



# Rejuvenate Your Body and Mind with Juicing: Refreshing Juice Recipes from Fearless Re'volution

In a world filled with processed foods and hectic lifestyles, it's no wonder that **detox juices** have become a much-loved trend. These vibrant elixirs offer more than just a refreshing taste - they provide a pathway to **rejuvenation and a healthier, more vibrant you**. If you're looking to revitalize your body and mind, this blog is your ultimate guide to the world of detox juices.

Join us as we dive into an oasis of mouthwatering **detox juice recipes** that will tantalize your taste buds and nourish your body from within. Whether you're seeking a gentle cleanse or a revitalizing boost, we'll equip you with the knowledge, tips, and tricks to make the most of your juicing journey.

Whether you're **a seasoned juicer or new to the concept of detoxification**, this blog is designed to cater to your needs. We'll not only unveil delicious recipes but also provide expert insights on the benefits of specific ingredients and the science behind detoxification. It's time to embrace the power of nature's bounty and embark on a refreshing adventure toward a healthier and revitalized you.

So, dust off your juicer, gather an assortment of fresh produce, and get ready to unlock a world of rejuvenation, one delicious sip at a time.

**Let's embark together on a transformative journey that will leave you energized, balanced, and glowing with vitality.**

Welcome to the incredible realm of detox juices – a gateway to a renewed and revitalized you!

## Summer Detox Juice Recipes from Fearless Re'volution:

As the temperatures rise and the days grow longer, it's time to embrace the refreshing goodness of detox juices to keep you cool, hydrated, and healthy throughout the summer season.



*Prep time* 10 minutes

*Total time* 10 minutes

This Pineapple Ginger Cleansing Juice is an easy pineapple juice recipe to pull together. It's a delicious blend of fresh organic pineapple, ginger root, turmeric root, and lime. This is a great little detox juice cleanse that's loaded with anti-inflammatory, digestive-boosting, and liver-cleansing properties.

### *Ingredients:*

3 cups fresh pineapple, peeled

2 inches fresh ginger root, peeled

3 pieces of turmeric

1 lime, peeled

### *Directions:*

1. Peel and chop pineapple, ginger, turmeric, and lime.
2. Push pineapple, ginger, turmeric, and lime one at a time through a high-powered juicer.
3. Stir the juice with a wooden spoon to blend well.
4. Pour 1/4 glass full of juice, 1/4 glass full of crushed ice, and fill the rest of the glass with coconut water or distilled water. Garnish with lime slices and fresh mint.

### *Nutrition Information*

**Yield:** 2 Serving Size

**Amount per serving:**

Calories:139 | Total Fat: 0g | Saturated Fat: 0g | Trans Fat: 0g | Unsaturated Fat: 0g |  
Cholesterol: 0mg | Sodium: 4mg | Carbohydrates: 36g | Fiber: 5g | Sugar: 25g | Protein: 2g



*Easy recipe for*  
**GREEN DETOX  
CELERY JUICE BLEND**

A healthy green juice recipe with a mixture of celery juice, apple, cucumber, and ginger for a variety of wonderful health benefits.

## *Ingredients:*

2 pounds celery

0.75 pounds cucumber large

1 apple

1.5 ounces ginger

## *Directions:*

1. Start by juicing the celery in a jug. Whenever juicing, I like to use organic produce and will often rinse everything before juicing it.
2. Use the whole stalks and leaves of the whole head. It yielded about 700 ml for me.
3. Then, juice the cucumber, apple, and ginger. They yielded another 350 ml.
4. Mix the juices and stir.
5. Enjoy your detox juice! It's best consumed fresh for optimal nutrients. However, it can be kept in the fridge for 2-3 days.
6. It's best to use organic produce when juicing.
7. It's best consumed fresh, immediately for optimal nutritional benefits.

## *Nutrition Information*

**Serving:** 1 cup

**Amount per serving:**

Calories: 79 kcal | Carbohydrates: 17g | Protein: 2g | Fat: 1g | Saturated Fat: 1g | Sodium: 185mg | Potassium: 798mg | Fiber: 6g | Sugar: 10g | Vitamin A: 1104IU | Vitamin C: 12mg | Calcium: 105mg | Iron: 1mg



*Prep time 5 minutes*

*Total time 5 minutes*

This Blueberry Spinach Smoothie is a great breakfast smoothie made with just 5 ingredients – frozen blueberries, frozen bananas, fresh baby spinach, a dollop of almond butter and some water.

## *Ingredients:*

1 cup frozen blueberries

1/2 cup frozen banana

1 cup baby spinach

1 cup water

1- 1-1/2 heaping tablespoon almond butter

3-4 ice cubes

## *Instructions:*

1. Place all ingredients into a blender and blend until smooth.
2. Add a little more water if the smoothie is too thick.

This blueberry smoothie recipe is a versatile one. Here are a few ways that you can switch things up:

- Use frozen cranberries instead of blueberries.
- Replace the almond butter with your favorite nut butter or omit it altogether if you want a lower-calorie smoothie.
- Use baby kale instead of spinach (but the smoothie will taste a bit earthier with kale).

## *Nutrition Information*

**Yield** 2 Servings

**Serving** Size: 1

### **Amount per serving:**

Calories: 266 | Total Fat: 10g | Saturated Fat: 1g | Trans Fat: 0g| Unsaturated Fat: 8g |  
Cholesterol: 0 mg | Sodium: 38 mg Carbohydrates: 44g | Fiber: 9g | Sugar: 25g | Protein: 6g

Detox juices are an essential addition to your summer routine, offering hydration, nourishment, and a refreshing way to beat the heat. So, go ahead and explore our detox juice recipes, and let these revitalizing concoctions help you make the most of the sunny season!

Our Detox Juice Recipes blog has provided you with an abundance of inspiration, guidance, and knowledge to help you embark on your juicing journey. By incorporating these nutrient-rich and refreshing beverages into your daily routine, you are taking a proactive step towards improving your overall health and wellness.

As you continue to explore the world of detox juices, remember to be creative and experiment with different fruits, vegetables, and herbs to find the perfect combinations that suit your taste buds and nutritional needs. Most importantly, enjoy the process and take pride in the positive changes you are making for your body and mind.

We hope that our blog has been a valuable resource for you, and we encourage you to share your juicing experiences and favorite recipes with us.



Together, let's continue to celebrate the power of detox juices and embrace a healthier, more vibrant lifestyle.

Cheers to your health and wellness journey!

**Further Reading:**

<https://sunwarrior.com/blogs/health-hub/juicing-recipes>

<https://www.theharvestkitchen.com/ginger-shot/>

<https://www.alphafoodie.com/green-detox-celery-juice-blend/>