

## Aeitto Recipes

The Healthy Diet



2022.10

## **Aertto**

- 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.

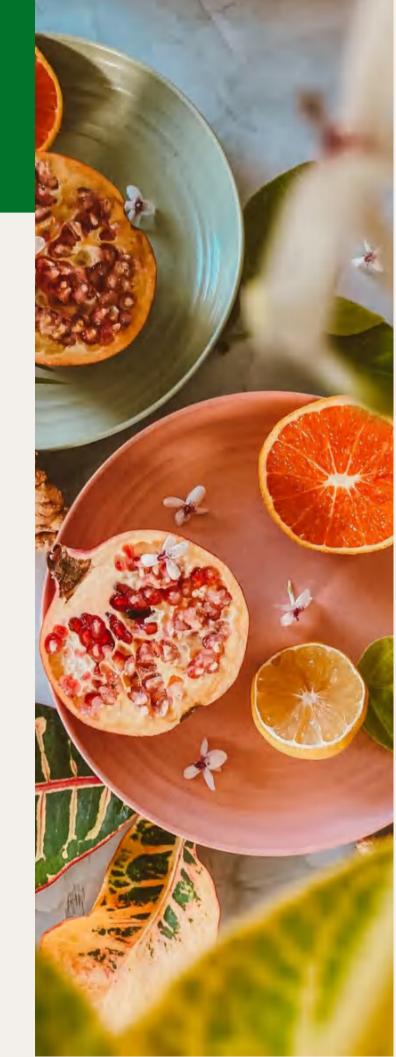


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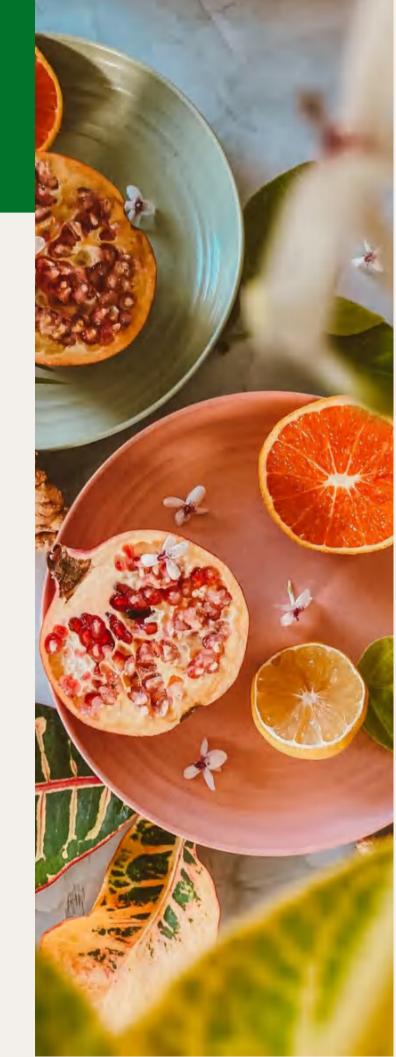
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#### **Autumn Creamsicle**

Yield: 12 oz serving (may vary)

**Prep Time:** 8mins **Cook Time:** 6mins

#### Ingredients:

1 lemon, peeled

1 pear (or apple)

3 carrots

2 sweet potatoes

1 dash cinnamo

#### **Directions:**

1. Wash ingredients thoroughly.

2.Cut all ingredients into the appropriate size for the juicer.

3. Juice in the order given.

4.Add a dash of cinnamon to the top and enjoy!



## Carrot Pineapple Limeade

Yield:10 oz serving (may vary)

**Prep Time:** 8mins **Cook Time:** 6mins

#### **Ingredients:**

1/2 pineapple (about 3 cups, chopped)

2 limes

1 apple

9-10 carrots

1-inch piece of fresh ginger

1-inch piece of fresh turmeric

#### **Directions:**

1. Wash ingredients thoroughly.

2.Cut all ingredients into the appropriate size for the juicer.

3. Juice in the order given and enjoy!



### **Beet Berry Juice**

Yield:12 oz serving (may vary)

**Prep Time:** 8mins **Cook Time:** 6mins

#### **Ingredients:**

10 strawberries
(keep the green leaves on)
1/2 lemon, peeled
1 large beet
2 red apples, cored

#### **Directions:**

1. Wash ingredients thoroughly 2. Cut all ingredients into the appropriate size for the juicer. 3. Juice in the order given and enjoy!



## Sweet Green Lemongrass

Yield:12 oz serving (may vary)

Prep Time: 8mins
Cook Time: 5mins

#### **Ingredients:**

2 lemongrass stalks (white parts and then chopped)4-6 romaine lettuce leaves1 cucumber1 cup fresh pineapple, peel

#### **Directions:**

removed

1.Wash ingredients thoroughly.2.Cut all ingredients into the appropriate size for the juicer.3.Juice in the order given.



## Double Citrus Carrot

Yield:12 oz serving (may vary)

**Prep Time:** 10 mins **Cook Time:** 6 mins

#### **Ingredients:**

2 oranges, peeled

2 lemons, peeled

4 carrots

4 celery stalks

#### **Directions:**

1. Wash ingredients thoroughly.

2.Cut all ingredients into the appropriate size for the juicer.

3. Juice in the order given.



#### Pineapple & Wheatgrass

Yield:10 oz serving (may vary)

**Prep Time:** 8mins **Cook Time:** 6mins

#### **Ingredients:**

1 to 2 handfuls of wheatgrass1/2 cup packed mint leaves1/2 pineapple peeled1 cucumber

#### **Directions:**

1. Wash ingredients thoroughly.2. Cut all ingredients into the appropriate size for the juicer.3. Juice in the order given.



## Green Pear with Fennel

Yield:14 oz serving (may vary)

**Prep Time:** 8mins **Cook Time:** 6mins

#### Ingredients:

6 celery stalks

1 pear, cored

1 large fennel bulb

1 cucumber

1 lime, peeled

#### **Directions:**

1. Wash ingredients thoroughly.

2.Cut all ingredients into the appropriate size for the juicer.

3.Juice in the order given.



### **Phyto-Red Juice**

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

**Prep Time:** 8mins **Cook Time:** 5 mins

#### **Ingredients:**

1/2 cup pomegranate seeds1/2 cup red grapes6 stalks of celery1/2 a medium beet

#### **Directions:**

1. Wash ingredients thoroughly.

2.Cut all ingredients into the appropriate size for the juicer.

3. Juice in the order given.

4. Squeeze some fresh lemon into your finished juice.



## **Sunshine State** of Mind

Yield:14 oz serving (may vary)

**Prep Time:** 8mins **Cook Time:** 5mins

#### **Ingredients:**

1 ruby red grapefruit, peeled

1 cucumber

1 red apple, cored

2 golden beets

1 inch piece of fresh ginger

#### **Directions:**

1. Wash ingredients thoroughly.

2.Cut all ingredients into the appropriate size for the juicer.

3. Juice in the order given.



### Fresh Strawberry Pineapple Mimosas

Yield:16 oz serving (may vary)

**Prep Time:** 8mins **Cook Time:** 5mins

#### **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 oranges, pineapple, strawberries.

Fill half of the glass with the juice mixture.

Top off the glass with sparkling white wine

Garnish with a strawberry (or edible flowers!)



#### **Fresh Blushing Mimosas**

Yield:8oz serving (may vary)

Prep Time: 10mins

Cook Time: 5mins

#### **Ingredients:**

2 cup pomegranate seeds

1 large oranges, peeled

1 cup fresh pineapple, peeled

1 bottle 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.

4. Garnish with an orange peel.



### Deep Green Nutrition

Yield:12 oz serving (may vary)

**Prep Time:** 10mins **Cook Time:** 6mins

#### Ingredients:

1 handful of spinach

1 large chard leaves

3 kiwis, peeled

1 cucumber

1/2 fennel bulb

1 lime

#### **Directions:**

1. Wash ingredients thoroughly.

2.Cut all ingredients into the appropriate size for the juicer.

3.Juice in the order given and enjoy!



## **Calming Refresher**

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, peeled

1/2 fennel bulb

1 apple, cored

#### **Directions:**

1. Wash ingredients thoroughly.

2.Cut all ingredients into the appropriate size for the juicer.

3.Juice in the order given and enjoy!



#### **Soothing Support**

Yield:10oz serving (may vary)

**Prep Time:** 8mins **Cook Time:** 5mins

#### **Ingredients:**

1/4 of a head of cabbage

1/2 fennel bulb

1/2 inch ginger

1 lemon, peeled

2 apples, cored

#### **Directions:**

1. Wash ingredients thoroughly.

2.Cut all ingredients into the appropriate size for the juicer.

3. Juice in the order given and enjoy!



## Bloody Mary Mocktail

Yield:12 oz serving (may vary)

**Prep Time:** 8mins **Cook Time:** 5 mins

#### **Ingredients:**

3 to 4 ribs of celery (add a few leaves)

1 red bell pepper (seeds and core removed)

1 lemon

1 lime

3 medium/large tomatoes

#### **Directions**

1. Juice in order given using juice strainer.

2.Stir in 2 pinches of Himalayan sea salt

3.1/2 teaspoon of chili powder

4.1 pinch on cayenne pepper

Serve over ice.



## **Cranberry Grapefruit Juice**

Yield: 8 oz serving (may vary)

**Prep Time:** 8 mins **Cook Time:** 5 mins

#### **Ingredients:**

2 cups of fresh cranberries
2 large grapefruits, peel removed and cut
1 inch piece of ginger peeled
1 apple, cored and cut

#### **Directions**

1.Wash ingredients thoroughly.2.Cut all ingredients into the appropriate size for the juicer.3.Juice in the order given and enjoy!

\*alternatively – fill glass with ice, pour in juice to 2/3 full and then top with mineral water



#### Vitamin C Green

Yield:12 oz serving (may vary)

Prep Time: 10mins

Cook Time: 6mins

#### **Ingredients:**

4 cups of spinach leaves, packed

2 cups romaine lettuce, packed

1 grapefruit, peeled

3 mandarin oranges or clementines, peeled

1 cucumber, cut to fit your juicer

#### **Directions**

1. Wash all ingredients and chop if needed

2.Juice in order given using juice strainer



### **Immunity Tea**

Yield:12 oz serving (may vary)

**Prep Time:** 8mins **Cook Time:** 5mins

#### Ingredients:

1 cup echinacea tea (chilled)

3 mandarins or 1 large orange, peeled

1 lemon (peeled)

3 kiwis (peeled)

1/2 inch piece of peeled ginger

3 cups peeled and chopped pineapple

#### **Directions**

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

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

Juice in that order.

Serve over ice, equal parts tea to juice.



#### **Restorative Green**

Yield:14 oz serving (may vary)

**Prep Time:** 8mins **Cook Time:** 5mins

#### **Ingredients:**

1 green apple, cored

2 stalks of celery

2/3 cup Italian flat leaf parsley,

leaves and stems

5 large romaine lettuce leaves

1 inch fresh ginger root

1/2 cucumber

2 kiwi, peeled

1 lime, peeled

#### **Directions**

1. Wash ingredients and chop and peel where necessary2. Juice in order given using the juicing strainer



### **Cranberry Punch**

Yield:16oz serving (may vary)

**Prep Time:** 10mins **Cook Time:** 5mins

#### Ingredients:

2 cups fresh cranberries (washed)
1 medium size beet (peeled and chopped)
2 large oranges (peeled and chopped)

#### **Directions**

1.Wash ingredients thoroughly.
2.Cut all ingredients into
appropriate size for the juicer.
3.Juice in the order given
4.Serve over ice (2/3 of the glass)
and top up with sparkling
mineral water (last 1/3 of the glass)

5.Top with a slice of orange or mandarin and enjoy!



#### **Asian Pear Refreshe**

Yield:14 oz serving (may vary)

**Prep Time:** 8mins **Cook Time:** 5 mins

#### Ingredients:

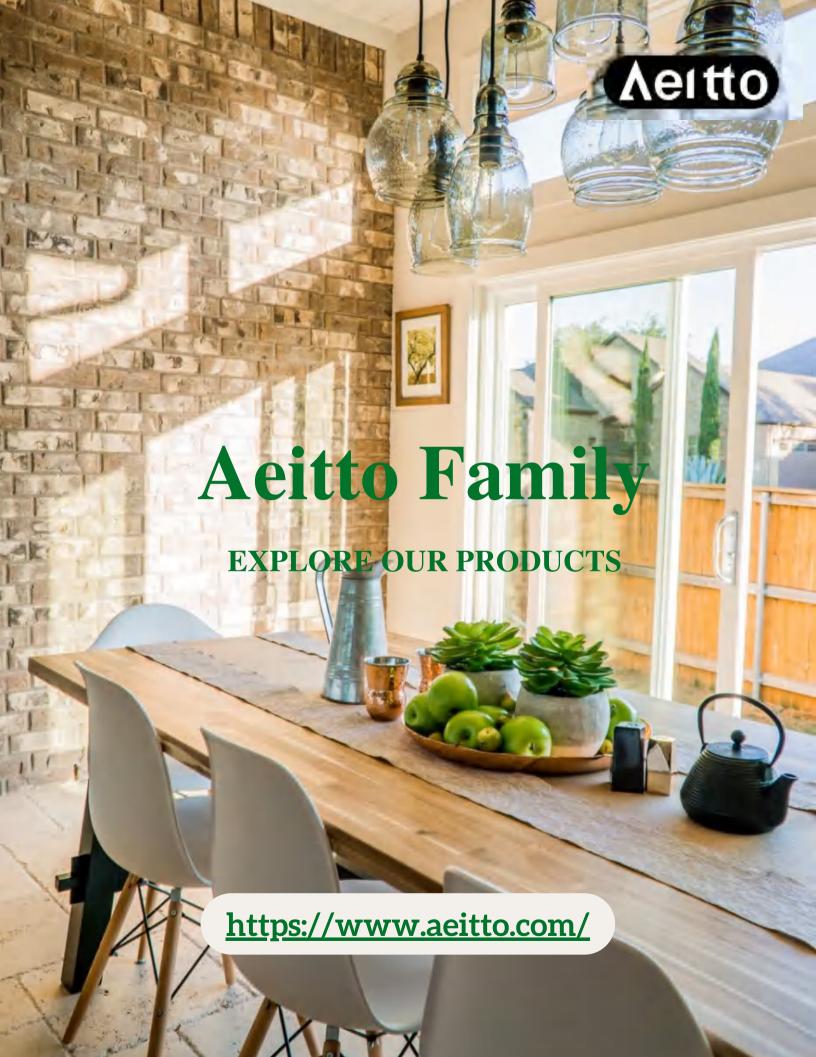
4 Asian Pears, cored and chopped

1 to 2 inch piece of fresh ginger root

#### **Directions**

1. Juice in order given using juice strainer

2.Mix juice with desired amount of sparkling mineral water 3.Sprinkle with cinnamon



## **Aeitto Family**



**#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**



#### 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** 

## **Aeitto Family**



#AH-8168

#### **Aeitto Blender**

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

## 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.

scan the QR code below to join



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