

Aeitto

Aeitto Recipes

The Healthy Diet



2022.07

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

SUNSHINE WEEK RECIPES



Sunshine Week

Recipes

Yield: 22 oz serving (may vary)

Prep Time: 6mins

Cook Time: 5mins

Ingredients:

3 carrots

2 oranges

1 (pink) grapefruit

1 apple

1-inch ginger

Directions:

1. wash ingredients thoroughly with clean water
2. peel the orange, and grapefruit and cut into small
3. Remove the core of an apple, and slice it into appropriate sizes
4. insert all of the ingredients into Aeito slow juicer



Red Pineapple

Yield: 22 oz serving (may vary)

Prep Time: 8mins

Cook Time: 5mins

Ingredients:

Ingredients:

1/2 pineapple

1 red beet

1/2 lime

Directions:

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



Pear Love

Yield: 22 oz serving (may vary)

Prep Time: 6mins

Cook Time: 5mins

Ingredients:

6 pears

2 lemons

1-inch ginger

Directions:

1. wash ingredients thoroughly with clean water
2. remove the core of pear, and slice it into appropriate sizes
2. peel the lemon, and cut them into small quarters
4. insert all of the ingredients into Aeito slow juicer



Pick-Me-Up

Yield: 22 oz serving (may vary)

Prep Time: 8mins

Cook Time: 5mins

Ingredients:

Handful of parsley

4 to 5 carrots

Directions:

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



Soft Green Glow

Yield:22 oz serving (may vary)

Prep Time: 8mins

Cook Time: 5mins

Ingredients:

2 white celery stalks

a handful of parsley

1/2 fennel bulb

1 handful white grapes

Directions:

1. wash ingredients thoroughly with clean water
2. chop celery stalk , fennel bulb and parsley roughly
3. peel the grape
4. insert all of the ingredients into Aeito slow juicer



RECIPES 2

CREATIVE WEEK RECIPES



Fruitful Skin

Yield: 22 oz serving (may vary)

Prep Time: 8mins

Cook Time: 6mins

Ingredients:

1 lime, peeled

1 fennel bulb

1 cucumber

1 apple

a few mint leaves

Directions:

1. wash ingredients thoroughly with clean water
2. peel lime and cucumbers, and cut them into small quarters
3. remove the core of an apple, and slice it into appropriate sizes
4. chop the fennel bulb roughly
5. insert all of the ingredients into Aeitto slow juicer
6. Add the mint leaves on the top of your juice

Orangmato

Yield: 22 oz serving (may vary)

Prep Time: 6mins

Cook Time: 5mins

Ingredients:

14 tomatoes

2 oranges, peeled

Directions:

1. wash ingredients thoroughly with clean water
2. peel the orange and cut them into small quarters
3. chop the tomato roughly
4. insert all of the ingredients into Aeitto slow juicer





Vegetable Garden Special

Yield: 22 oz serving (may vary)

Prep Time: 8 mins

Cook Time: 5 mins

Ingredients:

3 broccoli florets

4 to 5 carrots

2 white celery stalks

1/2 green bell pepper

Directions:

1. wash ingredients thoroughly with clean water
2. chop the carrot , broccoli floret, celery stalk, and bell pepper roughly
3. insert all of the ingredients into Aeito slow juicer



Long Live Kale

Yield: 22 oz serving (may vary)

Prep Time: 8mins

Cook Time: 5mins

Ingredients:

1 lemon, peeled

handful of kale

2 apples

2 cm ginger

Directions:

1. wash ingredients thoroughly with clean water

2. chop kale roughly

3. peel the lemon and ginger

4. remove the core of an apple, and slice it into appropriate sizes

5. insert all of the ingredients into Aeito slow juicer



RECIPES 3

EXCLUSIVE HEALTHY RECIPES



Alkaline Juice Recipe

Yield: 22 oz serving (may vary)

Prep Time: 8mins

Cook Time: 5mins

Ingredients:

1 carrot

1 cucumber

1/4 head cabbage

1 cup kale or spinach

1/2 lime

1 knob ginger

Directions:

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



Anti-Inflammatory Juice Recipe

Yield: 22oz serving (may vary)

Prep Time: 10mins

Cook Time: 5mins

Ingredients:

4 celery stalks

1/2 cucumber

1 cup pineapple

1/2 green apple

1 cup spinach

1 lemon

1 knob ginger

Directions:

1. wash ingredients thoroughly with clean water

2. peel the cucumber, pineapple and lemon, cut them into small quarters

3. chop the celery stalk and spinach roughly

4. remove the core of an apple, and slice it into appropriate sizes

5. insert all of the ingredients into Aeitto slow juicer



RECIPES 4

INSPIRING WEEK RECIPES



Pura Vida

Yield: 22 oz serving (may vary)

Prep Time: 10mins

Cook Time: 6mins

Ingredients:

100g broccoli florets

1/2 pineapple

handful of spinach

Directions:

1. wash ingredients thoroughly with clean water
2. peel the pineapple, and cut them into small quarters
3. chop the broccoli floret and spinach roughly
4. insert all of the ingredients into Aeitto slow juicer
5. Enjoy your juice



Ultimate Citrus Juice Recipe

Yield: 22 oz serving (may vary)

Prep Time: 8mins

Cook Time: 5mins

Ingredients:

1 grapefruit

1 cucumber

1 apple

1/2 cup of peppermint leaves

Directions:

1. wash ingredients thoroughly with clean water

2. peel the grapefruit and cucumber, cut them into small quarters

3. chop the peppermint leaves roughly

4. remove the core of an apple, and slice it into appropriate sizes

5. insert all of the ingredients into Aetto slow juicer



Cool Celery Refresher

Yield: 22oz serving (may vary)

Prep Time: 8mins

Cook Time: 5mins

Ingredients:

2 celery stalks

1 handful cilantro

1 cucumber

1 tomato

Directions:

1. wash ingredients thoroughly with clean water
2. peel the cucumber, and cut them into small quarters
3. chop the tomato, celery stalk, and cilantro roughly
4. insert all of the ingredients into Aeito slow juicer

Grapefruit Kicker

Yield: 22 oz serving (may vary)

Prep Time: 8 mins

Cook Time: 5 mins

Ingredients:

1 large sweet red apple

1 grapefruit

2 peaches

Directions:

1. wash ingredients thoroughly with clean water
2. remove the core of the apple and peach, and slice it into appropriate sizes
3. peel the grapefruit, and cut them into small quarters
4. insert all of the ingredients into Aeitto slow juicer





Island Zinger

Yield: 22 oz serving (may vary)

Prep Time: 8 mins

Cook Time: 5 mins

Ingredients:

2 apples

4 kiwis

1/4 lemon (rind on)

1/4 lime (rind on)

2 oranges (peeled)

1 pineapple

Directions:

1. wash ingredients thoroughly with clean water
- 2..remove the core of an apple, and slice it into appropriate sizes
- 3.peel the kiwi ,lime ,orange and pineapple,and cut them into small quarters
- 4.insert all of the ingredients into Aeitto slow juicer



RECIPES 5

MOST POPULAR WEEK RECIPES



Immunity Boost

Yield: 22oz serving (may vary)

Prep Time: 10mins

Cook Time: 6mins

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. remove the core of an apple, and slice it into appropriate sizes
3. chop the parsley roughly
4. peel the carrot, garlic and ginger, cut them into small quarters
5. chop the broccoli floret and spinach roughly
6. insert all of the ingredients into Aeito slow juicer



Calcium Enhancer

Yield: 22 oz serving (may vary)

Prep Time: 8mins

Cook Time: 5mins

Ingredients:

1 apple

3 carrots

1 handful cilantro

1 cup collard greens

4 kale leaves

1 sweet red pepper

Directions:

1. wash ingredients thoroughly with clean water
2. remove the core of an apple, and slice it into appropriate sizes
3. chop the cilantro, collard green and kale leaves roughly
4. peel the carrot and cut them into small quarters
5. insert all of the ingredients into Aeito slow juicer



Beet Treat

Yield: 22 oz serving (may vary)

Prep Time: 8mins

Cook Time: 5mins

Ingredients:

1 beet

3 carrots

1/2 sweet potato

Directions:

1. wash ingredients thoroughly with clean water
2. peel the beet, potato, and carrot, cut them into small quarters
3. insert all of the ingredients into Aeitto slow juicer



Licorice Sip

Yield: 22oz serving (may vary)

Prep Time: 10mins

Cook Time: 5mins

Ingredients:

2 apples

1/2 fennel bulb

1 thumb ginger

3 peppermint leaves

Directions:

1. wash ingredients thoroughly with clean water
2. remove the core of the apple, and slice it into appropriate sizes
3. chop fennel bulb and ginger roughly
4. insert all of the ingredients into Aeito slow juicer
5. Add the mint leaves on the top of your juice



Mint Berry Punch

Yield: 22 oz serving (may vary)

Prep Time: 8 mins

Cook Time: 5 mins

Ingredients:

1 cups blueberries

2 kiwis

10 strawberries

Directions:

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



RECIPES 6

**UNIQUE
WEEK
RECIPES**



Violet Boost

Yield: 22oz serving (may vary)

Prep Time: 8mins

Cook Time: 6mins

Ingredients:

1 apple

1 tbsp balsamic vinegar

1/4 head red cabbage

3 large celery stalks

1 thumb ginger

15 white grapes

1/2 lemon

Directions:

1. wash ingredients thoroughly with clean water
2. remove the core of an apple, and slice it into appropriate sizes
3. chop the celery stalk and cabbage roughly
4. peel the grape and lemon, cut them into small quarters
5. insert all of the ingredients into Aeito slow juicer
6. Add vinegar in the juice and mix up



Cran Citrus

Yield: 22 oz serving (may vary)

Prep Time: 8 mins

Cook Time: 5mins

Ingredients:

3 cups cranberries

2 thumbs ginger

2 small grapefruits

2 limes

3 oranges

Directions:

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



Easy Green

Yield: 22 oz serving (may vary)

Prep Time: 10 mins

Cook Time: 5 mins

Ingredients:

3 apples

4 large celery stalks

1/4 thumb fresh ginger

1/2 lemon

1 orange

5 cups fresh spinach

Directions:

1. wash ingredients thoroughly with clean water
2. remove the core of the apple and slice it into appropriate sizes
3. peel the lemon, and orange, cut them into small quarters
4. chop the celery stalks and spinach roughly
5. insert all of the ingredients into Aeito slow juicer



Simply Sweet

Yield: 22 oz serving (may vary)

Prep Time: 8 mins

Cook Time: 5 mins

Ingredients:

2 green apples

2 large stalks celery

Directions:

1. wash ingredients thoroughly with clean water
2. remove the core of the apple, and slice it into appropriate sizes
3. chop celery stalk roughly
4. insert all of the ingredients into Aeitto slow juicer



Riveting Watermelon Juice

Yield: 22 oz serving (may vary)

Prep Time: 8 mins

Cook Time: 5 mins

Ingredients:

1 cup of cubed watermelon

2 oranges

1/2 inch ginger root

1/2 inch tumeric root

Directions:

1. wash ingredients thoroughly with clean water
2. peel the watermelon and orange ,and cut them into small quarters
3. insert all of the ingredients into Aeito slow juicer



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- 60dB Quiet Motor
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Vertical Slow Juicer

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- Upgraded Two Speed
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#HSJ122

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Aeitto Blender

- 8 Point 3D Blades
- 72oz Large Capacity
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