



Healthy Juices

健康果汁

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Immunity Boosting Juice

免疫增强剂



SERVING SIZE

份量

2 Pax 人份

INGREDIENTS 材料

½ Kiwi

½ 粒奇异果

½ Orange

½ 粒橙子

½ cup Strawberries

½ 杯草莓

1 Carrot

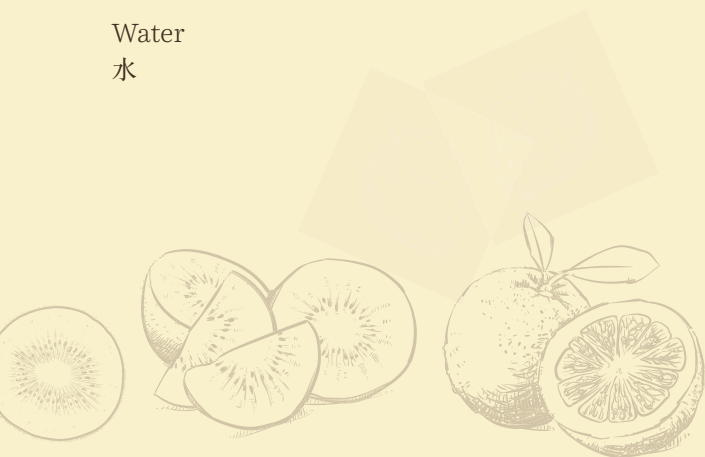
1 条红萝卜

Water

水

DIRECTIONS 做法

1. Peel the kiwi and orange, cut them into smaller pieces. Remove the stems and leaves of the strawberries, peel the carrots and cut into smaller pieces.
奇异果和橙子剥皮后切成小块。去除茎和草莓的叶子，将红萝卜削皮后切成小块。
2. Place all the ingredients in a blender and blend until smooth.
将所有材料放进搅拌机搅拌至顺滑。





Antioxidant Charge

抗氧老果汁



SERVING SIZE

份量

2 Pax 人份

INGREDIENTS 材料

½ cup Blackberries

½ 杯黑莓

½ cup Strawberries

½ 杯草莓

½ cup Acai Berries

½ 杯巴西莓

½ cup Blueberries

½ 杯蓝莓

Water

水

DIRECTIONS 做法

Remove the stems and leaves of the strawberries. Place all the ingredients in a blender and blend until smooth.

去除茎和草莓的叶子。将所有材料放进搅拌机搅拌至顺滑。



Really Nourishing Juice

富营养果汁



SERVING SIZE

份量

2 Pax 人份

INGREDIENTS 材料

1 medium Apple

1 粒中等大小苹果

1 Carrot (60 g)

1 条红萝卜 (60 克)

1 stalk of Celery (50 g)

1 段芹菜秆 (50 克)

1 medium Beetroot (80 g)

1 粒中等大小甜菜根 (80 克)

1 Lime

1 粒酸柑

1 inch Ginger

1 英寸姜

Water

水

DIRECTIONS 做法

1. Peel the carrot and celery and cut into smaller pieces. Squeeze the juice of lime and set aside.

将红萝卜削皮后和芹菜切成小块。挤出酸柑汁，备用。

2. Place all the ingredients into the blender and blend until smooth.

将所有材料放进搅拌机搅拌至顺滑。





Seriously Green Juice

地道绿果汁



SERVING SIZE

份量

1 Pax 人份

INGREDIENTS 材料

90 g Broccoli

90 克花椰菜

50 g Cucumber

50 克黄瓜

20 g Parsley

20 克西芹

60 g Kale

60 克甘蓝

1 Lemon

1 粒柠檬

2 stalks Celery

2 段芹菜秆

½ Green Apple

½ 粒青苹果

2 cloves Garlic

2 瓣大蒜

DIRECTIONS 做法

1. Wash and cut the broccoli into florets.
Peel the celery and cucumber and cut into smaller pieces. Squeeze the juice of the lemon and set aside.
将花椰菜洗净切成小朵，芹菜和黄瓜削皮后切成小块。挤出柠檬汁备用。
2. Place all the ingredients into the blender and blend till smooth.
将所有材料放进搅拌机搅拌至顺滑。





Potent Fighter

强力战斗机



SERVING SIZE

份量

1 Pax 人份

INGREDIENTS 材料

1 slice of Pineapple (80 g)

1 片凤梨 (80 克)

1 cup of Blackberries

1 杯黑莓

100 g Spinach

100 克菠菜

1 thumb-sized Ginger

1 拇指大小的姜

DIRECTIONS 做法

Place all the ingredients into a blender and blend until smooth.

将所有材料放进搅拌机搅拌至顺滑。





Bye Bye Inflammation

祛炎汁



SERVING SIZE

份量

2 Pax 人份

INGREDIENTS 材料

1 Zucchini

1 西葫芦

1 medium Pear (170 g)

1 粒中等大小梨 (170 克)

1 slice Pineapple (80 g)

1 片凤梨 (80 克)

2 tsp Turmeric Powder

2 茶匙姜黄粉

Water

水

DIRECTIONS 做法

1. Peel the zucchini, pear and pineapple, cut into smaller slices.

将西葫芦，梨和凤梨去皮后切成小片。

2. Place all the ingredients into a blender and blend until smooth.

将所有材料放进搅拌机搅拌至顺滑。





Tropical Juice

热带果汁



SERVING SIZE

份量

2 Pax 人份

INGREDIENTS 材料

½ cup Mango

½ 杯芒果

250 ml Coconut Juice

250 毫升椰子汁

1 medium sized Banana

1 根中等大小的香蕉

1 tsp Turmeric Powder

1 茶匙姜黄粉

½ tsp Cinnamon Powder

½ 茶匙肉桂粉

1 thumb-sized Ginger

1 拇指大小的姜

1 tsp Chia Seeds

1 茶匙奇亚籽

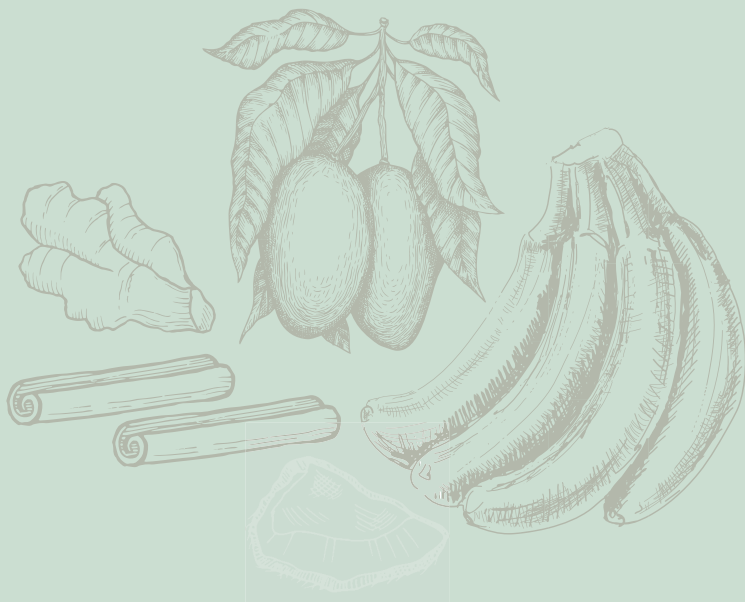
DIRECTIONS 做法

1. Place all the ingredients (except chia seeds) into a blender and blend until smooth.

将所有材料（除了奇亚籽）放进搅拌机搅拌至顺滑。

2. Add on chia seeds as toppings.

把奇亚籽加入饮料。







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Printed date: December 2019