



# Juicing vs. Blending

Juicer separates juice from fiber

Juicer options: { Variety of choices with their own pros & cons: Centrifugal, masticating, twin-gear, hand-crank

## CRAZY SEXY

### GREEN JUICE INGREDIENTS:

Base Cucumber & celery



♥ 1-2 leafy greens

♥ 1-2 low-glycemic fruits



Bonuses Cayenne pepper, gingerroot, broccoli stems, and more ...



>> No pulp/fiber <<



- ♥ Instant infusion of vitamins, minerals, & phytonutrients to your bloodstream
- ♥ Gives digestive system a break: Cells can focus on rest & repair
- ♥ Removing the fiber means you can pack more veggies in a juice



Blender blends all ingredients together

Blender options: { High-speed blenders are best for super-creamy, green smoothies!

## CRAZY SEXY

### GREEN SMOOTHIE INGREDIENTS:

Base Filtered water, coconut water or nut milk



♥ 3:1 ratio of veggies to fruits

♥ 1 fat: ½ avocado or spoonful nut butter



Bonuses Raw cacao, vegan protein powder, chia, hemp seed, goji berries, and more ...



>> Pulp/fiber-filled <<

- ♥ Supports digestive health: Sweeps toxins through digestive tract & aids regular elimination
- ♥ Satisfies hunger & sustains energy over time
- ♥ Balances blood sugar

