

**Aeitto**

# Aeitto Recipes

## The Healthy Diet



2022.10

# 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.



[or click here](#)

# TABLE OF CONTENTS

## Energy Juice

- Autumn Creamsicle
- Carrot Pineapple Limeade
- Beet Berry Juice
- Sweet Green Lemongrass
- Double Citrus Carrot
- Pineapple & Wheatgrass
- Green Pear with Fennel
- Phyto-Red Juice
- Sunshine State of Mind
- Fresh Strawberry Pineapple
- Mimosas





# TABLE OF CONTENTS

## Energy Juice

- Fresh Blushing Mimosas
- Deep Green Nutrition
- Calming Refresher
- Soothing Support
- Bloody Mary Mocktail
- Cranberry Grapefruit Juice
- Vitamin C Green
- Immunity Tea
- Cranberry Punch
- Asian Pear Refreshe





# 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 leaves

1 cucumber

1 cup fresh pineapple, peel removed

## Directions:

- 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:** 6mins

## 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 wheatgrass

1/2 cup packed mint leaves

1/2 pineapple peeled

1 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 seeds

1/2 cup red grapes

6 stalks of celery

1/2 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 of 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 necessary
- 2.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 Refresh

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

**Prep Time:** 8 mins

**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





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## Wide Chute Slow Juicer

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## Slow Masticating Juicer

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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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