

**Recipes make 1 glass (250mL)\***

**Method:** Process all ingredients in blender.  
Serve chilled.

## Beetroot, carrot, apple and celery

1 medium beetroot, peeled  
1 medium carrot  
1 large Granny Smith apple  
½ stick celery



## Carrot, ginger and apple juice

1 medium carrot  
20cm piece of ginger, peeled  
1 large Granny Smith apple



## Spinach, pineapple, cucumber and mint

2 cups baby spinach  
1 cup pineapple  
20cm length cucumber  
1 tbs mint leaves



## Nutrition, hints and tips

- Fresh juices can be an effective way to stay hydrated and consume a variety of nutrients, especially if regular fruit and vegetable intake is low.
- Add an extra piece of fruit to the recipe to increase sweetness. Try banana, watermelon, mango or kiwifruit.
- Use frozen fresh fruit to make the juice extra chilled. Perfect for staff too!
- \*Simply multiply recipes for larger serves.
- Adequate hydration is important, particularly in the summer months when more fluid is lost from the body through perspiration. These recipes may provide some interest for residents who are tired of drinking regular water.
- Apple skins can be left on if the blender used is powerful enough to process them thoroughly. If not, simply peel the apples and other fruit before blending.