

Aeitto

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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RECIPES 1

VITAMIN ENGRGY



Vitamin A

Rich Recipes

Yield: 16 oz serving (may vary)

Prep Time: 8mins

Cook Time: 5mins

Ingredients:

5 Carrots

2 Grapefruits

1-inch piece of Ginger

Directions:

1. wash ingredients thoroughly with clean water
2. peel carrots and grapefruit, and cut the carrot into small quarters
3. Insert all ingredients into Aeitto slow juicer



Vitamin C

Power Juice

Yield: 16 oz serving (may vary)

Prep Time: 10mins

Cook Time: 5mins

Ingredients:

2 handfuls of Spinach

5 sprigs of Mint

5 sprigs of Basil

1 Cucumber

2 Pears

1 Fennel Bulb

1 Lemon

Directions:

1. wash the produce thoroughly
2. peel Cucumber, Pear, and Lemon and cut them into small quarters
3. chop the Spinach Mint Basil and Fennel Bulb roughly
4. Insert all ingredients into Aeito slow juicer



Vitamin C

Boosting Juice

Yield:16 oz serving (may vary)

Prep Time: 10mins

Cook Time: 5mins

Ingredients:

1 pomegranate

1 cup dark cherries

1 cup raspberries

Directions:

- 1.Wash all ingredients well.
- 2.peel the pomegranate
- 3.Add all ingredients through Aeitto juicer and enjoy!



Green Vitamin Juice Recipe

Yield:16 oz serving (may vary)

Prep Time: 10mins

Cook Time: 5mins

Ingredients:

4 carrots

2 oranges

2 apples

1/4 lemon

1 inch of ginger

Directions:

- 1.Wash all ingredients well.
- 2.Peel the Carrot orange and lemon,slice it into appropriate sizes
- 3.remove the core of apple and cut into small quarters
- 4.Insert all ingredients into Aeitto slow juicer



Vitamin Rich Super Green Juice

Yield:16 oz serving (may vary)

Prep Time: 8mins

Cook Time: 5mins

Ingredients:

2 medium carrots

1 sweet potato

1/2 bunch of kale

2 medium Bartlett pears

2 cups red grapes

Directions:

- 1.Wash all ingredients well.
- 2.Peel the Carrots potato ,slice it into appropriate sizes
- 3.remove the core of pear and cut into small quarters
- 4.cut the tomato into small quarters
- 5.chop the kale roughly
- 6.Insert all ingredients into Aeitto slow juicer



RECIPES 2

SKIN GLOWING



Super Orange

Yield: 16 oz serving (may vary)

Prep Time: 8mins

Cook Time: 5mins

Ingredients:

3 inches of turmeric

3 inches of ginger

1 orange

1 apple

Directions:

1. wash ingredients thoroughly with clean water
2. remove the core of an apple, and slice it into appropriate sizes
3. peel the orange and slice into appropriate sizes
4. Insert all ingredients into Aetto slow juicer



Vitamin E

Power Juice

Yield: 16 oz serving (may vary)

Prep Time: 10mins

Cook Time: 5mins

Ingredients:

- 1 beetroot
- 2 oranges
- 2 carrots
- 2 red apples
- 1 cucumber
- 1 stick of celery

Directions:

1. wash the produce thoroughly
2. peel beetroot, orange, and carrot and cut them into small quarters
3. chop the celery roughly
4. remove the core of apple and cut into appropriate sizes
5. Insert all ingredients into Aetto slow juicer



RECIPES 3

HEART PROTECT



Juice Recipes For Lower Heart Rate

Yield:16 oz serving (may vary)

Prep Time: 10mins

Cook Time: 5mins

Ingredients:

1 medium Apple

2 Beet Roots

1 medium Carrot

1/2 Lemon

2 Oranges

Directions:

1. wash ingredients thoroughly with clean water
2. remove the core of an apple, and slice it into appropriate sizes
3. peel the Beet Roots Carrot Lemon and orange slice into appropriate sizes
4. Insert all ingredients into Aeitto slow juicer



Heart Smart Juice Recipe

Yield:16 oz serving (may vary)

Prep Time: 8mins

Cook Time: 5mins

Ingredients:

1 cup fresh cranberries

1 – 2 large oranges

5 carrots

Directions:

1.Wash all ingredients well.

2.Peel the orange and carrort and slice it into appropriate sizes

3.Add all ingredients through Aeito juicer and enjoy!



Super Green For Healthy

Yield:16 oz serving (may vary)

Prep Time: 8mins

Cook Time: 5mins

Ingredients:

2 cups blackberries

2 cups purple grapes

2 inch piece of fresh ginger root

Directions:

- 1.Wash all ingredients well.
- 2.Remove stems from grapes
- 3.Insert all ingredients into Aeito slow juicer



RECIPES 4

WEIGHT LOSS



Carrot Beet

Yield: 16 oz serving (may vary)

Prep Time: 8mins

Cook Time: 5mins

Ingredients:

Ingredients:

2 Beets

5 Carrots

1/2 Lemon

1 inch ginger

1 apple

Directions:

1. wash ingredients thoroughly with clean water
2. remove the core of an apple, and slice it into appropriate sizes
3. peel the Beet Roots Carrot and Lemon slice into appropriate sizes
4. Insert all ingredients into Aesito slow juicer



Kale Cucumber

Yield: 16 oz serving (may vary)

Prep Time: 10mins

Cook Time: 5mins

Ingredients:

2 cucumbers

4 celery stalks

1 large red apple

3 bunches of kale

1 lemon

1 large handful of spinach

Directions:

1. Wash all ingredients well.

2. Peel the cucumber and lemon and slice it into appropriate sizes

3. chop the celery and kale roughly

4. remove the core of apple and cut into small quarters

5. Add all ingredients through Aetto juicer and enjoy!



Pineapple Spinach

Yield: 16 oz serving (may vary)

Prep Time: 8mins

Cook Time: 5mins

Ingredients:

1/2 pineapple
handfuls of Spinach
1/3 broccoli florets
1 cucumber

Directions:

1. Wash all ingredients well.
2. Peel the pineapple
cucumber, slice it into
appropriate sizes
3. chop the celery and broccoli
roughly
4. Insert all ingredients into
Aeitto slow juicer



Celery Lemon

Yield:16 oz serving (may vary)

Prep Time: 10mins

Cook Time: 5mins

Ingredients:

3 medium apples

3 stalk Celery

1 large Orange

1/2 Cucumber

4 leaf Kale

1 Lemon

1/2 thumb tip Ginger Root

Directions:

1.Wash all ingredients well.

2.Peel the Orange cucumber
Lemon ,slice it into
appropriate sizes

3.chop the celery and Kale
roughly

4.Insert all ingredients into
Aeitto slow juicer



Spinach Orange

Yield: 16 oz serving (may vary)

Prep Time: 8mins

Cook Time: 5mins

Ingredients:

3 medium apples

4 stalk Celery

1 large Orange

5 handful Spinach

Directions:

1. Wash all ingredients well.
2. Peel the Orange ,slice it into appropriate sizes
3. remove the core of apple and cut into small quarters
4. chop the Celery and Spinach roughly
5. Insert all ingredients into Aeito slow juicer



RECIPES 5

BODY CLEAN



Cilantro Cucumber

Yield: 16 oz serving (may vary)

Prep Time: 12 mins

Cook Time: 5mins

Ingredients:

50g kale

1 cucumber

3 stalk celery

1 bundle cilantro

2 green apples

1/2 pineapple

Directions:

1. wash ingredients thoroughly with clean water
2. remove the core of an apple, and slice it into appropriate sizes
4. peel the cucumber and pineapple cut into appropriate sizes
5. chop the kale celery and cilantro roughly
6. Insert all ingredients into Aeitto slow juicer



Parasite Cleanse

Yield:16 oz serving (may vary)

Prep Time: 6mins

Cook Time: 5mins

Ingredients:

2 persimmons

1 large green apple

Directions:

- 1.Wash all ingredients well.
- 2.remove the core of apple and cut into small quarters
- 3.cut the persimmons into small quarters
- 4.Add all ingredients through Aeitto juicer and enjoy!

Alcohol Cleanse

Yield:16 oz serving (may vary)

Prep Time: 10mins

Cook Time: 5mins

Ingredients:

1 carrot

1/2 beet

1 stick celery

1 cucumber

Directions:

- 1.Wash all ingredients well.
- 2.Peel the carrot cucumber and slice it into appropriate sizes
- 3.chop the celery roughly
- 3.Insert all ingredients into Aeito slow juicer





RECIPES 6

SUMMER WAKE UP JUICE



Strawberry Cantaloupe Juice

Yield:16 oz serving (may vary)

Prep Time: 10mins

Cook Time: 5mins

Ingredients:

1/5 medium melon

1 medium pear

6 strawberries

1/5 medium lemon

3/4 inch ginger root

Directions:

1. wash ingredients thoroughly with clean water
2. remove the core of an pear, and slice it into appropriate sizes
4. peel the melon and lemon , cut into appropriate sizes
5. Insert all ingredients into Aeito slow juicer



Fresh Pressed Apple Juice

Yield:16 oz serving (may vary)

Prep Time: 6mins

Cook Time: 5mins

Ingredients:

2 medium apples

1 medium lemon

1/3 inch ginger root

Directions:

- 1.Wash all ingredients well.
- 2.remove the core of apple and cut into small quarters
- 3.peel the lemon and slice it into appropriate sizes
- 4.Add all ingredients through Aeito juicer and enjoy!



Golden Sweet Green Juice

Yield: 16 oz serving (may vary)

Prep Time: 10mins

Cook Time: 5mins

Ingredients:

2 cups chunked pineapple

2/3 cucumber

1/2 medium apple

6-8 mint leaves

Directions:

1. Wash all ingredients well.
2. Peel the pineapple cucumber and slice it into appropriate sizes
3. chop the mint leaves roughly
4. remove the core of apple and cut into small quarteres
5. Insert all ingredients into Aeitto slow juicer



RECIPES 7

BODY CARE



High Blood Pressure Juice Recipes

Yield: 16 oz serving (may vary)

Prep Time: 12mins

Cook Time: 5mins

Ingredients:

- 1 large beets
- 4 large carrots
- 1/2 pineapple
- 2 medium oranges

Directions:

1. wash ingredients thoroughly with clean water
2. peel the beet carrot orange and pineapple, and slice it into appropriate sizes
3. Insert all ingredients into Aeito slow juicer



Juice For Thyroid Disease

Yield:16 oz serving (may vary)

Prep Time: 10 mins

Cook Time: 5mins

Ingredients:

1/2 head of medium
cabbage

2-3 large celery stalks

2 medium carrots

1 medium apple

3-4 stems of fresh mint

Directions:

- 1.Wash all ingredients well.
- 2.Peel the carrot ,slice it into appropriate sizes
- 3.remove the core of apple and cut into small quarters
- 4.chop the celery cabbage and mint roughly
- 5.Insert all ingredients into Aeito slow juicer



Juice For Diabetes Disease

Yield:16 oz serving (may vary)

Prep Time: 10 mins

Cook Time: 5 mins

Ingredients:

1 Carrot

1 Red Apple

1 Green Apple

1/4 Lemon

1 inch of Ginger

Directions:

- 1.Wash all ingredients well.
- 2.Peel the Carrot Lemon and slice it into appropriate sizes
- 3.remove the core of apple and cut into small quarteres
- 4.Insert all ingredients into Aeitto slow juicer



Juice Recipes For Alopecia

Yield:16 oz serving (may vary)

Prep Time: 8 mins

Cook Time: 5 mins

Ingredients:

1/4 Cucumber

4 Large Carrots, ends
trimmed

1 Large Tomato

Directions:

- 1.Wash all ingredients well.
- 2.Peel the Carrots ,slice it into appropriate sizes
- 3.cut the tomato into small quarters
- 4.Insert all ingredients into Aeitto slow juicer



Juice Recipes For Stomach Ulcers

Yield: 16 oz serving (may vary)

Prep Time: 8 mins

Cook Time: 5 mins

Ingredients:

1/2 head of medium
cabbage

2-3 large celery stalks

2 medium carrots

1 medium apple

3-4 stems of fresh mint

Directions:

1. Wash all ingredients well.
2. Peel the carrot, slice it into appropriate sizes
3. remove the core of apple and cut into small quarters
4. chop the celery cabbage and mint roughly
5. Insert all ingredients into Aetto slow juicer



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



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#HSJ1518

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- 60dB Quiet Motor
- Reverse Function

Vertical Slow Juicer

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



#HSJ122

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Wide Chute Slow Juicer

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Slow Masticating Juicer

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



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