



# Kiwi Juicing Recipes

*All recipes serve one.*



Kiwis are often used as part of a cleansing regimen and help aid digestion. They are high in vitamin C and E which act as an antioxidant. Kiwis are high in potassium. **Buying and storage:** Choose ripe fruit that yield to gentle pressure. Firm kiwis will ripen in a paper bag at room temperature after two to three days. They will keep for at least a week in the crisper drawer of the refrigerator. **Juicing Tips:** One pound of kiwis, about 4 kiwis, yields about 1/3 cup of juice.

## Tart & Tingly

- 3 Kiwis
- 1 Valencia Orange or 2 Mandarins
- ½ Raspberries or Blackberries
- ½ cup Cranberry Juice

## Seedy Kiwi

- 3 Kiwis
- 1 Valencia Orange or 2 Mandarins
- Grapefruit
- ½ Lime
- 1 teaspoon Ground Flax Seeds

## Kiwi Kick

- 3 Kiwis
- 1 Pineapple Wedge
- Juice from ½ Lemon
- ¼ teaspoon of Cayenne Pepper

