

Vegetable Juice (Beverage)

Interesting facts: Juice is absorbed within 20 min. You don't have to waste energy to digest the foods. Nothing energizes you quicker than juice. Juicing breaks cell walls of whole foods including tomatoes and carrots. This way you make it easy for your body to absorb all the wonderful nutrients of the vegetables and fruits.

How to select: For best juicing results, use organic fresh crisp vegetables. If you need to freeze fresh produce, use frozen produce within 2 to 3 months for best juice flavor. Beet greens, parsley, spinach, and watercress yield very rich and thick juices. They are very strong flavored and taste best when combined with other fruits and vegetables. For example, green vegetable juice mixed with carrot juice procures a sweeter vegetable flavor.

How to store: Because enzyme degradation occurs almost immediately after juicing, most experts do not recommend storing homemade juice longer than 24 hours.

How to prepare and consume: To make vegetable juice clear, filter juice through layers of cheesecloth or a nut milk bag. This will also remove any foam that forms during juicing. You may also strain the juice through a fine mesh strainer to reduce pulp and foam. If you want to consume the fiber use a blender to blend the vegetables and then add them to a smoothie recipe.