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JUICES & SMOOTHIES

Citrus

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ENERGIZING - DETOX - ANTIOXIDANT

JUICES & SMOOTHIES

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ORANGE & PEACH

INGREDIENTS

- 1 orange
- Zest of 1 orange
- 1 tbsp ground ginger
- 2 peaches
- 1 ½ cup milk
- 1 tbsp honey
- 1 cup crushed ice
- Mint leaves, to garnish

PREPARATION

1. Peel the orange. Peel the peaches, remove their pit and cut them in four.
2. Put the orange, peaches, ginger, milk, honey and ice in a blender. Blend for 1 minute or until smooth.
3. Serve the smoothies in glasses with straws and garnish with mint leaves.

ANTIOXIDANT



NUTRITIONAL FACTS

Portion:	1 glass
Calories:	98 kcal
Protein:	3,5 g
Fat:	3 g
Carbohydrates:	15,5 g

Tip

If you have a powerful blender, it is convenient to crush the ice first and then add the other ingredients. If it is not so powerful, blend the ice together with liquids and then add the rest of the ingredients.

Orange Vitamin C contained in oranges is very unstable in the presence of light and air; therefore it is recommended to consume the fruit immediately once it is cut or peeled.





TURMERIC & ORANGE

INGREDIENTS

- 2 oranges
- 1 carrot
- 3 tsp ground ginger
- 2 tbsp honey
- 1 tsp ground turmeric
- 1 pinch cinnamon
- 1 pinch anise

PREPARATION

1. Peel the oranges and the carrot. Cut the carrot into small pieces. Make cuts on both sides of the orange segments to separate them from the walls and release them.
2. Put all ingredients in a blender and blend until obtaining a fluid mixture.
3. If the preparation is too thick, add some water. Serve the smoothies immediately.

Turmeric
It is recommended to consume turmeric on a daily basis due to its great antioxidant and anti-inflammatory properties.



REVITALIZING



NUTRITIONAL FACTS

Portion:	1 glass
Calories:	126,6 kcal
Protein:	1,7 g
Fat:	0,3 g
Carbohydrates:	32,2 g

Tip

Give this smoothie an interesting touch by adding 1 tsp cumin and 1 tbsp coconut milk.



ORANGE ICED TEA

INGREDIENTS

- 3.5 fl oz/100 ml orange juice
- 2 tbsp sugar
- 10 fl oz/300 ml cold tea
- Ice and orange slices, to taste
- Fresh mint leaves, to garnish

PREPARATION

1. Put the orange juice, sugar and tea in a jug. Stir until the sugar dissolves.
2. Serve in glasses with ice and orange slices, and garnish with fresh mint leaves.

HYDRATING 	
NUTRITIONAL FACTS	
Portion:	1 glass
Calories:	82 kcal
Protein:	0,4 g
Fat:	0,1 g
Carbohydrates:	20,2 g

Tip
In general, iced tea is made with black tea, but you could also use green tea, mint tea, hibiscus, oolong, chamomile or lemongrass.



Muscovado sugar
It is unrefined sugar, and therefore more nutritious than refined sugar because it contains all its fiber, vitamins and minerals.



LIME & COCONUT

INGREDIENTS

- 13.5 fl oz/400 ml coconut milk
- 7 fl oz/200 ml lime juice
- 3 tbsp light brown sugar
- Crushed ice, to taste
- Shredded coconut and lime slices, to garnish

PREPARATION

1. Put the coconut milk, lime juice, sugar and ice in a blender. Blend until smooth and frothy.
2. Serve the smoothies in glasses garnished with shredded coconut and lime slices.

Light brown sugar
Light brown sugar
maintains some of
the minerals lost in
the refining process
of white sugar.
Nevertheless, it has
the same amount of
calories.



REVITALIZING



NUTRITIONAL FACTS

Portion:	1 glass
Calories:	379 kcal
Protein:	3,3 g
Fat:	32 g
Carbohydrates:	27 g

Tip

If you prefer a lighter beverage, replace coconut milk with coconut water. It will have the same flavor but the texture will be more liquid and hydrating.



ORANGE & CARROTS

INGREDIENTS

- 1 orange
- 2 carrots
- ¾ cup mango, diced
- 3 pitted dates
- ½ cup almond milk
- Ice cubes, to taste
- Lemon slices, to garnish

PREPARATION

1. Peel the orange and carrots. Cut the carrots into small pieces. Make cuts on both sides of the orange segments to separate them from the walls and release them.
2. Put all ingredients in a blender and blend until integrated. If the mixture is too thick, add some water.
3. Serve the smoothies in glasses with straws and garnish with lemon slices.

ANTIOXIDANT 	
NUTRITIONAL FACTS	
Portion:	1 glass
Calories:	111,9 kcal
Protein:	1,7 g
Fat:	0,7 g
Carbohydrates:	28 g

Tip
For a fresh touch, add a berry coulis (see “Step by step technique”, page 34). If you prefer a thinner preparation, extract the carrot juice with a juicer and then use it in the mixture.

Carrot
It contains beta carotene,
a potent antioxidant that
protects the eyes improving
eyesight.





THYME & GRAPEFRUIT WATER

INGREDIENTS

- Juice of 2 grapefruits
- 1 grapefruit separated in segments
- Fresh thyme twigs, to taste
- Ice, to taste
- 1 qt/1 l water

PREPARATION

1. Put the grapefruit juice, a grapefruit cut in segments, thyme twigs, ice and water in a jug.
2. Stir well and let the water set for 30 minutes in the refrigerator so that it absorbs all the flavors.
3. Serve in glasses and garnish with thyme twigs.

Grapefruit
Like all citrus fruit, grapefruit has a high content of vitamin C.



HYDRATING



NUTRITIONAL FACTS

Portion:	1 glass
Calories:	17,8 kcal
Protein:	0,3 g
Fat:	0,1 g
Carbohydrates:	4,4 g

Tip

Thyme provides a very characteristic flavor. The aroma is very subtle when incorporated into cold water. If you prefer a stronger aroma, infuse in hot water, allow it to chill and then use for the beverage.



LEMON & CUCUMBER DETOX

INGREDIENTS

- 1 small cucumber
- 2 lemons
- 1 qt/1 l water
- Ice, to taste

PREPARATION

1. Cut the cucumber and lemons into thin slices and put them in a jug.
2. Add water and ice, and stir well.
3. Allow it to sit in the refrigerator for 30 minutes before serving.

Lemon
For a stronger effect, put the lemon slices in water overnight and finish the preparation the next day.



DETOX



NUTRITIONAL FACTS

Portion:	1 glass
Calories:	11,3 kcal
Protein:	0,5 g
Fat:	0,1 g
Carbohydrates:	3,5 g

Tip

To make the flavor of this detox water more intense, cut small pieces of lemon and cucumber, put them in the ice tray and add water. Add to the drink once frozen.



TANGERINE, YOGURT & GINGER

INGREDIENTS

- 8 tangerines
- ½ cup natural yogurt
- 1 tsp ground ginger
- 1 tsp honey
- 1 pinch salt
- 1 cup ice

PREPARATION

1. Peel the tangerines and separate them in segments. Remove the seeds and white pith on each segment.
2. Put the yogurt in a blender and add the rest of the ingredients. Blend until they integrate.
3. Serve right away in glasses with straws.

REVITALIZING



NUTRITIONAL FACTS

Portion:	1 glass
Calories:	210,2 kcal
Protein:	4 g
Fat:	2,3 g
Carbohydrates:	48,7 g

Tip

In order to preserve fresh ginger for a longer period of time, store it in the vegetable shelf of your refrigerator, wrapped in plastic or inside an airtight bag.

Tangerine
Tangerines are very similar to oranges when it comes to nutritional properties, but they are sweeter and easier to peel, which makes them very popular.





LEMON & GINGER

INGREDIENTS

- 1 qt/1 l water
- Juice of 3 lemons
- 1 tbsp fresh ground ginger
- 2 tbsp honey
- Ice, to taste
- Lemon wedges and fresh mint leaves, to garnish

PREPARATION

1. Put the water, lemon juice, ground ginger and honey in the blender. Blend to integrate all ingredients.
2. Serve in glasses with ice and garnish with lemon wedges and fresh mint leaves.

DETOX 	
NUTRITIONAL FACTS	
Portion:	1 glass
Calories:	20,5 kcal
Protein:	0,09 g
Fat:	0,06 g
Carbohydrates:	5,8 g

Tip
In addition to mint, this lemonade is delicious with basil, rosemary or lavender. You may also add clove or cinnamon sticks.



Ginger
Ginger promotes digestion and therefore it is recommended to consume it in every meal, either as seasoning or incorporated in beverages.



APRICOT, LEMON & ALMOND

INGREDIENTS

- 6 apricots
- 2 tbsp almonds
- 1 tbsp lemon juice
- ½ tsp lemon zest
- 2 tbsp honey
- 1 ¼ cup almond milk
- 8 ice cubes
- Chia seeds and mint leaves, to garnish

PREPARATION

1. Peel the apricots, pit them and cut them in four. Coarsely chop the almonds.
2. Put the apricots and almonds in a blender together with the lemon juice and zest, almond milk and previously crushed ice. Blend for 1 minute, or until smooth and well integrated.
3. Serve the smoothies in glasses and garnish with chia seeds and mint leaves.

REVITALIZING 	
NUTRITIONAL FACTS	
Portion:	1 glass
Calories:	122 kcal
Protein:	2,8 g
Fat:	3,7 g
Carbohydrates:	22,6 g

Tip

For a different version of this delicious beverage, add frozen raspberries and 2 tbsp coconut milk. You can make it even more nutritious by incorporating a few kale or spinach leaves.



Almonds
Due to their high fiber content, almonds produce satiety and help regulate bowel transit.



GRAPEFRUIT SLUSH

INGREDIENTS

- 1.5 pint/700 ml pink grapefruit juice
- 8.5 fl oz/250 ml water
- 2.3 oz/65 g sugar
- Grapefruit wedges, to garnish

PREPARATION

1. Put the grapefruit juice, water and sugar in a bowl and stir until the sugar dissolves. Pour into a shallow pan and freeze for 3 or 4 hours, until it is hard.
2. Using a knife or fork, divide the hardened liquid into smaller pieces. Put them in a blender and blend until obtaining the desired consistency.
3. Serve immediately, garnished with grapefruit wedges.

ANTIOXIDANT 	
NUTRITIONAL FACTS	
Portion:	1 glass
Calories:	121,6 kcal
Protein:	1 g
Fat:	0,3 g
Carbohydrates:	30 g

Tip
For another version of this slush, use 5 fl oz/150 ml water, 1 oz/30 g sugar and 2 scoops of lemon ice cream, in addition to the grapefruit juice. Garnish with mint leaves.





BANANA & GRAPEFRUIT

INGREDIENTS

- 1 grapefruit
- 2 frozen bananas
- 6 tbsp natural yogurt
- Ice, to taste

PREPARATION

1. Peel the grapefruit and the bananas. Cut the bananas into large pieces. Make cuts on both sides of the grapefruit segments to separate them from the walls and release them.
2. Put the grapefruit, bananas and yogurt in a blender and blend until smooth and frothy.
3. Serve in glasses with straws and garnish with grapefruit slices.

REVITALIZING



NUTRITIONAL FACTS

Portion:	1 glass
Calories:	169 kcal
Protein:	3,1 g
Fat:	1,3 g
Carbohydrates:	37 g

Tip

Bananas can be frozen whole. Although their appearance may not be ideal when defrosted, their flavor and nutritious properties will not vary.

Yogurt
Yogurt possesses bacteria that are beneficial for our bowel. It is recommended as an excellent probiotic that improves our gut flora.





VIRGIN ORANGE MOJITO

INGREDIENTS

- ½ orange
- ½ lime
- 2 tsp sugar
- 10 fresh mint leaves
- ½ cup lemon soda or seltzer water
- 1 cup crushed ice
- Orange and lime slices, to garnish

PREPARATION

1. Wash the lime and orange. Cut each fruit into 3 pieces.
2. Put the lime, orange, sugar and mint in a wide glass.
3. Crush the ingredients with a mortar mallet or wooden spoon.
4. Add soda or seltzer and ice, and mix to integrate all ingredients. Garnish the mojito with orange and lime slices and serve right away.

Mint
In addition to providing a fresh touch, mint improves digestion.



ANTIOXIDANT



NUTRITIONAL FACTS

Portion:	1 glass
Calories:	68,2 kcal
Protein:	0,6 g
Fat:	0,1 g
Carbohydrates:	17,4 g

Tip

Fresh mint can be kept well in the freezer. It can also be dried and kept in an airtight jar. Have some mint handy at all times for your juices and smoothies.



LAVENDER LEMONADE

INGREDIENTS

- 6 cups water
- ½ cup sugar
- ¼ cup honey
- 3 tbsp dried lavender
- 2 cups lemon juice
- Ice cubes, to taste
- Lavender twigs, to garnish

PREPARATION

1. Put 2 cups of water, lavender and sugar in a saucepan. Bring to a boil over medium heat. Lower the heat and stir occasionally for a few more minutes, until the sugar dissolves. Add honey and mix.
2. Allow the syrup to cool to room temperature. Strain and discard the lavender.
3. Put the syrup in a jug, add the rest of the water and lemon juice, and stir.
4. Allow the lemonade to chill in the refrigerator for at least 1 hour. Serve in glasses with ice cubes and garnish with lavender twigs.

Lavender
Lavender is the perfect antidote for insomnia, anxiety and stress.



HYDRATING 	
NUTRITIONAL FACTS	
Portion:	1 glass
Calories:	83,3 kcal
Protein:	0,2 g
Fat:	0,1 g
Carbohydrates:	22,1 g

Tip
If you have lavender in your garden or balcony, cut the flowers when they bloom and dry them by hanging them upside down in a dry place. After 2 weeks they will be ready to be used for cooking or garnishing.

FRUIT COULIS

STRAWBERRY COULIS

1. Wash 9 oz/250 g strawberries, dry them with a clean cloth and remove the stem. Doing it in this order will prevent the strawberries from getting soggy. Cut them in half.

2. Put them in a bowl with 1.7 oz/50 g sugar and 2 tbsp lemon juice. Add a squirt of strawberry liqueur or some other citric liqueur of your preference. Allow the preparation to set for 2 or 3 hours.

3. Blend or process the strawberry mixture and pass through a sieve. Add to your favorite juice to give it texture and flavor.



PEACH OR APRICOT COULIS

1. Wash and dry 1.3 lb/600 g peaches or apricots. Cut in pieces and put them in a bowl with 3.5 oz/ 100 g sugar and the juice of ½ lemon. Macerate for 2 hours.

2. Put the macerated fruit and its juice in a blender or food processor, and process until smooth and homogeneous. Pass the preparation through a sieve.

3. Put it in a saucepan together with 1 tbsp molasses or corn syrup and cook for 5 minutes. Add it cold to your juices or smoothies.



Use these fruit coulis to add flavor and color to your juices and smoothies. They can also be used as a sauce for ice cream and deserts.



