

# Don't Toss the juicer Pulp!

21 delicious, balanced juice recipes  
21 easy recipes for the leftover pulp!



- ✓ Save Money
- ✓ Reduce Waste
- ✓ Boost Nutrition
- ✓ Gently Increase Fibre

Andrea Veda - Health Coaching for your vibrant Life After Bread

**Don't Toss the Juicer Pulp!**  
**by Andrea Veda at Life after Bread Health Coaching**

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## **Praise for Don't Toss the Juicer Pulp recipes**

"I made these last night and they taste fantastic! I was pretty dubious to start with, but was really surprised at how good they turned out. I substituted raisins for goji berries and added a teaspoon of cinnamon as well. Awesome recipe. Thanks for sharing it."

Samantha Dwyer on Fab Fibre Energy Bites

"Love this recipe. I use lots of mixed veggies and apples in my morning juice. It tasted awesome. My husband and I tried it topped with butter and cheddar cheese. Wonderful!"

Betty Tersigni on Sup-herb Slices

"Sup-herb Slices is such a fantastic, delicious recipe. Much tastier and less dry than normal bread. Thank you for sharing!"

Jen Ys on Sup-herb Slices

"I drank the juice this morning and I have the wraps in the oven right now!".... [a short while later]... "They turned out fantastic! I used the pulp from broccoli, spinach and kale. I ended up with 2 1/2 cups pulp and used 5 eggs and 5 TBS oil. That yielded 13 wraps."

April Lind-White from [April's Grapevine Photography](#) on Grain-Free Wraps

"I tried your broccoli "bread" but used cauliflower instead last night as we had a lovely soup and we all know you need bread with soup!! So my husband trialled it and ate the whole thing!!! He said it tasted wonderful so I'm making him the broccoli version tomorrow."

Ourania Fielding on Grain-Free Wraps

"My husband loved it! I was actually quite surprised because he doesn't tend to like 'none meat' food! However he liked it so much he was asking me if I wanted to make some on Sunday!"

Lisa Burton from [The Bridal Consultants](#) on Sup-herb Slices

## About the Author



My name is Andrea Veda, Health Coach at [Life after Bread](#), and I'm inviting you to join me on an adventure.

We're going to embark on a quest together, and our mission is to transform your health and life through the magic of food. I will show you how the nutrients you give to your body can help to transform every aspect of your life – from soaring energy levels, to healing physical illness, to healthy relaxation and a clear mind. It's all there for the taking, and it's a really delicious journey!

As a certified health coach, I help my clients achieve their best health using simple steps that are easily integrated into busy, over-committed lives. Healthy, energy-giving food is just one of these steps, but it's a delicious and rewarding one when you do it right.

My own passion for amazingly tasty nutrition came from using food to recover from [Chronic Fatigue Syndrome](#) and the many symptoms it brought into my life. When I began to give my body the right nutrients, it healed my gluten-damaged gut and took me on a journey from lifeless to really living. Now, I help others achieve that same state of sustainable vitality through my [coaching services](#), [blog](#) and [books](#).

So, are you ready for an adventure into health-transformation through delicious nutrition? Well then, pack yourself an apple and let's get started...

## An Important Note:

**I want to express my heartfelt thanks to you for downloading my book!**

I have created some bonus, printable fact sheets to accompany this book and make your experience of making the following recipes much easier.

You can sign up to receive this valuable information by clicking on the following link:

<http://lifeafterbread.co.uk/dont-toss-the-pulp-special-thank-you-bonuses/>

And, as I am launching this book just before the crazy Christmas holidays, as a special thanks to you for reading this book, I have created some **bonus Christmas-flavoured juice and pulp recipes** for you. These feature in a special bonus mini-book called **Festive Food Hacks** and you will also receive this when you sign up for the grocery fact sheets.

**If it feels good for you to do so, I would so appreciate you returning to your Amazon page for this book and leaving a review for Don't Toss the Juicer Pulp!**

This book has been labour of love for almost two years, and you can help me to reach more people like us with this message of health without waste, by leaving a review of this book. Even if it's just a first impression, please do go for it, because it all helps to spread the message of sustainable health without waste 😊

In love and health,

Andrea x

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This book is not intended to provide medical advice or to take the place of medical advice and treatment from your personal physician.

Readers are advised to consult their own doctors or other qualified health professionals regarding the treatment of medical conditions. The author shall not be held liable or responsible for any misunderstanding or misuse of the information contained in this program manual or for any loss, damage, or injury caused or alleged to be caused directly or indirectly by any treatment, action, or application of any food or food source discussed in this book.

This information is not intended to diagnose, treat, cure, or prevent any disease.

## Chapter 1: Why You Give Up Using Your Juicer

Can you picture this scene?...

You bought your fancy juicer because you wanted a really efficient way to cram your body full of fabulous nutrition. The motivation may have been to heal from a bout of illness, to lose weight or to support your fitness goals.

And it's opened up a whole new world of flavours for you... who knew that carrots could taste as sweet as that carton of orange juice you used to buy?!

So, you juice everything in the fridge and you pile the supermarket trolley high with fresh fruits and veggies and pay the hefty grocery bill with a smile, because you know you're treating your body with the respect it has long deserved.

And then a few weeks go by...

Your juicer gets used maybe every other day instead of daily or even more. And soon, you start to feel guilty about the space it's taking up for the amount you use it. You even wonder whether you should give the crock pot that piece of precious kitchen real estate instead...

What happened???

How did your juicer romance fizzle out to an occasional obligation?

In my experience as a long-time juicing fan and as a health coach, there are three reasons why that potentially life-changing piece of kitchen equipment often gets re-gifted:

### **1. Time**

This may sound a bit crazy, because it takes very little time to create an amazing fresh juice! But ohhhhhhhh the cleaning... THAT requires time. And worse, it takes longer to empty and clean your juicer than it does to actually drink your juice!

### **2. Money**

You know you should be thinking, "you can't put a price on good health," but seriously, juicing fresh fruit and vegetables costs more money. Sometimes, it just feels too extravagant to pay for these whole plants just to extract a fraction of them to eat...

### **3. Waste**

This makes reason number 2 feel even worse, because you feel like you're dumping money onto your

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compost heap (or your trash!). You try so hard to recycle and upcycle and sometimes you even cycle... and throwing away your juicer pulp feels like a guilty secret that undoes all your worthy planet-saving efforts.

**I am here to show you how to make all three of these reasons obsolete so that you fall in love with your juicer all over again.**

If you're wondering why I'm so passionate about this subject, it really has been an evolution of working with my health coaching clients and helping them with their health challenges. Because even though they experienced incredible transformations in their health from integrating juicing into their daily routine, these three resistance points would *still* stop them from keeping it up.

That's human nature for you!

We often need even more motivation than our improving health to keep up a healthy practise, especially in the early days.

**So, let's look at the motivation that can be gotten from using your juicer pulp in relation to the resistance points above:**

### **1. Time**

Yes, you still have to clean your juicer!

BUT, trust me on this as it has been borne out by the experience of myself and my clients: when you're cleaning the pulp from your juicer to actually USE it, your motivation to do so is vastly increased. The mind-shift from cleaning (Bluh. Negative) to creating a raw ingredient (Yay! Positive) is very powerful and easy to achieve.

You will find yourself looking forward to what delicious creation you can make with that unlikely looking pile of pulp while you rinse your juicer components ;-)

### **2. Money**

Another powerful mind-shift here.

Because when you are using that 'waste product' in delicious and inventive ways, the guilt over the cost of raw ingredients melts away. Instead, you feel proud that you found a way to use ALL of the money you spent on healthy food.

If you have someone in your life who often questions the cost of your healthy eating habits, imagine the day when you can say to them that in fact your juicer SAVES you money. It will happen ;-)

### **3. Waste**

If you have ever felt a pang of guilt over discarding that volume of pulp created by your glass of juicy goodness, be prepared to never feel that way again.

There are very valid nutritional reasons to use that pulp, which we'll get into shortly. But those aside,

the positive impact on the environment and your sense of social responsibility from recycling your pulp into genuinely healthy and delicious food can be the best reason of all to give these recipes a try.

I am sure you are like me and my clients, trying our best to reduce our footprint on our fragile planet but still needing to live and be as healthy as possible. And sometimes it's tough to get the balance right.

As you try out the recipes in this book, you will realise that you are often replacing foods you would normally buy with dishes you have literally created from waste – the ultimate in recycling!

## **Chapter 2: The Health Benefits of Using Your Juicer Pulp**

It's all very well to want to reduce your waste and reduce the cost of juicing, but are there any health benefits to be gained from the effort? The answer is an emphatic, "YES!"

Especially if you own a mid-priced juicer. Let me explain...

Most of us, when we decide to give juicing a try, are not sure whether we'll stick to it or if it will be another one of those kitchen gadgets that seemed like a good idea at the time.

And so what we do is we hedge our bets a little. We can't justify to ourselves or our family, the cost of a top of the range, whizz bang juicer that extracts 99% of the liquid from whatever you make it eat ;-). Instead, we go for the mid-range option and tell ourselves we can always upgrade if the habit sticks and the health benefits are noticeable. Plenty of us feel and behave this way, otherwise mid-range juicers would not exist.

Mid-range juicers are not as efficient at extracting juice as a juicer that costs many times more – it's one of the trade-offs you make when you buy mid-range.

This means that the pulp you're left with still has a significant amount of the same vitamins, minerals and other nutrition that you have in your glass of juice. And that stuff is valuable to your body, so why not use it, right?

### **But that isn't where the health value ends in that lowly waste product.**

In fact, this is where a health coach who specialises in digestive disorders (me!) gets a little bit inappropriately excited, so forgive my enthusiasm for piles of pulp!

If you have ever suffered from:

Digestive discomfort such as bloating, diarrhoea, constipation, etc,

High cholesterol

High blood sugars, including pre-diabetes and diabetes

Weight gain

Colon discomfort and haemorrhoids

Chances are that a doctor has at some time told you to increase your fibre intake.

You may have switched to wholegrain bread, started eating bran in the morning or even added a supplement such as psyllium husks in a bid to 'shift' the problem.

And you may have regretted it... sorely!

But what if I told you that the pulp you regularly throw away is packed with exactly the types of fibre your body really wants? Natural, easily digestible and accessible fibre.

**The recipes in this book create and utilise pulp that includes the two types of fibre your body needs to function healthily:**

### **1. Soluble Fibre**

Water-soluble fibre is absorbed by the body and helps to slow down the effect of starchy carbohydrates (sugars) in our body. It reduces the 'sugar spike' effect that leads to fat gain, insulin dysfunction and diabetes.

It also has a very healthy effect on cholesterol levels, with studies observing a reduction in bad cholesterol (LDL) without affecting good cholesterol (HDL) with a high fibre diet.

As soluble fibre forms into a gel like substance in our intestines, it can aid weight loss by promoting a more sustained feeling of fullness.

### **2. Insoluble Fibre**

This form of fibre is essential for healthy elimination of waste from your body. It helps to bulk up your stools and evacuate them efficiently.

I like to describe insoluble fibre to my clients as an exfoliation treatment for your colon! Because it gently scrubs the walls of your intestine as it travels through, incorporating old waste material and pathogens into your waste products... and that stuff is definitely better out than in!

## **Increasing Fibre: The Most Common Mistake People Make**

When we're advised to increase our fibre intake, most people mistakenly think they need to reach for an unfamiliar source of the stuff. It's like we've been conditioned to believe that fibre is something we don't normally get in our diet and therefore we should be supplementing with concentrated forms of it.

Products like oat bran, wheat germ and psyllium husks have cropped up on health food store shelves in response to the lack of fibre in our diet.

But please be warned: If you have any kind of digestive discomfort, these products are probably not the best solution for you. In fact, they could make your conditions a whole lot worse. If you have any digestive issues, for a start you may have food sensitivities such as gluten intolerance that you may not even be aware of at the moment. The presence of irritating proteins such as gluten in products like oat bran and wheat germ could worsen your symptoms, especially in this concentrated form.

## **Gently Does It**

The best way to increase fibre in your diet is to do it gently and in a way that your body easily recognises. When you eat vegetables and fruits that contain fibre, your body instantly knows what to do with the stuff and reacts positively to it.

Increasing whole grains such as whole wheat and brown rice can have an adverse effect on your health goals. Our bodies are less well equipped to deal with grains compared to vegetables and fruits – we are simply not designed to process quantities of grains, as they are a relatively new type of food to our caveman genes.

When you use the pulp from your juicer, you are giving your body the gift of natural, gentle and easily usable fibre. And when your body knows what to do with fibre, you get the maximum benefit of it without the side-effects commonly associated with fibre increase (yes, I'm talking about excess gas and bloating).



### **Chapter 3. Is My Juicer Pulp Suitable for These Recipes?**

The quick answer to this question is “YES!”

But let me qualify that in more detail...

All of these recipes have been created using a mid-price, centrifugal juicer that cost less than £100 (\$167) when I purchased it four years ago. It's my favourite piece of kitchen equipment and it juices quickly and relatively efficiently. [THIS](#) is the latest version of my juicer.

It creates pulp that is still slightly 'wet' and that means it still has some micro-nutrient content worth utilising as well as healthy fibre.

This slightly wet pulp is the ideal consistency for the recipes, but it doesn't exclude you if you have a juicer that creates drier pulp.

If you are using a more expensive masticating or twin gear juicer, the resulting pulp will be much more 'dry' to the touch. It would contain less micro-nutrients and be mostly fibre. This could still be used for these recipes, but it would not have quite so much flavour and some recipes would be drier in texture.

If you have this type super-efficient juicer that creates dry pulp, you can still use these recipes and benefit from reducing the cost and waste of juicing and increasing healthy fibre in your diet.

1. You could add a little of your juice back to the pulp mixture to increase moisture and flavour.
2. Alternatively, you can add moisture in the form of water and experiment by adding more of the other flavourful ingredients in the recipes.

And in the spirit that created this book in the first place, I encourage you to experiment!

Every juicer will create a slightly different consistency of pulp – because every carrot, beet, apple, etc has a slightly different juice content! So you can't make juicer pulp recipes an exact science, and why would we want to? After all, each one of us is as unique as a snowflake and so why should our food be any different?

If you embrace experimentation as all part of your exciting and creative journey toward vibrant health, you will gain many more benefits from the experience!



## **Chapter 4: Will It Take Longer To Prep Ingredients?**

If you have been using a centrifugal juicer with a wide chute to juice ingredients such as apples whole, the answer to this question is “Yes, a little bit. **But read on to learn why prepping ingredients makes more sense...**”

My experience (and those of my clients) has led me to believe that juicing in a way that preserves the pulp for future recipes is actually going to preserve the life of your juicer and the health benefits of your juices.

How have I come to this conclusion?

Because I own a mid-price juicer that has since become notorious for its short life span!

Many others who use this juicer have had multiple replacements... and I believe this is because it is marketed and used as a ‘whole fruit’ juicer. In other words, you can put a whole apple into its chute and juice it without preparing it first by chopping/coring it. This design has become popular for its time saving properties.

But...

By throwing whole apples, pears and such like into your juicer chute, you put extra strain on the motor as it has to deal with puncturing the outside skin of fruits and vegetables before juicing them.

And when you are using your juicer daily, sometimes multiple times per day, this strain adds up and can reduce the life of your juicer’s motor and extraction components. Whereas when you chop ingredients, the juicing mechanism comes into contact with flesh as much as skin, and this lessens the load on the components.

Preparing your ingredients also eliminates the less nutritious and less tasty parts, such as pips and unripe carrot tops. This not only makes for better tasting juices and pulp, it also eliminates any dietary risk from consuming parts of foods we would usually avoid – you wouldn’t eat apple pips so why would you juice them?

Apple pips are a good example of potential health risk from juicing parts of foods that you wouldn't normally eat. Those pips contain a toxin called amygdalin, which when combined with enzymes in your intestine converts to cyanide. Eating the occasional whole apple pip is of no concern, as the hard outer shell will not break down during digestion and so the toxins contained within it pass through the body intact. But your juicer is likely to grind these pips during processing, contaminating your healthy juice.

Drinking the odd contaminated juice will not realistically pose a health threat either, but if you're participating in a juice cleanse for example, you could be using several apples daily for a sustained period of time. Although there is no concrete data on how many apples you would have to juice to be at risk of cyanide poisoning, I personally don't feel it is worth saving a minute of my time to chop an apple. And if you're juicing to relieve an existing health condition, why increase the toxic load on your body when that's exactly what juicing should be reducing.

So, yes. You will need to core an apple and top a carrot or two. It takes seconds of your time and means you get great pulp to play with.

You can download a printable data sheet on how best to prepare the ingredients in the following recipes at:

<http://lifeafterbread.co.uk/dont-toss-the-pulp-special-thank-you-bonuses/>

## **Chapter 5: The Juice Recipes - Why They Are Less Green Than Your Average Juice**

As you look through the juice recipes in this book, you may be surprised that the colour of most of them isn't green. And there are good reasons for that.

### **Tasting the Rainbow**

If you're into healthy eating, your favourite blogs and Facebook newsfeed are probably pervaded by the colour green. Am I right?

And that's fantastic, because we all should be eating (and drinking!) our greens.

In fact, there has been so much coverage in recent years about the health benefits to be had from green leafy veggies that it has kinda taken some limelight away from all the other colours that our health benefits from.

I admit, I have always been a cheerleader for the underdog. When I was younger, I would usually refuse to fancy the lead singer of my favourite bands, preferring to even things out by bestowing my adoration on the drummer or bass player. Okay, Adam Ant was the exception, but who could resist him in favour of Marco Pirroni???

Anyway, I digress into teen pop fantasies. Let's get back to the point.

While there are countless benefits to eating greens, the secret to really great health is eating the entire spectrum of colours available to us from vegetables and fruits. This is how we can most easily ensure a wide range of nutrients are available for our bodies to use.

Your body doesn't just extract a single vitamin from a fruit and use it independently; it uses a myriad of nutrients in synergy for countless bodily functions from repair to maintenance to making new cells.

Think of leafy greens as the lead singer of that favourite teen pop band: they have talent and good looks, but the whole sound comes from the magic created by all the musicians playing together. And those other musicians in your juices are the other colours available to you from other vegetables. See what I did there? Pretty cool, huh.

### **Less Green, More Juice**

Let's talk about the cost of juicing again, shall we? Because let's face it, we all have a budget!

Have you noticed how you can get through a ton of spinach for what looks like very little juice? Sure, it's all about quality rather than quantity... but especially if you're juicing for more than one person, it can feel like your juicer has an insatiable appetite for expensive leaves!

When you broaden your choice of vegetables and fruits to juice, you can create nutritionally varied juices with less expensive and higher-yielding ingredients.

### **Different Colours, Different Flavours**

Not only will you broaden the spectrum of micronutrients by varying your ingredients, your taste buds will be jumping for joy at the cocktail of interesting flavours available to them. I get so excited to give a juice to a visiting client and see their reaction to flavours that seem familiar and yet they can't quite believe would be in their glass.

The power of flavour should never be taken for granted: it is what will keep you enthusiastic about using your juicer and eating healthy food in general.

If you are beginning your journey away from processed foods and toward a more natural diet, it will be flavour that keeps you on the path. Because not only will you be amazed at the sensational taste of real foods, your body will respond by wanting more of those real flavours instead of the artificial stimulation from processed sugars and saltiness.

### **Beat Cravings with Savvy Juice Ingredients**

If you struggle to keep your sweet cravings under control, let me tell you the single most powerful trick I teach my clients to stop them reaching for the candy jar:

**Naturally sweet ingredients WILL satisfy your cravings.**

It sounds too simple (and too 'good') to be true, but I promise you it really works.

And I'm not encouraging you to max out on fructose-laden fruits here, either. Do not disregard the natural sweetness of carrots, beets, bell peppers and sweet potatoes, and their power to satisfy cravings. Not only do they taste great, many sweet vegetables contain special compounds that can help to lower blood sugar levels. This nutritional magic trick is very handy to have in the bag if you are pre-diabetic or diabetic or if you suffer from low energy, because it will help to even out those sugar spikes and lows and get your body operating evenly. And when your body doesn't have to deal with highs and lows, it can concentrate on other important tasks such as healing and healthy energy conversion.

Pretty cool, huh? Well it doesn't stop there...

Because many of those naturally sweet vegetables are, in fact, root vegetables. These are naturally 'grounding' and promote a feeling of steady wellbeing. So, if you're prone to bouts of emotional eating or reach for the sweets when life isn't going your way, root veggies can be powerful allies in keeping you feeling balanced and in control.

### **When You Can't Get Organic Greens, Use Safer Ingredients**

This will be covered in more detail in the next chapter, but it is worth mentioning here in the context of ingredient choice.

It isn't always possible to buy all of our groceries as organic. Hopefully one day we will have the choice and affordability to do so, but most of us have to compromise due to availability and cost.

When you're juicing large quantities of organic greens, it can get prohibitively expensive even if you can source them. But by varying your juicing ingredients, you open up options to use non-organic ingredients in a relatively safe way. By this I mean that you can peel non-organic produce and choose the ones that are considered less pesticide-laden.

I like to think of this as a real-world solution to a real-world problem. Because ultimately, the health benefits of juicing can vastly outweigh the risks from chemical exposure... if you're smart about your choices. More on that in the next chapter.

## **Chapter 6: Organic vs. Non-Organic Ingredients**

It seems obvious that the fewer chemicals our raw ingredients contain, the better. And it is. But. I want to just put this out there, because I have witnessed many people stop eating so many fresh veggies and fruits because they can't source or can't afford to buy organic.

**If you can't find organic ingredients, use non-organic.**

Eating non-organic produce is still better than not eating enough fresh veggies and fruits, and it is vastly better than eating highly processed, pre-packaged foods instead. Many things in our modern lives are a compromise, and eating healthy is often one of them whether we like it or not. So my advice to you is to be as smart as you can when buying ingredients, within your availability and budget.

The well-known list of Dirty Dozen and Clean Fifteen foods is a good way to guide your choices between organic and non-organic if you have to choose. But please don't stop buying something in its raw form only because you can't source it as organic.

I have compiled a list of all the ingredients used in the following recipes and which are best to buy organic and which are okay to buy non-organic.

You can download a prettier version of this in a handy printable format by clicking on the link below. This is ideal to take with you shopping as a quick reference.

<http://lifeafterbread.co.uk/dont-toss-the-pulp-special-thank-you-bonuses/>



INGREDIENTS – ORGANIC/NON-ORGANIC BUYING GUIDE			
Ingredient	Dirty Dozen?	Clean Fifteen?	Notes
Apples	YES	NO	Buy organic whenever possible
Beet/Beetroot	NO	NO	Your choice to peel if not organic
Bell pepper	YES	NO	Buy organic whenever possible
Broccoli	NO	NO	
Carrot	NO	NO	Your choice to peel if not organic
Cauliflower	NO	NO	
Celery	YES	NO	Buy organic whenever possible
Courgette/Zucchini	NO	NO	
Cucumber	YES	NO	Buy organic whenever possible. Peel if not organic
Fennel	NO	NO	
Ginger	NO	NO	
Kale	NO	YES	
Lemon	NO	NO	
Lettuce	YES	NO	Buy organic whenever possible
Lime	NO	NO	
Mango	NO	YES	
Melon	NO	YES	
Orange	NO	NO	
Pear	NO	NO	
Peas	NO	YES	
Pineapple	NO	YES	
Red cabbage	NO	YES	
Spinach	YES	NO	Buy organic whenever possible
Sweet potato	NO	YES	Your choice to peel if not organic

## **Chapter 7: The Juice and Juicer Pulp Recipes**

Here's the good stuff!

This chapter contains 21 delicious, balanced juices with a pulp recipe designed to utilise the pulp from that juice.

There is no right or wrong order in which to try these recipes, simply choose one to start with.

### **How to Maximise Your Juice's Nutrition**

Some of the nutrients vital to our health are known as fat-soluble, namely Vitamins A, D, E and K. These vitamins need the presence of good quality fats in order to be absorbed and utilised to their full potential.

If you are serious about maximising the nutritional benefits of your juicing practise, you need to keep this fact in mind when consuming your juices. Put simply, incorporating some fat into or alongside your juice will ensure that your body can absorb and use those nutrients.

You will see that every juice recipe includes a Boost Your Juice tip that you can use to ensure maximum absorption. This can be as simple as eating a few nuts after drinking your juice, or blending a good source of fat such as avocado into your juice before drinking.

That said, if you forget or you're in a hurry, don't get too hung up on missing out on this step every so often. Your juices contain a wide spectrum of nutrients and many of them are water-soluble, requiring no extra ingredients to get to work. Also, by using the pulp you are also increasing your intake of those fat-soluble vitamins, with most of the recipes containing a great source of fat in the form of oils, nuts, seeds, etc.

### **Portion Sizes**

Every juice recipe has been designed to yield a large glass of juice for one person, or two smaller glasses to share (awwww, that's romantic).

The corresponding pulp recipes are a bit more difficult to quantify into 'serving size'. The lunches, dinners and soups will certainly feed one of you and most likely two of you. The 'breads' and yummys, well it all depends on how much you want to scuffle at once ;-)

So basically, honestly, just make 'em and see. You know, just for the heck of it like we used to make weird concoctions of flour and water and rose petals in the garden with our play tea sets when we were kids! Or was that just me?

### **Recipe Measurements**

You will see in the upcoming juice pulp recipes that I'm a fan of keeping measurements simple – it's mostly tablespoons, teaspoons and cups. This is the way I work rather than making cooking into an exact science.

The cup measurement I use is the American cup measurement. It's so simple and I like simple.

I'm also a bit lazy when it comes to accurate measuring, so I use my American cup measures for dry ingredients too and I recommend you adopt this method for the pulp recipes – if you don't have American Cup measures, just use a metric or imperial liquid measuring jug and fill your jug with your ingredient to the corresponding level.

Here are the metric and imperial equivalents:

1 CUP = 250ml = 8 fl. oz

For example, the first pulp recipe here calls for 1 CUP of ground nuts/seeds

Simply pour your ground nuts/seeds into your measuring jug until it reaches the 250ml/8oz mark.

Voila! Easy, right?!

And when it comes to measuring out your 'cups' of pulp please don't get too hung up on accuracy. I simply pile the pulp into my cup measuring jug and only pat it down lightly if it needs it. For sure, don't compact it but don't stress about it either – if you're a natural perfectionist this is an opportunity for you to take deep breaths and let go of your perfectionism.... That's it, breathe innnnnnn..... aaaaaand out. Ahhh, better? Good.

## Juice and Juicer Pulp Recipes

### The Bread Replacements

The following juice recipes create pulp that you can use to make delicious alternatives to bread, replacing empty carbs and allergenic proteins such as gluten with healthier ingredients.

#### **Bright-Eyed Beauty Juice**

The colour of this juice is a clue to its richness in exotic antioxidants such as lutein and zeaxanthin, both especially helpful in protecting eye health. And all those fabulous antioxidants will help to preserve your youthful skin by providing protection from sun exposure and other environmental factors.

You can watch a video of this recipe and the following pulp recipe [HERE](#)



#### Ingredients

- 1 sweet potato
- 1 red bell pepper
- 2 carrots
- 1 zucchini/courgette
- 1 pear

Juice all ingredients and drink!

**Boost Your Juice** by blending half an avocado with it, or eat the avocado or a few nuts alongside your juice

## Sup-herb Slices

This innovative alternative to bread will help to kick your carb cravings squarely to the curb.

Packed with fibre and flavour, this easy recipe will leave you with no excuses or desire to reach for the bread bin.

Grain Free | Gluten Free | Dairy Free | Vegetarian

You can watch a video of this recipe [HERE](#)



### Ingredients

- 1-1.5 cups of Sweet Veggie Juice pulp
- 1 cup ground nuts/seeds (I love a mix of almonds, walnuts, pine nuts and sunflower seeds)
- 5 or 6 sun-dried tomatoes in oil, drained and roughly chopped
- Handful fresh basil, chopped
- 1 teaspoon fennel seeds, crushed
- 1 teaspoon dried oregano
- 3 eggs
- 3 tablespoons oil - avocado or olive oil
- 1 tablespoon baking powder (use a gluten free brand if you are gluten sensitive)

### Make the Magic

1. Preheat oven to 190c/375f
2. If using a silicone baking tray, brush it with a generous layer of oil  
If using a metal baking tray, line with baking/greaseproof paper and brush the paper with oil
3. Combine all the ingredients thoroughly in a mixing bowl with a fork
4. Spoon the mixture onto your baking tray and spread evenly to approx. 1/2inch thickness (you're aiming for roughly the thickness of a slice of bread)
5. Place on the middle shelf of the oven and bake for 20 minutes, until the top is lightly browned and the

edges are nice and rustic-y brown

6. Remove from oven and lightly cut the layer into quarters then turn each quarter over using a wide, flat spatula
7. Return to the oven for 5-10 minutes until the exposed side is now browned
8. Remove from oven and leave to cool before cutting into smaller squares

### **The Anti-Cancer Shot**

Juicing a single ingredient may seem a little strange! But broccoli --with its cocktail of antioxidant, anti-inflammatory and detoxification nutrients -- is such a powerful protector against many cancers that I consider this recipe to be an anti-cancer shot... and the pulp makes a very special recipe too ;-)

You can watch a video of this recipe and the following pulp recipe [HERE](#)



### **Ingredients**

1 large head of broccoli or 2 large handfuls of sprouting broccoli

Juice all the broccoli and drink it like a shot!

I actually enjoy the distinctive taste of this juice, but if you are new to juicing veggies it may be preferable to down it quickly!

Pssst! You can also do this juice with cauliflower and the following pulp recipe also works great with it too. Just sayin.

## Grain-Free Wraps

These wraps will literally change your lunch time! Try this recipe to make a delicious alternative to bread wraps and sandwiches. The fibre content will keep you fuller for longer and with no grains or artificial additives to irritate your digestion.

Grain Free | Gluten Free | Dairy Free | Vegetarian

You can watch a video of this recipe [HERE](#)



### Ingredients

All the pulp from the Anti-Cancer Shot Juice – 1 cup or more

3 eggs

Oil – avocado or olive oil work best

### Equipment Tips:

Silicone baking trays and a wide, flat spatula make these so easy to flip over.

You can use a metal baking tray lined with baking/greaseproof paper, generously oiled.

You can see how I used to do it this way, après-silicone, [HERE](#)

### Make the Magic

1. Preheat oven to 190c
2. In a mixing jug, thoroughly combine the pulp and eggs with 3 tablespoons of oil
3. Generously oil a silicone baking tray or a metal tray lined with baking paper
4. Use a large spoon to drop dollops of the mixture onto the baking tray and spread into rounds approx. ¼ inch thick. Don't worry about neatness here, they look nice and rustic this way and you don't waste time on neatness!
5. Bake in oven for 15 minutes until the wraps are set in the middle and browning slightly on the edges



6. Remove from oven and use a wide, flat spatula to ease underneath each wrap and flip it over.
7. Return the flipped wraps to the oven for a further 5 minutes, then transfer to a cold plate or board to cool.
8. You can gently fold them into 'taco' shape wraps when they are still warm if you prefer, as they will hold this shape whilst cooling without creasing.

Use your favourite sandwich fillings inside these wraps.

You can store these in the fridge for 3 days or freeze individually – they defrost quickly.

### G.I. Juice

Beets not only gift us with healthy, natural sweetness that will help curb the craziest of sugar cravings, their polysaccharide-rich fibre content is fantastic for your gastro-intestinal tract and may help prevent colon cancer. Get the benefit of soluble fibre in this juice, plus the valuable insoluble fibre in the following recipe.



#### Ingredients

- 1 beetroot - peeled if not organic
- 2-3 carrots - peeled if not organic
- 1 apple
- 1/2 lemon, peeled and pips removed

Juice all ingredients and drink!

**Boost Your Juice** by blending half an avocado with it, or eat the avocado or a few nuts alongside your juice

## **Pulpernickel**

If you're a fan of rye breads but find the gluten in rye too abrasive on your digestion, this recipe is your delicious and satisfying saviour. The flavour combination of sweet/savoury caraway seeds and raw cacao really needs to be eaten to be believed.

Grain Free | Gluten Free | Dairy Free | Vegetarian



### **Ingredients**

- 1 cup of G.I. Juice pulp
- 1 cup ground nuts/seeds - I like a mix of walnuts, almonds, pumpkin and sunflower seeds
- 1 handful of whole seeds such as pumpkin/sunflower
- 1 teaspoon caraway seeds
- 1 handful fresh parsley, chopped
- 3 eggs
- 1 tablespoon baking powder (use a gluten free brand if gluten sensitive)
- 3 tablespoons oil - avocado or olive oil
- 2 tablespoons raw cacao powder – optional but highly recommended!

### **Equipment Tips:**

I use a silicone baking tray brushed with coconut oil or olive oil.  
You could also use a metal baking tray lined with oiled greaseproof paper.

### **Make the Magic**

1. Preheat oven to 190c/375f
2. Place all the ingredients in a large bowl and mix thoroughly with a fork until completely blended.
3. Spoon the mixture onto your prepared baking tray and spread out to 1.5cm | 3/4inch depth.
4. Bake in the oven for 20 minutes.
5. Remove from oven and cut slab into quarters.  
This will allow you to slide a wide spatula underneath each piece and turn it over on the baking tray.
6. Return the turned pieces to the oven for 5-10 minutes until firm but still moist and spongy.

7. Remove from oven and allow to cool before cutting into squares.

## Dips and Spreads

The following recipes are the easiest to make as they are raw, utilising both the fibre and enzymes available in your juicer pulp. These are a great place to start if you're a stranger to the oven!

### Sunshine Zinger Juice

Drinking this juice in the morning will make you feel like you are on an exotic holiday, sipping a delightful fruity cocktail. The pineapple and citrus in this juice not only give a hefty helping of vitamin C, the bromelain present in pineapple, and ginger's special digestive properties make this a healing cocktail for your gut.



#### Ingredients

- 2 inches pineapple, rind removed
- 2 inches ginger, peeled
- 1 large orange, peel and pips removed
- 1 lime, peel and pips removed

Juice all ingredients and drink!

**Boost Your Juice** by blending half an avocado with it, or eat the avocado or a few nuts alongside your juice

## Sunshine Salsa

Make the most of this juicy pulp's sweet and zingy flavours by whipping up this super-quick salsa with a tropical twist.

Grain Free | Gluten Free | Dairy Free | Vegetarian | Vegan | Raw



### Ingredients

- 1 cup or more pulp from the Sunshine Zinger Juice
- 1 inch chilli pepper, finely chopped or ½ teaspoon chilli flakes
- 3 spring onions, finely sliced
- 1 handful coriander leaf/cilantro, finely chopped
- 1 tablespoon oil – olive, avocado or coconut oil
- Sea salt

### Make the Magic

1. Thoroughly mix all the ingredients – except the salt - in a bowl
2. Season with a little salt to bring out the flavours

This salsa tastes amazing with sweet potato chips as pictured!

### Ginger Zinger Juice

The rich redness of this juice reflects its antioxidant capacity, vital for all round health. More specifically, the high concentration anthocyanins found in red cabbage are a powerful anti-inflammatory that help to combat oxidative stress in the body – a vital measure to prevent cancers and other health threats.



#### Ingredients

1 Beetroot, peeled if not organic  
1 Apple  
1/4 Red Cabbage  
1 Red Bell Pepper  
1 Carrot  
1/2 Cucumber  
1-2 inches ginger, peeled

Juice all ingredients and drink!

**Boost Your Juice** by blending half an avocado with it, or eat the avocado or a few nuts alongside your juice

## Rawesome Relish

When I thought up this recipe, I truly didn't think it would turn out to be so good! The subtle sweet and sour zing of this relish belies its simplicity to make.

Grain free | Gluten Free | Dairy Free | Vegetarian | \*Vegan | Raw



### Ingredients

- 1 Cup of Ginger Zinger pulp
- 4 Spring onions/scallions chopped finely
- 1 Handful sultanas
- 1 pinch of chilli flakes or fresh chilli according to taste
- 1 teaspoon of fennel/caraway seeds according to preference, crushed
- 1 clove garlic, finely crushed
- 1/2 Cup apple cider vinegar/sherry vinegar
- 2 Tablespoons Honey/Maple Syrup – \*use maple syrup for vegan
- 1/4 cup olive or avocado oil
- Sea salt and black pepper

### Make the Magic

1. Mix all the ingredients together thoroughly and transfer to a sterilised jar.

You can eat this immediately or allow the flavours to marinate for at least an hour.  
Keeps in the fridge for up to a week, and gets better with age!



### Marvellous Melon Metaboliser Juice aka 'The Triple M'

Melon has been the subject of positive study outcomes in reducing what is known as Metabolic Syndrome – a collection of inflammation-related symptoms including high blood pressure, high blood sugars and fats and high body fat. This juice combines deliciously sweet melon with cauliflower and zucchini/courgette, both of which are also high in inflammation-reducing nutrients.



#### Ingredients

¼ - ½ melon, seeds and rind removed – any Cantaloupe variety of melon is perfect, Honeydew is great too.

6-8 florets of cauliflower

1 courgette/zucchini

Juice all ingredients and drink!

**Boost Your Juice** by blending half an avocado with it, or eat the avocado or a few nuts alongside your juice

## Easy Cheesy Spread

This dairy-free 'cheese' spread is a fantastic alternative to 'real' cheese and especially useful if you're lactose-intolerant or trying to cut down on your dairy intake. [Nutritional Yeast](#) is one of my absolute favourite condiments, imparting a comforting, savoury flavour to foods and a source of Vitamin B12 which many of us are deficient.

Grain Free | Gluten Free | \*Dairy Free | Vegetarian | \*Vegan | Raw



### Ingredients

All the pulp from the MelonCauli Melter Juice

1 small bunch of spring onions/scallions, finely sliced

3 heaped tablespoons of Nutritional Yeast – \*you can substitute with finely grated cheese but dairy cheese will mean this recipe is not vegan or dairy free

3 tablespoons of oil – olive or avocado is ideal

### Make the Magic

1. Mix all the ingredients together thoroughly and serve!

This spread tastes great spread on raw vegetables such as bell peppers, celery and carrots, or use as a savoury filling for Grain-Free Wraps.

### Pearfect Alkaliser Juice

Pear and cucumber contain special flavonoid antioxidants such as quercetin and kaempferol, which studies have found to be super-efficient at scavenging free radicals and therefore lowering our risk of diseases caused by inflammation. In addition, the lignans in cucumber are especially good at reducing the risk of hormone-related cancers. Or just try this juice because it is light and refreshing!



#### Ingredients

- 1 pear
- 1 cucumber – peel if not organic
- ½ lemon, peel and pips removed
- ½ lime, peel and pips removed

Juice all ingredients together and drink!

**Boost Your Juice** by blending half an avocado with it, or eat the avocado or a few nuts alongside your juice

## Sweet & Sour Dip

Get all the benefits of the fabulous fibre in pears, make this super-quick and easy dip and protect your body against diabetes and gastro-intestinal disorders at the same time!

Grain Free | Gluten Free | Dairy Free | Vegetarian | \*Vegan | Raw



### Ingredients

1 cup of pulp from Pearfect Alkaliser juice  
1-2 tablespoons sherry vinegar  
1 tablespoon honey/maple syrup - \*use maple syrup for vegan  
1 inch chilli pepper, finely sliced  
Sea salt

### Make the Magic

1. Thoroughly mix all the ingredients – except salt - together in a bowl
2. Season with a little salt if necessary and add more honey if required

## Lunch and Dinner

The juicer pulp recipes in this section are all great options for healthy lunches, dinners and are also ideal for picnics and packed lunches.

### Carotene Quencher Juice

You may know that carrots contain the powerful anti-cancer benefits of carotenoids, but red peppers and oranges are also rich in these antioxidants. This juice will help your body protect itself from all kinds of problems caused by oxidative stress.



#### Ingredients

- 2 carrots
- 1 red bell pepper
- 1 courgette/zucchini
- 1 apple
- 1 orange, skin and pips removed

Juice all the ingredients and drink!

**Boost Your Juice** by blending half an avocado with it, or eat the avocado or a few nuts alongside your juice

## Mediterranean Fish Cakes

These tasty fish cakes are so easy to make and versatile to eat - hot or cold - and ideal for packed lunches or to grab on-the-go.

Grain Free | Gluten Free | Dairy Free | Pescetarian



### Ingredients

All the pulp from the Carotene Quencher Juice

1 large or 2 small tins of mackerel/salmon/sardines, drained

2 eggs

1 small onion or 4 shallots, finely chopped

1 teaspoon dried oregano

1 handful fresh basil, chopped

4-6 sun-dried tomatoes, finely chopped – optional but recommended

Sea salt and black pepper

Oil – avocado, olive or coconut oil

### Make the Magic

1. Place the pulp and fish in a large mixing bowl and mash together with a fork
2. Add the remaining ingredients except the salt and pepper and oil. Mix thoroughly, beating the eggs into the mixture with the fork
3. Season with salt and pepper and mix again
4. Use your hands to scoop handfuls of the mixture and shape into flattened patties
5. Heat a generous amount of oil in a heavy bottomed sauté pan
6. When the oil is hot, place the patties into the pan to seal the bottoms, but move around a little to stop them sticking
7. Reduce the heat to moderate and cook the patties until browned on the underside (5-10 minutes)

8. Flip the patties over and cook until browned on the other side
9. Remove to kitchen paper to absorb excess oil

These are great served warm or cold with a fresh green salad

## Fire Hydrant Juice

If you don't already know, cell inflammation is the cause of most illnesses including cancers. This juice includes some of the most anti-inflammatory foods you will find on your grocery shelves, all there ready to neutralise the inflammation that shows up in all kinds of places in your body. Not only that, it tastes absolutely delicious.



### Ingredients

- 1-2 beets/beetroot
- 1 inch pineapple, rind removed
- 1 red bell pepper
- 2 florets broccoli
- 1 inch ginger, peeled
- ½ lemon, rind and pips removed
- 1 handful leaves – spinach/kale/lettuce

Juice all ingredients and drink!

**Boost Your Juice** by blending half an avocado with it, or eat the avocado or a few nuts alongside your juice



## Mexican Veggie Burgers

The beets, broccoli and leaves in the pulp used in this recipe are some of the healthiest forms of fibre in nature, helping to cleanse your digestive tract as well as keep you full for longer. But these veggie burgers aren't just good for your colon!... your taste buds will love the subtle sweetness of beets and pineapple paired with the smoky punch of chilli and spices. Packed lunches will never be the same again...

Grain Free | Gluten Free | Dairy Free | Vegetarian



### Ingredients

All the pulp from the Fire Hydrant Juice – approx. 1 cup

1 large can red kidney beans, drained and rinsed

1 large onion, finely chopped

2 garlic cloves, peeled and finely chopped

½-1 chilli pepper, finely chopped

1 tablespoon ground cumin

1 tablespoon ground, dried paprika – preferably smoked paprika but regular also works great

1 large handful fresh cilantro/coriander leaf, chopped

3 eggs, beaten

Sea salt

Oil – olive/avocado/coconut

### Make the Magic

1. Preheat oven to 200c / 390f
2. Brush a silicone or metal non-stick baking tray with a light layer of oil.
3. In a large mixing bowl, mash the kidney beans roughly into the pulp.
4. Add the onion, garlic, chilli, cumin, paprika, cilantro/coriander and eggs to the bowl and mix everything together thoroughly. Season with salt.
5. Use your hands to shape handfuls of the mixture into round burgers and place on the baking tray.
6. Bake in the oven for 15 minutes until slightly browned and set.

7. Use a flat spatula to gently flip over each burger and return them to the oven for a further 10 minutes until browned and firm.

These are great served with guacamole and yoghurt or soured cream. I love them wrapped in a lettuce leaf instead of a bread burger.

These can be refrigerated for up to 5 days and taste great cold. You can also freeze them.

### A-B-C Juice

A rich cocktail of Vitamins A and C plus Beta Carotene, this juice is an immune-booster that also boasts some special blood-sugar-levelling compounds. Oh, and a sweetness that you'll hardly believe could be healthy (but it is).



#### Ingredients

- 1 sweet potato – peel if not organic
- 1 mango, peeled and stone removed
- 1-2 carrots
- 2 inches ginger, peeled

Juice all ingredients and drink!

**Boost Your Juice** by blending half an avocado with it, stir a spoonful of coconut milk in, or eat the avocado or a few nuts alongside your juice

## Divine Tagine

Warming flavours and a hearty fibre content make this twist on tradition a really satisfying dish – in both taste and sustained energy. I have served this to many satisfied dinner guests without them having a clue they're eating my juicer's waste (I give my hands an evil wring in the kitchen before I serve up, muwahahahahaaaaa!).

Grain Free | Gluten Free | Dairy Free | Vegetarian | Vegan



### Ingredients

All the pulp from A-B-C Juice – approx. 1-2 cups

1 large onion, chopped

2-3 cloves garlic, peeled and chopped

½ chilli, finely chopped

1 inch ginger, peeled and chopped

1 bell pepper, chopped into 1 inch pieces

1 large handful pried apricots, roughly chopped

1 large can (approx. 400grams) cooked chickpeas, drained and thoroughly rinsed

1 large can (approx. 400grams) chopped tomatoes in juice

¾ pint vegetable stock

1 cinnamon stick or 1 teaspoon ground cinnamon

1 tablespoon ground cumin

1 large handful fresh cilantro/coriander leaf, chopped

Oil – coconut, avocado or olive oil

### Make the Magic

1. Heat a tablespoon of oil in a large pan and gently sauté the onion, garlic, chilli, ginger and bell pepper until softened.

2. Add the cinnamon stick/ground cinnamon and ground cumin to the softened vegetables and stir in thoroughly.
3. Add the rest of the ingredients except the cilantro/coriander.
4. Increase the heat until the tagine bubbles, then reduce and simmer for 20 minutes.
5. Taste the tagine and add sea salt and black pepper if required.
6. Stir in the fresh cilantro/coriander before serving. A slice of lemon is a great garnish and freshens the flavours.

This tagine tastes even better the next day. You can refrigerate it for up to 3 days and it also freezes well.

## HapPea Heart Juice

Romaine lettuce is the nutritional king of lettuces, rich in nutrients that prevent the oxidation of cholesterol, plus folate to prevent unhealthy levels of heart-damaging homocysteine. Raw peas not only provide a new and delicious flavour to your juice repertoire, they are packed with heart-friendly antioxidants and the highly valuable omega3 fat in the form of alpha-linolenic acid.



### Ingredients

- 1 head of lettuce – Romaine, Little Gem, etc
- ½ cucumber
- 2-3 florets broccoli
- 1 large handful peas in shells – sugar snap, mange-tout, etc
- 1 pear
- ½ lemon, rind and pips removed
- 1 small handful fresh mint leaves

Juice all ingredients and drink!

**Boost Your Juice** by blending half an avocado with it, or eat the avocado or a few nuts alongside your juice

## Tabbouleh Boats

This dish makes a really satisfying lunch, full of fresh summer flavours. The fibre of the pulp combined with the high quality protein source of Quinoa will keep you going until dinner time.

\*Grain free | Gluten Free | Dairy Free | Vegetarian | \*Vegan



### Ingredients

All the pulp from HapPea Juice

1 cup cooked Quinoa - \*quinoa is not a grain, it is a seed

4 spring onions, finely sliced

2 tomatoes, chopped

1 handful fresh parsley, chopped

1 handful fresh mint, chopped

Lettuce leaves to serve – Romaine is perfect

1 handful mixed seeds, lightly toasted

Juice of 1 lemon

1 tablespoon honey/maple syrup – optional. \*Use maple syrup for vegan

### Make the Magic

1. Thoroughly mix all the ingredients except for the lettuce leaves and toasted seeds in a large bowl.
2. Place the leaves on a plate and spoon the tabbouleh mixture into each one.
3. Drizzle with lemon juice and scatter the seeds on top.

## Lemony Bell Juice

If you want to transition from fruit-laden juices to more veggies, this juice will show you how. Bell peppers taste sweet and yet so very veggie.... You'll love it despite yourself, pinkie promise ;-)



### Ingredients

- 1 carrot
- 1 zucchini
- 1 red/orange/yellow bell pepper
- 1 apple
- ½ lemon, peel and pips removed
- 1 stick celery

Juice all ingredients and drink!

**Boost Your Juice** by blending half an avocado with it, or eat the avocado or a few nuts alongside your juice



## Perfectly Pesto No-Meat Balls

These special no-meat balls are so flavourful that you will never miss the meat!

Packed with pesto flavours, if you're feeling lazy you can make these without the cheese centre and they still taste great and are also dairy-free that way.

Grain Free | Gluten Free | \*Dairy Free | Vegetarian



### Ingredients

All the pulp from the BelLemony Juice – approx. 1 cup

½ cup pine nuts, toasted and ground with a blender or pestle and mortar

1-2 garlic cloves, crushed and finely chopped

1 large handful fresh basil, chopped

1 tablespoon tomato puree/concentrate – optional

Approx 20x 1inch cubes of chilled Feta cheese - \*omit for dairy free

2 eggs, beaten

Black pepper

### Make the Magic

1. Preheat oven to 200c / 390f
2. In a large bowl, thoroughly mix the pulp, pine nuts, garlic, basil, tomato puree (if using) and eggs with a fork, seasoning with black pepper.
3. Take each cube of cheese and roll between your palms until each forms a round.
4. Take about a tablespoon of the pulp mixture in the palm of your hand and place one ball of cheese in the middle.
5. Now use your palms to shape the pulp mixture around the cheese until you have a 'meatball type' shape with the cheese completely enclosed.
6. Repeat this with all the cheese balls and pulp mixture.

7. Place the no-meat balls on an oiled silicone baking tray or metal tray lined with baking/greaseproof paper and bake in the oven for 20-25 minutes until lightly browned.

Serve with your favourite sauce and try the sweet potato 'pasta' pictured [HERE](#).

These are also great served cold as a snack, with dip or pack for a picnic.

## Soups

One of the most obvious ways to use leftover juicer pulp is to throw it into a soup. But the following recipes get smarter than that and really take advantage of the pulp's flavours to create soups that are much more than a recycling project!

### Gentle Refresher Juice

Sometimes just keeping it simple really works. This refined and subtle juice is more Chanel two-piece than Carmen Miranda head-piece. Ommmmm.



### Ingredients

- 1 pear
- 1 carrot
- 1 cucumber
- 1 large handful spinach/lettuce/kale

Juice all the ingredients and drink!

**Boost Your Juice** by blending half an avocado with it, or eat the avocado or a few nuts alongside your juice

## Nom Yum Soup

Fragrant and spicy Thai flavours combine beautifully in this super-easy soup.

Grain free | Gluten Free | Dairy Free | Vegetarian | Vegan



### Ingredients

All the pulp from the Gentle Refresher Juice – approx. 1 cup

1 bunch spring onions, sliced

2 garlic cloves, peeled and sliced

½ - 1 chilli, finely chopped

6-10 baby sweetcorn, quartered lengthways

1 whole stick of lemongrass, bruised by rolling with a rolling pin

3-5 fresh lime leaves, bruised by bashing lightly with a rolling pin

½ pint vegetable stock or miso stock

1 large can (approx. 400grams) full-fat coconut milk

1 handful fresh cilantro/coriander leaf

Sea salt and black pepper

### Make the Magic

1. In a large pan, add all the ingredients except the coconut milk, cilantro/coriander and salt/pepper seasoning.
2. Bring to boiling point and then reduce the heat and simmer for 10 minutes.
3. Add the can of coconut milk and gently heat through whilst stirring.
4. Add the chopped cilantro/coriander and season with sea salt and black pepper if required.

### **Bangin' Beets Juice**

The abundance of antioxidants in this juice will have your body's free radicals quaking in their boots (They wear boots in my imagination. And goggles).

Beetroot and red cabbage are particularly potent in cancer-preventing nutrients, and those nutrients are best consumed raw. Juicing is the perfect cancer-prevention solution!



#### Ingredients

- 1 Beet/Beetroot – peel if not organic
- 1 Pear/Apple
- 1 Stick celery
- 1-2 inch slice of red cabbage
- 1 large carrot

Juice all ingredients and drink!

**Boost Your Juice** by blending half an avocado with it, or eat the avocado or a few nuts alongside your juice

## Beetiful Borscht Soup

Who can resist a soup with this depth of colour and flavour? And you get to say “Borscht!” in your best Russian KGB agent accent. What’s not to love?!

Even more lovable is utilising the fabulous fibre content of beets, cabbage and carrots. Your intestines will truly think this soup has been sent to them from Russia with Love <3

Grain Free | Gluten free | Dairy Free | Vegetarian | \*Vegan



### Ingredients

1 cup or more of pulp from Bangin’ Beets Juice  
1 onion, chopped  
2 cloves garlic, crushed  
2 tablespoons red wine vinegar  
2 pints stock/broth – \*vegetable stock if you’re vegetarian or vegan  
1 handful fresh dill, chopped or 2 tablespoons dried dill  
1 teaspoon caraway seeds – optional but recommended  
Oil – coconut, avocado or olive oil  
Sea salt and pepper to season

### Make the Magic

1. Heat a generous glug of oil in a pan and gently sauté the onion and garlic and caraway seeds if using, until the onions are translucent (approx. 5-10 minutes)
2. Add the red wine vinegar and allow it to heat and bubble for a minute
3. Then add the pulp and stock to the pan and increase the heat until boiling
4. Reduce the heat and simmer for 20 minutes or until the pulp is nicely softened
5. You can now use a hand blender now to blend and smooth the soup if you prefer a smooth texture
6. Stir the dill into the soup and season with salt and pepper if required

I love this garnished with a spoonful of sour cream/yoghurt and chopped walnuts

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The Pulpernickel recipe goes fabulously with this soup!

## Mango Tango Juice

I can't tell you how delicious this juice is, you'll just have to try it for yourself. And if you need a reason other than taste, the carrot, mango and orange are superb sources of immune-boosting Vitamins C and A. Ginger not only adds a zingy lift to this juice, it has a very calming effect on the intestinal tract.



### Ingredients

- 2 large carrots
- 1 orange, skin and pips removed
- 1 mango, skin and stone removed
- 1 inch ginger, peeled

Juice all ingredients and drink!

**Boost Your Juice** by blending half an avocado with it, stir in a spoonful of coconut milk, or eat the avocado or a few nuts alongside your juice



## Cleansing Carrot Soup

Sweet, spicy and warming, this comforting soup gives you all the benefits of carrots' colon-friendly fibre content and beta-carotene, which studies suggest is more bio-available when lightly cooked.

Grain Free | Gluten Free | Dairy Free | Vegetarian | Vegan



### Ingredients

- 1 cup pulp from Mango Tango Juice, or more if you have more from your juice
- 1 large onion, chopped
- 1 yellow or red bell pepper, chopped
- 2 garlic cloves, chopped
- 1 pinch chilli flakes or fresh, chopped chilli
- 1 large handful fresh coriander leaf/cilantro, chopped
- 2 pints vegetable stock
- 1 bay leaf
- Oil – coconut, avocado or olive oil

### Make the Magic

1. Heat a tablespoon of oil in a large saucepan and gently saute the onion, pepper and garlic with the chilli until the onions are soft and translucent (5-10 minutes)
2. Add the stock to the pan and increase the heat to boiling point
3. Add the pulp and bay leaf to the pan and simmer gently for 15 minutes until the pulp has softened slightly.
4. Stir the chopped coriander leaf/cilantro into the pan and take off the heat.
5. Taste and adjust seasoning if necessary

This soup is great served with a spoonful of live yoghurt/sour cream and toasted seeds

### **Fab Fennel Detox Juice**

The powerful combination of Vitamin C and other antioxidant-rich ingredients in this juice make it a wonderful cleansing drink. Apple and a hint of aniseed from the fennel are a delicious lift to the other super-green veggies.



#### **Ingredients**

- 1 apple
- 1 celery stick
- 2 handfuls romaine lettuce or spinach
- 1 large handful mange tout/sugar snap peas, including shells
- 4 broccoli florets
- 1/2 fennel bulb

Juice all ingredients together and drink!

**Boost Your Juice** by blending half an avocado with it, or eat the avocado or a few nuts alongside your juice

## Herbalicious Green Soup

This soup is equally delicious as a cold soup on a hot day or a warm soup on a cold day.

Grain Free | Gluten Free | Dairy Free | Vegetarian | Vegan



### Ingredients

- 1 cup pulp from Fab Fennel Detox Juice, or more if you have more from your juice
- 1 small bunch spring onions/scallions, chopped
- 1 handful peas – sugar snap, mange tout or shelled peas all work well
- 1 garlic clove, chopped
- 2 pints vegetable stock – cooled if using ‘raw’ method
- 1 large handful fresh parsley, chopped
- 1 large handful fresh mint, chopped
- 1 avocado, peeled, de-stoned and chopped

### Make the Magic

Raw Method to serve cold:

1. Place all the ingredients in a jug blender or a large jug if using a hand blender.
2. Blend until smooth.

Hob Method to serve warm:

1. Place all ingredients - except avocado, parsley and mint – in a large, covered pan and gently bring to a simmer.
2. When the soup is warmed through, add the parsley and mint and remove from the heat.
3. Add the avocado pieces.

4. Blend in the pan with a hand blender or transfer to a jug blender and blend until smooth.

Serve on its own or garnished with live yoghurt or soured cream, toasted pumpkin seeds and/or sauteed strips of kale/cabbage. I love adding chopped pieces of crispy pancetta or parma ham. Shitake mushrooms are also a great addition to this soup

The Pulpernickel or Sup-Herb Slices recipes go great with this soup if you just need to eat soup with something 'bready' on the side ;-)

## Yummies

The most fun of all the categories! Not least because creating treats from juicer pulp gets extra smug-satisfaction points (you know what I'm talkin'bout...).

### Care Pear Juice

This juice keeps it simple and shows how minimal fructose can still taste fabulous. Pears are perfect for imparting subtle sweetness from minimal fruit sugars, and combines deliciously with carrot.



### Ingredients

1 pear  
2 carrots  
1 courgette/zucchini

Juice all ingredients together and drink!

**Boost Your Juice** by blending half an avocado with it, or eat the avocado or a few nuts alongside your juice

## Fab Fibre Energy Bites

One of my most popular juicer pulp recipes and the inspiration for this book, these energy bites are deceptively delicious. The easy-to-digest fibre content will keep you satisfied for longer than sugar-laden shop-bought offerings.

Grain Free | Gluten Free | Dairy Free | Vegetarian | \*Vegan



### Ingredients

1 cup pulp  
8 dates, pitted and chopped  
1 ripe banana, mashed - optional  
1/2 cup mixed seeds  
1/4 cup millet flakes (you could use oats or quinoa flakes)  
1/4 cup chopped nuts  
Handful raisins  
3 Tbsp honey/maple syrup - \*use maple syrup for vegan  
1 Tbsp coconut oil

### Make the Magic

1. Preheat oven to 200c / 325f
2. Combine all ingredients in a bowl until well mixed.
3. Line a baking tray with baking parchment paper or brush a silicone baking tray with a little oil
4. Turn the mixture out onto the baking paper and spread out with the back of a spoon until it's an even thickness (approx 1/2inch).
5. Bake in the oven for approx 20 minutes until it begins to brown.

6. Cut into squares and cool on a wire rack.



### Cravings Buster Juice

Be prepared to satisfy your sweet cravings and even regulate your blood sugars at the same time! This lusciously sweet juice not only overflows with beta-carotenes galore, sweet potato has been the subject of recent research that suggests it stimulates production of a protein hormone called adinopectin that helps regulate insulin metabolism. That's great news for anyone with pre-diabetes, diabetes or just a plain old sweet tooth!



#### Ingredients

- 1 sweet potato - peeled if not organic
- 1 beetroot - peeled if not organic
- 2 large carrots - peeled if not organic
- 1 courgette/zucchini
- 1 apple - core removed
- 1 mango - peeled and de-stoned

Juice all ingredients and drink!

**Boost Your Juice** by blending half an avocado with it, or eat the avocado or a few nuts alongside your juice

## Chocolate Pistachio Brownies

Make these brownies, feed them to your friends and family, don't tell them the ingredients until AFTER they've told you how good they are. Trust me, I've done this and watched their shocked faces!

Grain Free | Gluten Free | Dairy Free | Vegetarian



### Ingredients

All the pulp from the Sweet Root Juice (approx 1 cup)  
1 cup ground nuts (I like to use almonds but any nuts can be used)  
1 cup pistachios  
3 eggs  
3 tablespoons baking powder (use gluten free brand if gluten sensitive)  
1/2 cup raw cacao powder  
2 generous tablespoons coconut oil  
1 teaspoon vanilla essence  
3 tablespoons honey/maple syrup  
20 dates, stoned and chopped  
2 ripe bananas

### **Equipment Tips:**

I use a silicone baking tray brushed with coconut oil or olive oil.  
You could also use a metal baking tray lined with greaseproof paper.

### Make the Magic

1. Preheat oven to 190c/375f
2. Place the pulp and bananas in a large bowl and mash the bananas into the pulp.
3. Add all the remaining ingredients except the pistachios and mix thoroughly with a fork until completely blended.

4. Add the pistachios and combine thoroughly.
5. Spoon the mixture onto your prepared baking tray and spread out to 1.5cm | 3/4inch depth.
6. Bake in the oven for 20 minutes.
7. Remove from oven and cut slab into two or three large pieces.  
This will allow you to slide a wide spatula underneath each piece and turn it over on the baking tray.
8. Return the turned pieces to the oven for 5-10 minutes until firm but still moist and spongy.
9. Remove from oven and allow to cool before cutting into squares.

### Free-Rad-Fighting Juice

The three ingredients in this juice are packed with antioxidants which prevent free radical damage to your body's cells. While pears and carrots are often touted as antioxidant-rich foods, zucchini contributes its own exotic cocktail of free-radical fighters, including zeaxanthin vital for good eye health.



#### Ingredients

3 large carrots  
1 courgette/zucchini  
2 pears

Juice all ingredients and drink!

**Boost Your Juice** by blending half an avocado with it, or eat the avocado or a few nuts alongside your juice

## KooKooBananas Carrot Cake

You will be amazed that your juice pulp, plus natural sweetness from a few healthy ingredients, can really make great cake. Dates are not only masterful at deep, satisfying sweetness, their fibre content helps regulate blood sugar. Using cashews for the frosting is not only a delicious alternative to cream cheese, it also gives a healthy helping of heart and blood sugar-friendly monounsaturated fats.

Grain Free | Gluten Free | Dairy Free | Vegetarian



### Ingredients

#### **Cake Ingredients:**

All the pulp from the Free-Rad-Fighting Juice - approx 2 cups

1 cup ground nuts/seeds

3 heaped tablespoons baking powder (use gluten free brand if you are gluten sensitive)

3 eggs

20 dates, de-stoned and chopped

2 ripe bananas

1 teaspoon cinnamon

1 tablespoon vanilla essence

2 tablespoons maple syrup

1 tablespoon coconut oil

#### **Frosting Ingredients:**

2 cups cashew nuts, soaked for minimum 2 hours to overnight then drained

2 lemons - juice and zest

2 tablespoons honey

1 tablespoon coconut oil - optional

#### **Equipment:**

Baking tin approx. 11inches x 7inches x 2inches deep

Baking paper / greaseproof paper

Jug blender or hand blender and separate jug

## Make the Magic

1. Preheat oven to 190c/375f
2. Line the baking tin with the paper with excess on the sides so you can pick it up out of the tin, and brush the paper with oil.
3. Combine all the cake ingredients thoroughly in a mixing bowl
4. Turn the mixture into the tin and spread evenly to approx. 1.5 inches depth
5. Bake in the oven for 25 minutes
6. Remove from oven and use the excess paper to lift the cake out of the tin, placing it on a plate or board
7. Place a second baking tray on top of the cake and turn the entire thing upside down onto the baking tray
8. Remove the plate/board and ease the paper off the cake (use a flat spatula if necessary)
9. Return the upturned cake to the oven for 5-10 minutes until the side that is now uppermost is slightly browned
10. Remove from the oven and allow to cool

### Frosting:

1. Put all the frosting ingredients in your jug blender or jug, and blend together
2. Add water if necessary to achieve a 'cream cheese' consistency
3. Taste and add more honey to your taste if necessary
4. When the cake is cooled, spread the cashew frosting evenly on top of the cake then cut into small squares (it is very satisfying and you won't need large portions ;-)

### Sweet-As-Pie Juice

Sweet potato and cinnamon are two of the most powerful blood sugar-regulating foods. This juice tastes like a decadent pie and yet will actually regulate your body's insulin response rather than fritz it the way a sugary pie would!



#### Ingredients

1 sweet potato  
1 carrot  
1 zucchini/courgette  
Pinch of ground cinnamon

Juice all vegetables, stir in the cinnamon and drink!

**Boost Your Juice** by stirring some coconut milk into it, or eat a few nuts alongside your juice

## Overnight Oat Pancakes

These naturally sweet and satisfying pancakes utilise the natural sugars and regulating fibre in dates and banana. Eat them as a guilt-free breakfast or treat any time of the day.

Grain Free | Gluten Free | Dairy Free | Vegetarian



### Ingredients

All the pulp from the Sweet-As-Pie Juice

1 cup rolled oats or quinoa flakes

3/4 cup water

1 heaped tablespoon coconut oil

1 ripe banana

3 eggs, beaten

10 dates, de-stoned and chopped

1 heaped tablespoon of baking powder (use gluten free brand if you are gluten sensitive)

1 teaspoon ground cinnamon

1 teaspoon vanilla essence - optional

Extra coconut oil

### Make the Magic

1. Place the pulp, oats/quinoa flakes, banana and coconut oil in a large mixing bowl and mash together thoroughly with a fork.
2. Add the water, dates, baking powder, cinnamon and vanilla essence (if using) to the mixture and combine thoroughly.



3. Cover the bowl and allow to stand for at least 2 hours or overnight. Leave at room temperature for the first 2 hours if possible, placing in the fridge if standing for longer.
4. When you are ready to make the pancakes, add the eggs and beat in to thoroughly combine.
5. Heat a generous amount of oil in a sauté pan and use a tablespoon to drop dollops of the mixture onto the hot oil.
6. Spread the mixture a little to create rounds and reduce the heat to medium, cooking until the bases are set and browning.
7. Carefully flip over each pancake with a flat spatula and continue to cook until set and browned on each side.
8. Transfer the pancakes to kitchen paper to absorb any excess oil.

These are great served warm or cold, as a breakfast or tea time treat.

## Contact Me



Thank you so much for reading my book, and I hope you've been inspired to create some culinary surprises from your own juicer's pulp.

I would LOVE to know your thoughts or questions on any of the information in this book, so please email me with anything you have to share: [andrea@lifeafterbread.co.uk](mailto:andrea@lifeafterbread.co.uk)

If you want to get clearer on your health goals, need a guide to help unravel your health confusions, or curious about how much better you could feel with the help of a professional coach, contact me to arrange a Health Barrier Breakthrough Session:

<http://lifeafterbread.co.uk/contact-me/>

If you would like to be among the first to know about new recipes, books, health nuggets and services, please join my community by signing up for any of my free resources:

<http://lifeafterbread.co.uk/free-stuff/>

You can bookmark my blog:

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In love and health,

Andrea

xxx

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