

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

RAINBOW JUICES



Apple Beetroot Ginger Juice

Yield: 20 oz serving (may vary)

Prep Time: 5mins

Cook Time: 5mins

Ingredients:

2 large beetroot

1-inch ginger

5 medium-sized cucumbers

6 Apples

Directions:

1. wash ingredients thoroughly with clean water
2. peel beetroot and cucumbers, and cut the carrot into small quarters
3. remove the core of an apple, and slice it into appropriate sizes
4. insert all of the ingredients into Aeito slow juicer



Red Cabbage Juice Recipes

Yield: 16 oz serving (may vary)

Prep Time: 7mins

Cook Time: 5mins

Ingredients:

2 Grapefruits

1/2 of a Red Cabbage

1/4 of a Lime

Directions:

1. wash ingredients thoroughly with clean water
2. peel grapefruit, lime and cut into small quarters
3. chop the cabbage roughly
4. insert all of the ingredients into Aeito slow juicer



Fresh Vitamin Juice

Yield:16 oz serving (may vary)

Prep Time: 8mins

Cook Time: 6mins

Ingredients:

1 Cucumber

1 Apple

1/2 Lemon

3 Celery Ribs

6 Kale leaves

1-inch piece of Ginger

Directions:

1. wash ingredients thoroughly with clean water
2. peel cucumber,lemon and cut into small quarters
- 3.remove the core of apple
- 4.chop the celery and kale roughly
- 3.insert all of the ingredients into Aeitto slow juicer



Turmeric Ginger Carrot Juice

Yield: 30 oz serving (may vary)

Prep Time: 8mins

Cook Time: 6mins

Ingredients:

5 carrots

2 Apples

1 inch ginger

Directions:

1. wash ingredients thoroughly with clean water
2. peel carrot and cut into small quarters
3. remove the core of apple and cut small
4. insert all the ingredients into Aetto slow juicer



Refreshing

Kiwi Juice

Yield: 16 oz serving (may vary)

Prep Time: 10mins

Cook Time: 6mins

Ingredients:

2 kiwis

20 grapes

2/3 orange

2/3 apple

1/2 cup of spinach

1/8 of a fennel bulb

5 basil leaves

Directions:

1. wash ingredients thoroughly with clean water
2. remove the core of the apple and cut small
3. chop the basil and spinach roughly
4. peel kiwi, and orange and cut into small quarters
5. insert all the ingredients into Aesito slow juicer

A vertical photograph on the left side of the page shows a hand operating a blender. The blender is filled with a vibrant green liquid, likely green juice, and some green leafy vegetables are visible inside. On the white countertop next to the blender, there are fresh ingredients including a whole strawberry and several spinach leaves. A pink cloth is partially visible in the upper left corner.

RECIPES 2

ULTIMATE GREEN JUICE



Endless Energy Juice

Yield: 16 oz serving (may vary)

Prep Time: 6mins

Cook Time: 5mins

Ingredients:

31 cup Spinach

1/2 cup Pineapple

1 peeled Kiwi

Directions:

1. wash ingredients thoroughly with clean water
2. peel pineapple, kiwi and cut into small
3. chop the spinach roughly
4. insert all of the ingredients into Aeito slow juicer



Green Carrot Kale

Yield:16 oz serving (may vary)

Prep Time: 8mins

Cook Time: 6mins

Ingredients:

12 cups Kale

3 carrots

2 handfuls Spinach

1 Pear

1 lemon peeled

Directions:

1. wash ingredients thoroughly with clean water
2. peel carrot, pear and cut into small quarters
3. chop the kale and spinach roughly
4. insert all of the ingredients into Aeitto slow juicer



Kale with Apple

Yield:16 oz serving (may vary)

Prep Time: 10mins

Cook Time: 10mins

Ingredients:

- 12 Bunches of kale
- 2 Bunches of spinach
- 5 cucumbers
- 6-8 Green apples
- 1/2 Bunch of celery
- 1 Head romaine lettuce

Directions:

1. wash ingredients thoroughly with clean water
2. peel cucumber, apple and cut into small quarters
- 3.remove the core of apple
- 4.chop the kale celery and spinach roughly
- 5.insert all of the ingredients into Aeitto slow juicer



Apple Green Juice

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 Aeitto juicer and enjoy!



RECIPES 3

PINEAPPLE TIME



Pineapple Ginger Juice

Yield: 16 oz serving (may vary)

Prep Time: 5mins

Cook Time: 5mins

Ingredients:

1 pineapple

1 Small thumb size ginger

1 Lime

Directions:

1. wash ingredients thoroughly with clean water
2. peel pineapple, lime and cut into small
3. insert all of the ingredients into Aetto slow juicer



Beet Pineapple Juice

Yield: 16 oz serving (may vary)

Prep Time: 8mins

Cook Time: 8mins

Ingredients:

1 Beet peeled

2 Carrots roughly peeled

1 Cup pineapple pieces

1 Lemon

Directions:

1. wash ingredients thoroughly with clean water
2. peel all ingredients and cut into small quarters
3. insert all of the ingredients into Aetto slow juicer



Pineapple Cleansing Juice

Yield:16 oz serving (may vary)

Prep Time: 8mins

Cook Time: 5mins

Ingredients:

1 pineapple

2 Inches ginger root

3 Pieces of turmeric

1 Lime

Directions:

1. wash ingredients thoroughly with clean water
2. peel pineapple , lime and cut into small quarters
3. insert all the ingredients into Aeitto slow juicer



RECIPES 4

AMAZING JUICE RECIPES



Immune Booster Juice Recipes

Yield: 16 oz serving (may vary)

Prep Time: 7mins

Cook Time: 6mins

Ingredients:

2 medium oranges

1/2 grapefruit

1 lime

1/2 medium lemon

3 inches ginger root

2 tbs of honey

3/4 tbs turmeric

Directions:

1. wash ingredients thoroughly with clean water
2. peel orange, grapefruit, lime, and lemon and cut into small quarters
3. insert all of the ingredients into Aeitto slow juicer
4. Add the honey to your juice and mix up



Anti-Inflammatory Juice Recipe

Yield: 16 oz serving (may vary)

Prep Time: 10mins

Cook Time: 8mins

Ingredients:

1/2 pineapple

1 apple

2 cups spinach

1/5 cucumber

2/3 celery stalk

1/4 medium lemon

1 inch ginger root

Directions:

1. wash ingredients thoroughly with clean water
2. peel pineapple lemon cucumber and cut into small quarters
3. chop the spinach and celery stalk roughly
4. remove the core of apple and cut into small
5. insert all of the ingredients into Aeito slow juicer



Juice Recipes For Mental clarity

Yield: 16 oz serving (may vary)

Prep Time: 8mins

Cook Time: 6 mins

Ingredients:

2 handfuls of spinach.

1/4 beet root.

1/2 orange.

1 carrots.

4 black cherries

2 tbs of raw agave nectar

Directions:

1. wash ingredients thoroughly with clean water
2. peel beet root, orange, carrot and cut into small quarters
3. chop the spinach roughly
4. remove the pit of cherries
5. insert all the ingredients into Aetto slow juicer



Juice Recipe For Colon Cleanse

Yield:16 oz serving (may vary)

Prep Time: 10 mins

Cook Time: 6mins

Ingredients:

6 cups baby spinach

3 green apples

handfuls flat-leaf parsley

Directions:

1. wash ingredients thoroughly with clean water
- 2.remove the core of apple and cut small
- 3.chop the spinach and parsley roughly
- 4.insert all the ingredients into Aeitto slow juicer



Juice Recipes For Fatty Liver

Yield:16 oz serving (may vary)

Prep Time: 6mins

Cook Time: 5mins

Ingredients:

1 cucumber

5 asparagus spears

10 stalks celery

Handful of parsley

Handful of cilantro

2 lemons, peeled

Directions:

1. wash ingredients thoroughly with clean water

2.chop the asparagus spear
celery ,parsley and cilantro
roughly

3.peel cucumber, lemon and
cut into small quarters

4.insert all the ingredients into
Aeitto slow juicer



RECIPES 5

SUMMER SUNRISE JUICE

A tall, clear glass filled with a vibrant yellow juice, likely the 'Sweet Dream' recipe. The glass is set against a dark, textured background. In the background, out of focus, are various fruits including a pineapple with its green leaves, a rockmelon, and some strawberries, suggesting the ingredients used in the drink.

Sweet Dream

Yield:16 oz serving (may vary)

Prep Time: 8mins

Cook Time: 6mins

Ingredients:

1 rockmelon

1 pineapple

6 oranges

250g punnets strawberries

Mint sprigs

Directions:

1. wash ingredients thoroughly with clean water
2. peel and remove the rockmelon, roughly chopped
3. peel and roughly chop the pineapple and orange
4. insert all of the ingredients into Aeito slow juicer



Magic Beet

Yield:16 oz serving (may vary)

Prep Time: 10mins

Cook Time: 8mins

Ingredients:

2 inch ginger

1 bunch kale

2 cucumbers

2 lemons

2 apples

1-2 beets

Directions:

1. wash ingredients thoroughly with clean water
2. peel beet lemon cucumber and cut into small quarters
- 3.chop the kale roughly
- 4.remove the core of apple and cut into small
5. insert all of the ingredients into Aeitto slow juicer



Orange Citrus

Yield:16 oz serving (may vary)

Prep Time: 8mins

Cook Time: 5mins

Ingredients:

2 oranges

2 cucumbers

2 inch turmeric

4 carrots

2 inch ginger

Directions:

1. wash ingredients thoroughly with clean water
2. peel orange, cucumber, carrot and cut into small quarters
3. insert all the ingredients into Aetto slow juicer



Fresh Pineapple & Mint

Yield: 16 oz serving (may vary)

Prep Time: 10mins

Cook Time: 6mins

Ingredients:

2 inch ginger

1/2 -1 bunch kale

2 cucumbers

2 lemons

2 apples

2 cups pineapple

1 cup mint

Directions:

1. wash ingredients thoroughly with clean water
2. remove the core of apple and cut small
3. chop the kale roughly
4. peel cucumbe , lemon and cut into small quarters
5. insert all the ingredients into Aeito slow juicer



Tasty Carrot

Yield:16 oz serving (may vary)

Prep Time: 8mins

Cook Time: 6mins

Ingredients:

1-2 inch ginger root

2 cucumbers

2 lemons

2 apples

4 carrots

Directions:

1. wash ingredients thoroughly with clean water
2. peel cucumber, lemon and cut into small quarters
3. remove the core of apple and cut small
4. insert all the ingredients into Aetto slow juicer



RECIPES 6

5-DAY SMOOTHIE CHALLENGE



Blueberry Vanilla

Yield:16 oz serving (may vary)

Prep Time: 10 mins

Cook Time: 5mins

Ingredients:

1 Cup Spinach

1 Banana

1 Cup Frozen Blueberries

1 tsp Vanilla Extract

1 Cup Almond Milk

Directions:

1. wash Spinach thoroughly with clean water
2. peel Banana
3. insert all the ingredients into Aeitto Blender



Pineapple Coconut

Yield:16 oz serving (may vary)

Prep Time: 5 mins

Cook Time: 5 mins

Ingredients:

11 Cup Almond Milk

1 Cup Spinach

1 Cup Frozen Raspberries*

1 Banana

1 tsp Grated Ginger

Directions:

1. wash Spinach thoroughly with clean water
2. peel Banana
3. insert all the ingredients into Aeito Blender



Chocolate Chip

Yield:16 oz serving (may vary)

Prep Time: 5 mins

Cook Time: 5 mins

Ingredients:

- 1 Cup Almond Milk
- 1 Cup Kale, Stems Removed
- 1/2 Cup Frozen Cauliflower*
- 1 Pear, core removed
- 1 tbsp Cocoa Powder
- 1 tsp Vanilla Extract

Directions:

1. wash Kale thoroughly with clean water and remove the stem
2. Removed the core of pear
3. insert all the ingredients into Aeitto Blender



Apple Pear

Yield:16 oz serving (may vary)

Prep Time: 5 mins

Cook Time: 5 mins

Ingredients:

1/2 Cup Almond Milk

1 Cup Spinach

1 Banana

1 Green Apple

1/2 Pear

1/4 Cup Parsley Leaves

1/2 Cup Ice

Directions:

1. wash Spinach and Parsley thoroughly with clean water
2. Removed the core of pear and apple
3. peel the banana
4. insert all the ingredients into Aeitto Blender



MINTY SUNSHINE

Yield:16 oz serving (may vary)

Prep Time: 5 mins

Cook Time: 5 mins

Ingredients:

2 Oranges

3 Carrots


1-2cm Raw Ginger

4 Sprigs of Fresh Mint

1 small handful of Ice

Directions:

1. wash all ingredients thoroughly with clean water
2. peel the Orange
3. insert all the ingredients into Aeitto Blender



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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

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#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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Aeitto Blender

- 8 Point 3D Blades
- 72oz Large Capacity
- 9-Speed Control

#AH-8168

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