

Jason Vale



Get Juicy This Winter

TOGETHER WITH THE JUICE MASTER TEAM,
WE'VE CREATED SOME OF THE FINEST
WINTER WARMERS FOR YOUR PLEASURE...

Juices are perfect for the winter months: healthy, delicious, quick and simple to make and perfect for children and adults. There are so many simple ways to make your juices Christmassy or geared for the New Year. For the festive season, pick a theme, like red and green, and stock up on some red beets, grapes, strawberries, raspberries, cherries, celery, kale, apple and get creative. For New Year, go healthy for the detox!

If you are not a gourmet chef, picking fruit and vegetables and tossing them into a pot is a liberating way of whisking up something amazing.

The majority of houses across the UK will have an eclectic range of leftovers in the fridge after Christmas Day, from celery, peas, mint, cherries to oranges, potatoes and more, and the wonderful thing about juicing is that anything goes!

HO-HO-HO HOLIDAY JUICE

Ingredients:
1 inch chunk broccoli stem
1/2 stalk celery
1/4 medium cucumber
1 large handful spinach
1/4 unwaxed lemon
1/4 inch chunk ginger root
1 small handful ice cubes

Juice all the fruits and vegetables, then either pour the extracted juice into the blender with ice and blend or simply add ice to a glass and pour over.

SNOW JOKE

Ingredients:
1 medium banana
1 tspn manuka honey,
1 tspn vanilla extract
(or seeds from 1 pod),
500 ml raw almond milk
2 ice cubes

In the blender put the banana, honey, vanilla seeds or extract and ice. Pour in the raw almond milk up to the 500 ml line and blend until smooth.

J'M-SIP

This is the Juice Master's take on a Lemsip... fresh apple, ginger and lemon juice mixed with hot water, sweetened with a spoonful of manuka active honey.

Ingredients:
1 Golden Delicious apple
3cm chunk fresh ginger root
1/2 medium (unwaxed) lemon
1 heaped tsp manuka honey
1 half cup hot water

Serves 1:

Juice the apple, ginger and lemon (leave the peel on). Pour the juice into your favourite mug. Make sure you only half fill the mug and then top up with hot (not boiling) water from the kettle. Add the manuka honey, stir well and sip your way back to health.

CARROT, CORIANDER & ORANGE SOUP

This recipe is packed with vitamins B, C and folic acid, plus potassium, sodium and magnesium. It helps with a whole heap of ailments but tastes great too!

Ingredients:
15g (1/2 oz) organic butter
1, peeled and chopped onion
455g (1lb) sliced carrots
700ml (1 1/4 pints) vegetable or chicken stock
1tbsp (15ml) fresh coriander
Juice & pulp of 1 orange
Freshly ground black pepper
Chopped to garnish coriander

Serves 1:

Juice the apple, ginger and lemon (leave the peel on). Pour the juice into your favourite mug. Make sure you only half fill the mug and then top up with hot (not boiling) water from the kettle. Add the manuka honey, stir well and sip your way back to health.

HANGOVER HELPER

This smoothie contains ultra-hydrating watermelon, vitamin B3 rich kiwifruit, metabolism-boosting grapefruit, powerful protein-digesting pineapple, vitamin C-packed lime and antioxidant-rich strawberries. All of which should sort your head and body out!

Ingredients:
1/4 Watermelon
1 kiwifruit
1/2 pink grapefruit
1/2 pineapple
1/2 lime
One handful strawberries
Ice cubes

Juice the watermelon, kiwifruit, grapefruit, pineapple and lime and pour into a blender along with the strawberries and ice and blend.