



Aeitto

Aeitto Recipes

The Healthy Diet



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- 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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Grapefruit and Carrot Adventures

Yield: 16 oz serving (may vary)

Prep Time: 8mins

Cook Time: 6mins

Ingredients:

- 1 16-ounce bottle sparkling water or club soda
- 2 grapefruits, peeled
- 4 carrots

Directions:

1. Add sparkling water to 2-4 glasses of your choice, filling up about halfway.
2. Juice grapefruits and carrots, then add the juice to the glasses.
3. Finish with sliced grapefruit to garnish the glass

Orange and Tomatoes

Yield: 10 oz serving (may vary)

Prep Time: 8mins

Cook Time: 6mins

Ingredients:

2-3 blood oranges, peeled

10 cherry tomatoes

1 lime, peeled

1/2 cup pomegranate seeds

Garnish:

basil

Directions:

1. Use Aeitto Juicer to juice the oranges, tomatoes, lime, and pomegranate seeds.
2. Muddle the basil in a glass then pour the juice on top.





Matcha Special Blend

Yield: 12 oz serving (may vary)

Prep Time: 8mins

Cook Time: 6mins

Ingredients:

1/2 tsp matcha powder

6-ounce ginger beer

1 lime, peeled

1 cucumber

1 apple

1 handful of mint leaves

Directions:

1. Add matcha powder to the bottom of a measuring cup and add ginger beer, stir to combine.

2. Use Aeito Juicer to juice lime, cucumber, apple, and mint.

3. Add matcha mix to the juice.

4. Add ice to a glass and pour in juice and matcha mixture.

5. Top with extra mint leaves or lime wedges for garnish.



Pomegranate & Apple Soda Juice

Yield: 12 oz serving (may vary)

Prep Time: 8mins

Cook Time: 5mins

Ingredients:

8 ounces sparkling water

1 tsp apple cider vinegar (ACV)

2 cups pomegranate seeds or fresh cranberries (or a combo of both)

1 red apple

A sprig of rosemary or thyme, to garnish

Directions:

1. Use Aeitto Slow Juicer to juice pomegranate seeds with the apple.

2. Add about 1 cup of sparkling water to a glass, along with 1 tsp of ACV and mix.

3. Then, add a splash (about 2 tablespoons) of juice mixture.

4. Garnish with a sprig of rosemary, thyme or extra pomegranate seeds to add that festive touch.



Pear & Ginger

Yield: 12 oz serving (may vary)

Prep Time: 10 mins

Cook Time: 6mins

Ingredients:

2 pears

1 cup of pomegranate seeds

1 lime, peeled

1-2 inches of ginger

4 thyme branches

1 16-ounce bottle of sparkling water

Directions:

1. Use Aeitto Slow Juicer to juice pear, pomegranate seeds, lime and ginger.

2. To your glass of choice, add 4 ounces of juice and 4 ounces of sparkling water.

3. Garnish with thyme.



Sweet Pomegranate with sour lemon

Yield: 10 oz serving (may vary)

Prep Time: 8mins

Cook Time: 6mins

Ingredients:

1 cup pomegranate seeds

1 apple

1 orange, peeled

1 lemon, peeled

1-inch piece of ginger

Directions:

1. Juice the pomegranate and apple together

and pour into a glass.

2. Then, juice the orange, ginger and lemon

and pour over the top of the pomegranate juice.



Apple Sparkling water

Yield: 14 oz serving (may vary)

Prep Time: 8mins

Cook Time: 6mins

Ingredients:

6 apples

1/2 tsp ground ginger

1/2 tsp ground nutmeg

1 tsp ground cinnamon

1 orange, sliced

1 mandarin orange, sliced

1 apple, sliced

1 16-ounce bottle sparkling water

4-6 cinnamon sticks

Directions:

1. Use Aeito Slow Juicer to juice the apples in your juicer.
2. Whisk apple juice and ground spices together in a large pitcher or punch bowl, then add orange and apple slices.
3. When ready to serve, add sparkling water to the punch mixture.
4. Use a cinnamon stick to garnish the glass.



Green apple with Red apple

Yield: 8 oz serving (may vary)

Prep Time: 8mins

Cook Time: 5 mins

Ingredients:

2 green apples

1 red apple

1-inch piece of ginger

1/2 lemon, peeled

Splash of soda water

A dash of cinnamon

A pinch of spirulina
powder or chlorophyll

Maple syrup, to taste

Directions:

1. Use Aeitto Slow Juicer to juice the apples, ginger, and lemon.
2. Combine all ingredients into a mason jar.
3. Shake well with ice in a mason jar with a lid or cocktail shaker.
4. Strain and serve in a martini glass or glass of choice.

A clear glass filled with a vibrant red liquid, likely the Raspberry Seltzer, sits on a light-colored wooden surface. A red and white striped straw is inserted into the drink. The background is softly blurred, showing a white pillar and a window with light coming through.

Raspberries Seltzer

Yield: 14 oz serving (may vary)

Prep Time: 8mins

Cook Time: 5mins

Ingredients:

2 cups fresh raspberries

1 apple

2 cups apple cider vinegar

8 ounces seltzer

Directions:

1. Use Aeitto Slow Juicer to juice fresh raspberries and apple

2. Add about 8 ounces seltzer to a glass, along with 2 cups of ACV and mix.

3. Then, add a splash of juice mixture.

4. Garnish with a sprig of rosemary, thyme to add that festive touch.



Beet Seltzer

Yield:16 oz serving (may vary)

Prep Time: 8mins

Cook Time: 5mins

Ingredients:

- 2 beets, peeled
- 1 cup cherries, pitted
- 1 lemon, peeled
- 3 cups seltzer water
- 1 tsp honey
- 8 fresh cherries

Directions:

1. Use Aeitto Slow Juicer to juice the beets, cherries, and lemon.
2. In a large pitcher, stir together all ingredients except for cherries.
3. In four glasses, add 2 cherries each, then pour the mixture into glasses of your choice.



Cranberry Adventures

Yield: 8oz serving (may vary)

Prep Time: 10mins

Cook Time: 5mins

Ingredients:

1 cup cranberries

2 pears

1 lime, peeled

1 tablespoon apple cider vinegar (ACV)

Splash of coconut water

Optional rim: lime, salt and chili powder

Directions:

1. Use Aeitto Slow Juicer to juice cranberries, pears, and limes
2. Add juice mixture to glasses of your choice with the ACV and top with coconut water.
3. To create a salt and chili powder rim for your glass, simply take a lime wedge and rub it around the perimeter of your glass. Then add a small amount of salt and chili powder to a plate and dip and twist the glass into it to coat the rim.



Super Vitamin

Yield: 12 oz serving (may vary)

Prep Time: 10mins

Cook Time: 6mins

Ingredients:

1 green apple

1 pear

1 orange

1 lemon

4 cups red grapes

2 apples

1 cup pomegranate seeds

1/4 cup elderberry syrup

4 cups sparkling water

Directions:

1. Chop the apple, pear, orange, and lemon.
2. Use Aeito Slow juicer to juice all fruits
3. If you want it effervescent, add the juice and sparkling water as well as the elderberry syrup to the pitcher, then muddle to mix the fruit with the liquids.



Soda Vitamin

Yield: 12 oz serving (may vary)

Prep Time: 8mins

Cook Time: 5mins

Ingredients:

1 cup cranberries

2 oranges, peeled

1 lime, peeled

1 1-inch piece of ginger

1 16-ounce bottle
sparkling water

Directions:

1. Use Aeitto Slow Juicer to juice cranberries, oranges, lime, and ginger.
2. Add juice mixture and sparkling water to a mason jar with a lid or a cocktail shaker.
3. Add ice and gently shake.
4. Pour into martini glasses and enjoy.



Irresistible Celery

Yield: 10oz serving (may vary)

Prep Time: 8mins

Cook Time: 5mins

Ingredients:

1 head of celery

1 lime, peeled

1 apple

1 fresh sprig of rosemary

1/2 tsp cardamom powder

16 ounces of club soda

Directions:

1. Use Aeitto Slow Juicer to juice celery, lime, and apple.
2. In a medium bowl, add fresh rosemary and cardamom and muddle with some of the juice mixtures. Let that mixture sit for a few minutes and then strain the whole spices out of the container.
3. Fill glasses of your choice halfway with the juice mixture and add club soda



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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

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- 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

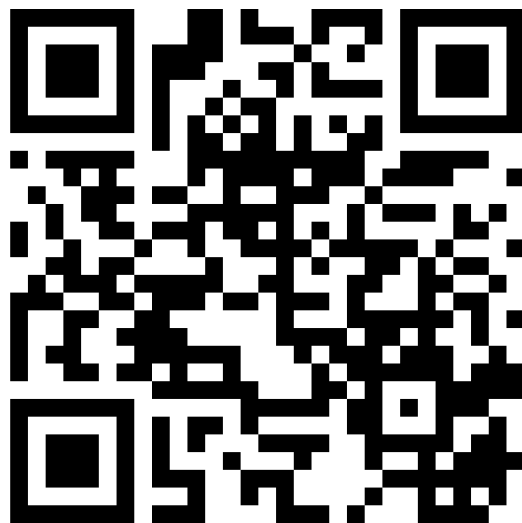
- 8 Point 3D Blades
- 72oz Large Capacity
- 9-Speed Control

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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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