

Cook Time: 5 mins

Ingredients:

1/4 watermelon

1 inch of Turmeric

1/2 Orange

1/2 Beet

1/2 cup of Blackberry

1/4 Cantaloupe

Directions:

1. wash the produce thoroughly
2. peeled watermelon, cantaloupe, orange and cut into appropriate sizes
3. peel and remove the top end of beet and cut into small quarters
4. Juice all ingredients together.



Juice Recipes For Anxiety Depression

Yield: 16 oz serving (may vary)

Prep Time: 15 mins

Cook Time: 5 mins

Ingredients:

1 Medium apple

1 Medium carrot

3 stalk celery

1 thumb of ginger root

1/2 Lemon

1 Medium pear

Turmeric root (6 thumbs)

Directions:

1. wash the produce thoroughly
2. remove the core of apple and pear, slice into appropriate sizes
3. peel and remove the top end of the carrot and lemon, cut into small quarters
4. chop the celery into small pieces
5. Insert all ingredients into Aeitto slow juicer



RECIPES 8

SUPER GREEN JUICE



Healthy Green Juice Recipes

Yield: 16 oz serving (may vary)

Prep Time: 8 mins

Cook Time: 3 mins

Ingredients:

1 medium apple

2/3 medium celery stalk

1/4 medium lemon

Directions:

1. wash the produce thoroughly
2. peel apple and lemon, core the apple and cut into small quarters
3. Chop the celery stalk
4. Insert all ingredients into Aeito slow juicer

A close-up photograph of a glass filled with vibrant green juice. The glass is positioned in the lower right foreground. Surrounding the glass are various fresh ingredients: a halved orange showing its juicy segments, several slices of lime, and some green leafy vegetables. The background is a dark, textured surface, possibly a wooden table.

Super Green Hydrating Juice

Yield: 16 oz serving (may vary)

Prep Time: 15 mins

Cook Time: 5 mins

Ingredients:

2 celery stalks

1 cucumber

1/2 bunch cilantro

1 large apple

1/2 ginger root

1 pear

Directions:

1. wash the produce thoroughly
2. peel cucumber and ginger, core the apple and pear, and cut them into small quarters
3. Chop the celery and cilantro
4. Insert all ingredients into Aetto slow juicer



Green Flu-Fighter Juice Recipes

Yield: 16 oz serving (may vary)

Prep Time: 15 mins

Cook Time: 5 mins

Ingredients:

2 handful spinach


1 medium apple

1 medium cucumber

1 piece of fresh ginger root

Directions:

1. wash the produce thoroughly
2. peel cucumber and apple, core the apple, and cut them into small quarters
3. Chop the spinach
4. Insert all ingredients into Aeito slow juicer



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#HSJ1518

Celery Juicer

- Upgraded Two Speed
- 60dB Quiet Motor
- Reverse Function

Vertical Slow Juicer

- 3.2-inch Large Feed
- Upgraded Two Speed
- Double Safe System



#HSJ122

Aeitto Family



#HSJ1521

Wide Chute Slow Juicer

- 3 Inch Wide Feed Chute
- Soft & Hard Modes
- Reverse Function

Slow Masticating Juicer

- Tritan-BPA Free
- One Key Disassemble
- Easy to Remove and Clean



#GS108

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