

# Aeitto Recipes

## The Healthy Diet



Autumn

2022.09



# 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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# Green Goddess

**Yield:** 12 oz serving (may vary)

**Prep Time:** 8mins

**Cook Time:** 6mins

## Ingredients:

2 apples

2 pears

1 cucumber

1 courgette

1 large bowlful of spinach

1lemon

1 handful of parsley

## Directions:

1. Wash all ingredients thoroughly
2. remove the core of the pear, and apple and cut them into small quarter
3. peel the cucumber, courgette, and lemon and cut into small pieces
4. chop the parsley roughly
- 5.add all ingredients into Aeitto Slow Juicer and enjoy it!

# Autumn Healthy

**Yield:**10 oz serving (may vary)

**Prep Time:** 8mins

**Cook Time:** 6mins

## Ingredients:

- 1 lemon
- 1 pear (or apple)
- 2 sweet potatoes
- 1 dash cinnamon
- 3 carrots

## Directions:

1. Wash all ingredients thoroughly
2. peel the lemon, and potato and cut them into small pieces
3. remove the core of the pear(or apple) and cut in to small quarter
4. add all ingredients into Aeitto Slow Juicer
5. Enjoy it!







# Sweet Pineapple

**Yield:** 12 oz serving (may vary)

**Prep Time:** 8mins

**Cook Time:** 6mins

## Ingredients:

2 lemongrass stalks

4-6 romaine lettuce leaves

1 cucumber

1 cup fresh pineapple

## Directions:

1. Wash all ingredients thoroughly
2. choose the white parts of lemongrass stalk and then chopped
3. peel the pineapple and cut it into small pieces
4. chop the lettuce and cucumber thoroughly
5. add all ingredients into Aeitto Slow Juicer
6. Enjoy it!



# Autumn Energizer Juice

**Yield:** 12 oz serving (may vary)

**Prep Time:** 8mins

**Cook Time:** 5mins

## Ingredients:

- 1 large beet
- 4 celery stalks
- 1 carrot
- 1 knob of ginger

## Directions:

1. Wash all ingredients thoroughly
2. peel the beet, and carrot and cut it into small pieces
3. chop the celery stalk thoroughly
4. add all ingredients into Aeitto Slow Juicer
5. Enjoy it!





# Morning

## Green Juice

**Yield:** 12 oz serving (may vary)

**Prep Time:** 10 mins

**Cook Time:** 6mins

### Ingredients:

1/2 bunch of kale

2 green apples

1 large cucumber

1/2 lemon

1 knob of ginger

2 large handfuls of baby spinach

### Directions:

1. Wash all ingredients thoroughly
2. chop the kale and spinach roughly
3. peel the apple, lemon and cucumber, and cut into small quarters
4. add all ingredients into Aeitto Slow Juicer and enjoy it!



## Sunshine Juice

**Yield:**10 oz serving (may vary)

**Prep Time:** 8mins

**Cook Time:** 6mins

### Ingredients:

21 ruby red grapefruit

1 cucumber

1 red apple

2 golden beets

1-inch piece of fresh  
ginger

### Directions:

1. Wash all ingredients thoroughly
2. peel the grapefruit, cucumber, and beets and cut them into small pieces.
- 3.remove the core of apple and cut into small quarter
4. add all ingredients into Aeitto Slow Juicer and enjoy it!

# Wheatgrass meet Pineapple

**Yield:** 14 oz serving (may vary)

**Prep Time:** 8mins

**Cook Time:** 6mins

## Ingredients:

1 to 2 handfuls of wheatgrass

1/2 cup packed mint leaves

1/2 pineapple

1 cucumber

## Directions:

1. Wash all ingredients thoroughly
2. chop the wheatgrass and mint leaves roughly
3. peel the pineapple, and cucumber and cut them into small pieces
4. add all ingredients into Aeitto Slow Juicer and enjoy it!







# Green Nutrition Juice

**Yield:** 8 oz serving (may vary)

**Prep Time:** 8mins

**Cook Time:** 5 mins

## Ingredients:

1 handful of spinach

1 large chard leaves

3 kiwis

1 cucumber

1/2 fennel bulb

1 lime

## Directions:

1. Wash all ingredients thoroughly
2. chop the spinach, fennel bulb and chard leaves roughly
3. peel the kiwi, lime, and cucumber and cut them into small pieces
4. add all ingredients into Aeitto Slow Juicer and enjoy it!



# Vitamin C

**Yield:**14 oz serving (may vary)

**Prep Time:** 8mins

**Cook Time:** 5mins

## Ingredients:

4 cups of spinach leaves

2 cups romaine lettuce

1 grapefruit

3 oranges

1 cucumber

## Directions:

1. Wash all ingredients thoroughly
2. chop the spinach, and lettuce roughly
3. peel the grapefruit, orange, and cucumber and cut them into small pieces
4. add all ingredients into Aeitto Slow Juicer and enjoy it!





## Pear Refresher

**Yield:**16 oz serving (may vary)

**Prep Time:** 8mins

**Cook Time:** 5mins

### Ingredients:

4 Pears

2-inch piece of ginger  
root

### Directions:

1. Wash all ingredients thoroughly
2. remove the core of the pear and cut them into small pieces
3. add all ingredients into Aeitto Slow Juicer and enjoy it!





# Halloween Special Cranberry Cocktail

**Yield:** 8oz serving (may vary)

**Prep Time:** 10mins

**Cook Time:** 5mins

## Ingredients:

2 cups of fresh cranberries

2 carrots

1 large beet

1 apple

## Directions:

1. Measure out cranberries. If using frozen cranberries, allow to defrost at room temperature for 1 - 2 hours.

2. Prepare your carrots, apple and beet by cutting into small pieces.

3. Run all ingredients through your Aeitto Cold Press Juicer.

4. Pour 1-2 oz of vodka into your favorite glass.

5. Add cold pressed juice. Optional - add a sugar rim to decorate. If you prefer a sweeter tasting cocktail you can add simple syrup.



# Carrot Pineapple

**Yield:** 12 oz serving (may vary)

**Prep Time:** 10mins

**Cook Time:** 6mins

## Ingredients:

1/2 pineapple

2 limes

1 apple

9-10 carrots

1-inch piece of ginger

1-inch piece of turmeric

## Directions:

1. Wash all ingredients thoroughly
2. peel the pineapple, and lime and cut them into small pieces
3. remove the core of the apple and cut it into small quarter
4. add all ingredients into Aeitto Slow Juicer and enjoy it!





# Unsweetened Cranberry Juice

**Yield:** 12 oz serving (may vary)

**Prep Time:** 8mins

**Cook Time:** 5mins

## Ingredients:

1 bag of fresh or frozen  
cranberries (340g)

## Directions:

1. wash fresh cranberries thoroughly or remove frozen cranberries from the bag and allow 2-3 hours to defrost at room temperature.
2. add all ingredients into Aeitto Slow Juicer and enjoy it!





# Watermelon and Peach sparkling water

**Yield:** 10oz serving (may vary)

**Prep Time:** 8mins

**Cook Time:** 5mins

## Ingredients:

1/2 of a large watermelon

3 peaches

1 lime

350ml of sparkling water

## Directions:

Prep the watermelon. Slice and cut into small cubes, removing the outer green rind and leaving as much of the inner white rind as possible.

Prep the peaches. Cut into small pieces, discarding the pit.

Prep the lime. Remove the outer green rind, leaving as much of the inner white rind as possible.

Run all the fruit ingredients through your Aeitto Cold Press Juicer.

Combine 3 cups of juice with 1.5 cups of sparkling water in a serving jug.

Pour in your favorite cocktail glasses. Garnish with lime slices.



# Fresh Blushing Mimosas

**Yield:** 12 oz serving (may vary)

**Prep Time:** 8mins

**Cook Time:** 5 mins

## Ingredients:

2 cup pomegranate seeds

1 large orange

1 cup fresh pineapple

1 bottle of sparkling white wine

orange peel for garnish

## Directions

1. Juice pomegranate seeds, oranges, and pineapple.
  2. Fill half the glass with this juice mixture.
  3. Top off the glass with sparkling white wine.
- Garnish with an orange peel.



# **Fresh Strawberry Pineapple Mimosas**

**Yield:** 8 oz serving (may vary)

**Prep Time:** 8 mins

**Cook Time:** 5 mins

## **Ingredients:**

2 oranges, peeled

1 cup fresh pineapple chunks, peeled

1 cup fresh strawberries, leaves removed

1 bottle sparkling white wine  
strawberry for garnish

## **Directions**

Juice the oranges, pineapple, and strawberries.

Fill half of the glass with the juice mixture.

Top off the glass with sparkling white wine

Garnish with a strawberry





## Red Juice

**Yield:** 12 oz serving (may vary)

**Prep Time:** 10mins

**Cook Time:** 6mins

### Ingredients:

1/2 cup pomegranate seeds

1/2 cup red grapes

6 stalks of celery

1/2 a medium beet

### Directions

Wash ingredients thoroughly.

Cut all ingredients into the appropriate size for the juicer.

Juice in the order given.

Squeeze some fresh lemon into your finished juice.



# Refresher Juice

**Yield:** 12 oz serving (may vary)

**Prep Time:** 8mins

**Cook Time:** 5mins

## Ingredients:

1 handful of mint leaves

3 stalks of celery

1/2 cucumber

1/2 inch ginger

1 lemon

1/2 fennel bulb

1 apple

## Directions

Wash ingredients thoroughly.  
Cut all ingredients into the appropriate size for the juicer.  
Juice in the order given and enjoy!



# Refresher Juice

**Yield:**14 oz serving (may vary)

**Prep Time:** 8mins

**Cook Time:** 5mins

## Ingredients:

1 handful of mint leaves

3 stalks of celery

1/2 cucumber

1/2 inch ginger

1 lemon

1/2 fennel bulb

1 apple

## Directions

Wash ingredients thoroughly.

Cut all ingredients into the appropriate size for the juicer.

Juice in the order given and enjoy!





# Immunity Tea

**Yield:** 16oz serving (may vary)

**Prep Time:** 10mins

**Cook Time:** 5mins

## Ingredients:

1 cup echinacea tea

1 large orange

1 lemon

3 kiwis

1/2 inch ginger

3 cups pineapple

## Directions

Steep 1 cup of echinacea tea and chill in the fridge.

Peel and chop to fit your Aeitto juicer, orange, lemon, kiwi, ginger, and pineapple.

Juice in that order.

Serve over ice, equal parts tea to juice.



# Savory Vegetable Cocktail

**Yield:** 14 oz serving (may vary)

**Prep Time:** 8mins

**Cook Time:** 5 mins

## Ingredients:

1 to 2 cups packed spinach

2 medium carrots, washed and cut into thirds

1 cup packed fresh parsley, leaves and stems

1 large red bell pepper, stem and seeds removed cut to easily feed into your juicer

2 large celery stalks

4 medium sized tomatoes, cut into large pieces

1/2 lemon, peel removed

2 teaspoons of fresh thyme leaves (optional)

A sprinkle of sea salt (optional)

## Directions

Wash ingredients thoroughly.

Cut all ingredients into the appropriate size for the juicer.

Feed all ingredients through the juicer and enjoy!





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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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## Wide Chute Slow Juicer

- 1.8 Inch & 3-inch Double Feed Chute
- Soft & Hard Modes
- Reverse Function

**#HSJ1521**

## 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**



# Join the Facebook Group

Are you looking for more juice recipes to suit your needs? Does your busy schedule not allow you to get enough vitamins? We offer original juice recipes for every health problem. Pictures, recipes, and articles will also be provided. Aeitto is looking forward to your participation. There are also videos in the group so that you can see how easy it is to start juicing at home. Come and join the Aeitto group.

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