



9 Immune-boosting *Juices*



ADELE DU RAND



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Welcome!

This eBook is a gift, a gift that you are giving yourself! In this eBook, you will find a selection of easy juicing recipes that is not only delicious, but also highly nutritious! User friendly. Raw. Real.

I have taken a selection of my favourite juicing recipes for supporting your immune system, ones that I have tried and are now part of my trusted go-to recipes and made them available here to you.

Our food should nourish our bodies and uplift our souls! Juicing is one of the best ways, I have found, to not only heal my body and gut, but also give me energy and vitality. And it is a great way to increase the number of fruits and vegetables that we need every single day to keep our bodies healthy.

I love juicing, and I trust with these recipes, you will not only be inspired, but also fall in love with the beautiful juices that you can create using fresh, raw fruits and vegetables.

Adele du Rand xx

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About Me

Hey, I'm Adele du Rand

I'm a woman, mum, wife, professional speaker, chocolate-lover and avid juicer! I feel that my purpose on this planet is to help tired and exhausted people to find their pzazz and energy, so that they can bring their gifts to the world! Juicing, I believe, is one of the best ways I have found, to give your body the nutrition it craves.



I feel fortunate that life has given me the necessary lessons to push me to where I am today. These lessons included burnout (twice!), being diagnosed with an autoimmune disease in 2017, and having to start over again after being retrenched due to Covid-19 in 2020. I have learned the hard way that energy is EVERYTHING, because energy is live. No energy, no life. It really is that simple.

Enjoy making these juices. I know you're going to LOVE it, and please, let me know how you go!

Adele du Rand xx



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creating **DELICIOUS JUICES** from **REAL INGREDIENTS**



Equipment

Masticating / slow Juicer

A slow or masticating juicer is most definitely what I recommend you use. Why? Simply, a masticating juicer yields a higher amount of juice which will also last longer compared to a high-speed centrifugal juicer. Yes, the price is higher, but your health is worth it!

Knives

Buy good quality knives. I like to use a large knife for cutting produce, while I like the control of a smaller knife when I am peeling produce, for example an orange.

Wooden / bamboo chopping board

Don't get the plastic chopping boards. Wooden or bamboo boards are so much better to use!

Vegetable peeler

A good quality vegetable peeler will make your life so much easier! I like to peel certain vegetables, like beetroot. By peeling beet, you have less of an "earthy" taste. Cucumbers is another vegetable that I prefer to peel.

Spoon

When cleaning ginger, use the side of the spoon to gently scrape off the outer layer of the garlic. Simple, easy and safe.

Glasses or glass bottles

When you have created your juice, pour it in glass. Even if you want to freeze your juice for later consumption, freeze it in glass. Plastic, even the BPA-free ones, just is not healthy. Use glass.



Ginger Shot

One of my favourite wellness shots, the Ginger Shot is the perfect way to start the day. Ginger is well-known for its antioxidant and anti-inflammatory properties which can help to fight colds and flu, as well as assist in treating migraines, headaches and muscle pain.



Typical Nutrition Value

Calories	94
Total Fat	1.2g
Sodium	62mg
Total Carbohydrate	22.6g
Total Sugars	17.3g
Protein	0.2g

Serves 1

Ingredients:

1 medium Golden Delicious apple
2-3 cm piece of fresh ginger (5 grams)

Preparation:

1. If using a high-speed juicer, remove the outer skin of the ginger – use the side of a spoon to scrape it off. Also, core the apple to remove the seeds.

Making your juice:

Juice all the ingredients. Pour in a glass and enjoy!

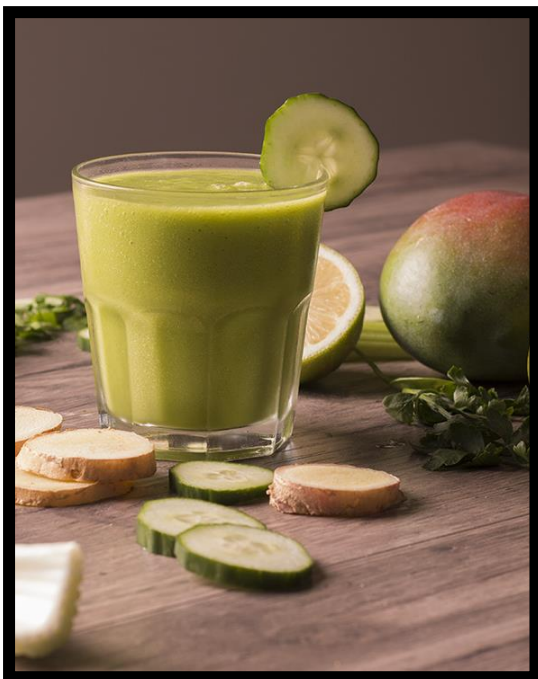
Pro tip: ginger is potent, so I recommend you start with a smaller piece and increase it until the strength you like it.

Variation: add ¼ piece of lemon for added vitamin C.



Mango Ginger Smoothie

The mango gives this juice a thick and creamy texture! The addition of parsley increases the antioxidants, while the cucumber hydrates your body!



Serves 1

Ingredients:

- 2-3 cm piece of fresh ginger (5 grams)
- Handful baby spinach or spinach
- 1 celery stick
- 8-10 parsley leaves, fresh
- ½ cucumber
- ½ lemon
- 1 fresh mango or 1 cup frozen mango

Preparation:

1. Peel the mango and cut the flesh from the core.
2. Peel the lemon if it is not organic.
3. Remove the outer layer of the skin of the ginger if you are using a high-speed juicer.

Typical Nutrition Value

Calories	272
Total Fat	2.2g
Cholesterol	0mg
Sodium	92mg
Total Carbohydrate	66g
Total Sugars	50.7g
Protein	6.9g

Making your juice:

1. Juice the ginger, spinach, celery, parsley, lemon and cucumber.
2. Pour the juice into a blender cup, add the mango (fresh or frozen) and blend until smooth.
3. Pour in a glass and enjoy!



Vitamin C Juice

While it is well known that oranges contain large amounts of vitamin C, there are some foods, like kiwi, pineapple and berries, that contain even more vitamin C! This antioxidant-rich juice is just what you need to support your immune system.



Serves 1

Ingredients:

- ¼ pineapple
- 1 tangerine or small orange
- 1 kiwi
- Handful baby spinach or spinach
- 1 piece broccoli stem

Preparation:

1. Peel the pineapple and kiwi.
2. Peel the orange or tangerine. Keep as much of the pith on as possible.
3. Rinse the spinach.

Making your juice:

1. Juice all the ingredients.
2. Pour in a glass and enjoy!

Typical Nutrition Value

Calories	187
Total Fat	0.9g
Cholesterol	0mg
Sodium	34mg
Total Carbohydrate	46.4g
Total Sugars	32.5g
Protein	4g



Orange Turmeric Juice

Turmeric is a spice that has been well documented for its health benefits. It is high in antioxidants and is anti-inflammatory. If you are using fresh turmeric root, I recommend you wear gloves as turmeric will stain your hands!



Serves 1

Ingredients:

- 2 medium oranges
- 2 large carrots
- 2 celery stalks
- Small piece of fresh turmeric root

Preparation:

1. Peel the oranges. Keep as much of the pith on as possible.

Making your juice:

1. Juice all the ingredients.
2. Pour in a glass and enjoy!

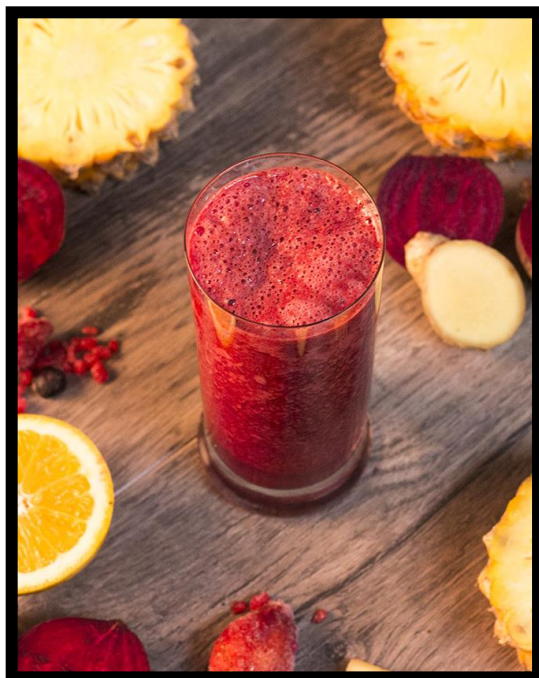
Typical Nutrition Value

Calories	188
Total Fat	0.4g
Cholesterol	0mg
Sodium	126mg
Total Carbohydrate	46g
Total Sugars	32g
Protein	3.9g



Berry & Beet Power

This anti-inflammatory juice contains pineapple, beet, berries and ginger to help reduce inflammation. Add some greens if you like, keeping in mind it will change the colour of this thick juice!



Serves 1

Ingredients:

- ½ orange
- ¼ medium pineapple
- 1 small beet
- Small piece of fresh ginger
- 1 cup mixed berries (frozen)

Preparation:

1. Peel the orange. Keep as much of the pith on as possible.
2. Peel the pineapple and the beet.
3. Remove the outer layer of the skin of the ginger if you are using a high-speed juicer.

Making your juice:

1. Juice the orange, pineapple, beet and ginger.
2. Pour the juice in a blender cup, and add the frozen berries. Blend on high-speed until smooth.
3. Pour in a glass and enjoy!

Variation: add a handful of baby spinach or spinach for added nutrition.

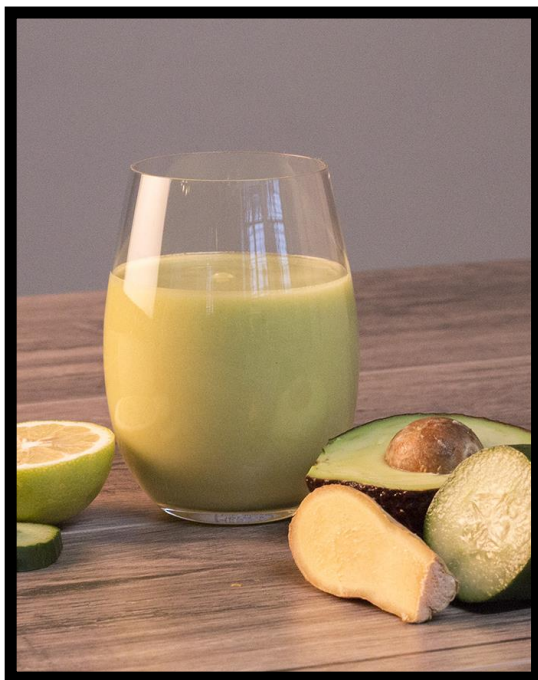
Typical Nutrition Value

Calories	248
Total Fat	1.5g
Cholesterol	0mg
Sodium	55mg
Total Carbohydrate	58.5g
Total Sugars	40.5g
Protein	3.9g



Anti-Inflammatory Green

While this juice is a meal-in-a-glass, it is brimming with antioxidants! Many studies have shown that inflammation contributes to many health conditions and symptoms. This is a great meal replacement smoothie!



Typical Nutrition Value

Calories	393
Total Fat	20.2g
Cholesterol	0mg
Sodium	26mg
Total Carbohydrate	58g
Total Sugars	32.6g
Protein	4.3g

Serves 1

Ingredients:

- ¼ medium pineapple
- 1 pear
- ½ lemon
- Small piece of ginger
- ¼ cucumber
- 1 celery stalk
- ½ medium ripe avocado

Optional: 1 teaspoon hemp seed protein powder or pea protein powder

Preparation:

1. Peel the lemon if it is not organic. Keep as much of the pith as possible.
2. Peel the pineapple.
3. Remove the outer layer of the skin of the ginger if you are using a high-speed juicer.

Making your juice:

1. Juice the pineapple, pear, lemon, ginger, cucumber and celery.
2. Pour the juice in a blender cup, and add the avocado and protein powder. Blend on high-speed until smooth.
3. Pour in a glass and enjoy!



Berry Banana Blast

A delicious sweet smoothie that even the kids will love! Berries contain even more vitamin C than oranges, while the fiber from the berries and banana is good for the gut!



Serves 1

Ingredients:

- 2 oranges
- 1 small handful baby spinach or spinach
- 1 cup mixed berries, frozen or fresh
- ½ medium banana

Preparation:

1. Peel the oranges. Keep as much of the pith on as possible.

Making your juice:

1. Juice the orange and spinach.
2. Pour the juice in a blender cup and add the frozen berries and banana. Blend on high-speed until smooth.
3. Pour in a glass and enjoy!

Typical Nutrition Value

Calories	312
Total Fat	1.3g
Cholesterol	0mg
Sodium	24mg
Total Carbohydrate	74.8g
Total Sugars	51.8g
Protein	6g



Sweet Grapefruit Ginger Kicker

A great alternative to the usual orange juice in the morning. This juice contains grapefruit which is high in vitamin C, while the beet and apple add some sweetness. And off course, ginger is also included.



Serves 1

Ingredients:

- 1 red apple
- 1 ruby red grapefruit
- 1 small golden beet or red beet
- ¼ cucumber
- Small piece of ginger

Preparation:

1. If using a high-speed juicer, remove the outer skin of the ginger – use the side of a spoon to scrape it off. Also, core the apple to remove the seeds.
2. Peel the beet and grapefruit.

Making your juice:

Juice all the ingredients. Pour in a glass and enjoy!

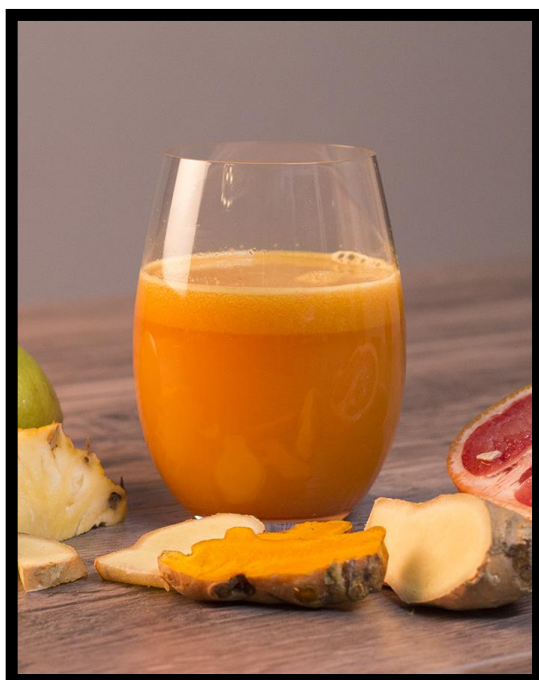
Typical Nutrition Value

Calories	258
Total Fat	0.5g
Cholesterol	0mg
Sodium	122mg
Total Carbohydrate	64.6g
Total Sugars	49g
Protein	2g



Fruity Turmeric Tonic

This juice contains mostly fruit, which gives it a wonderful colour and great taste!
If you are using fresh turmeric, I recommend you wear gloves to prevent your hands from being stained yellow.



Typical Nutrition Value

Calories	93
Total Fat	0.4g
Cholesterol	0mg
Sodium	2mg
Total Carbohydrate	24.4g
Total Sugars	17.9g
Protein	1.6g

Serves 1

Ingredients:

¼ cantaloupe (orange melon) or
pineapple
1 grapefruit
½ lemon
Small piece of fresh ginger
Small piece of fresh turmeric

Preparation:

1. Remove the rind of the cantaloupe.
If you are using pineapple, peel it.
2. Peel the lemon if it is not organic.
Keep as much of the pith as possible.
3. Peel the grapefruit.

Making your juice:

Juice all the ingredients. Pour in a glass and enjoy!

