The Hub Fresh Juice Counter

“Cool as a cucumber”

Ingredients (serves 1)

- 1 cucumber
- 330g green apples
- ½ lime
- ¼ bunch of mint leaves

Method

Blend all of the ingredients. Serve with mint.

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“Apple and kiwi juice”

Ingredients (serves 3)

- 1kg Granny Smith’s apples
- 6 kiwi fruit
- 1 lime
- 5g Light Muscovado sugar

Method

Peel the kiwi and lime. Blend all of the ingredients. Add the sugar if it’s too acidic. Divide into cups and serve immediately with ice.
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“Orange and turmeric sunshine juice”

Ingredients (serves 2)
- 4 oranges
- 40g ginger
- 5g turmeric

Method
Peel the oranges and cut into quarters. Blend the orange pieces, ginger pieces and turmeric. Pour into cups and serve chilled.

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“Post workout juice”

Ingredients (serves 1)
- 300g carrots
- 166g green apples
- 60g baby spinach
- 60g kale

Method
Chop ingredients, blend and serve.
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“Carrot and beetroot juice”

**Ingredients** (serves 1)
- 300g carrots
- 200g beetroot
- 250g celery
- 166g pears

**Method**
Chop the ingredients, blend and serve.

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“Carrot caprice”

**Ingredients** (serves 4)
- 600g carrots
- 4 oranges
- 5g ginger

**Method**
Chop the ingredients and blend. Divide into 4 and serve chilled.
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“Pre workout juice”

Ingredients (serves 1)

450g carrots
200g beetroot
25g ginger
½ bunch of parsley

Method

Chop the ingredients, blend and serve.