

Joe Cross' Tips
to Make Your
Juice Amazing.



Exceptional Juicing



Introducing...

Exceptional Juicing

We're passionate about juicing at [Reboot with Joe](#). In my movie "[Fat, Sick & Nearly Dead](#)", I documented how a 60 Day Reboot—drinking only the fresh juice of fruits and vegetables—saved my life, full stop. I've been juicing regularly for more than five years now. Juicing is the easiest and fastest way to dramatically increase my fruit and veggie intake.

Think about it. Imagine all the enzymes, antioxidants and micronutrients in eight whole kale leaves, one large cucumber, two apples, a lemon and a large handful of spinach. You probably couldn't eat all of that at once but I reckon juicing it up and enjoying a beautiful glass of liquid sunshine wouldn't be a problem for you!

But like any great relationship, you've got to work to keep it interesting in the long-term – even if you are passionate about it like me! When I'm on a longer Reboot or during the doldrums of winter, approaching my juicing more creatively can make all the difference in the world. So even

though I love my classic Mean Green Juice, I also take my juicing up a notch by trying new flavor combinations or adding more exotic ingredients to my juice and make it really exceptional.

Exceptional juicing means that we are not just focused on our health, but we can have fun and enjoy what we drink, too. So if you're finding that you're a bit bored with your regular juices give these recipes a try and watch the [Exceptional Juicing episode](#) of "The Joe Show". I hope it will inspire you to take your juices from ordinary to extraordinary.

At [RebootwithJoe.com](#) you can find a ton of recipes, information about juicing, and all the benefits of fruits and vegetables. You can also join a community of people like you who share their success stories and secrets for making their juice even tastier. Get ready for exceptional juice and new friends.

Juice On!

A stylized, handwritten signature in black ink, consisting of several loops and a long horizontal stroke.

Up The **Wow-Factor** in Your Health Routine

For many juicing enthusiasts, it's easy to get into a rut with the same old combos of carrot, apple and greens. Remember, tons of options are available and you can make your juices more exceptional by adding new ingredients to the mix.

Researchers continue to find more evidence that a diet high in fruits and vegetables can reduce the risk of disease, contribute to a longer lifespan and help sustain weight loss. At Reboot, we believe juicing allows you to dramatically increase your fruit and vegetable intake leading to long-lasting, healthy habits.

But juicing isn't just good for your health, it's also a great way to get creative in your kitchen and try new foods. By consuming a rainbow of colors, you get a wider range of nutrient rewards to boost your vitamin intake.

In the winter especially, we tend to spend more time at home, so why not use this time to experiment in your kitchen with new herbs, spices, fruits and veggies to kick your juice flavors up a notch? It's time to make your juices exceptional with exotic ingredients and flavor profiles. How about introducing new ingredients from around the world?

You can also develop your green thumb this winter without leaving the comfort of your home. We share tips on how to make your own window herb garden—urban Rebooters can use these tips all year round – because nothing makes you feel more vibrant than homegrown herbs.

So say goodbye to winter blues and get excited about exceptional juicing.



What makes an Exceptional Juice?



Joe & Chef Dan Kluger share a toast.

Extraordinary health is not about having the perfect diet or workout routine. It has to be enjoyable too. Just think of the old adage, “You are what you eat.” Or as we should say, “You are what you juice.” Exceptional juicing merges healthy with that wow-factor to give your body and mind a more fulfilling experience.

Extraordinary health is not about having the perfect diet or workout routine.

Chef Dan Kluger from ABC Kitchen says he gets inspired by the seasons. “What grows together, goes together,” he said in a recent episode of *“The Joe Show”*. When he stopped by the Reboot Kitchen in December, Dan made a juice full of sweet potatoes, cranberries, citrus fruits, fennel, ginger and cardamom. It was

delicious and we loved the winter flavors. If apples are a staple in your juices, you can try new varieties to create different flavor profiles.



photos: scottwynn.com

Winter Juicing considerations



Winter can be a harder time to stick with a juicing routine.

Marcus Antebi, founder of The Juice Press, said anyone who steps into the juice movement has to go through a period of transition in any season, but winter has specific challenges.

“Food has a very deep attachment to people’s emotions,” Antebi said. “When we take away the comforts of summer with less sunlight and less time spent outdoors, we want to reach for something that makes us feel good.”

Many times, we seek comfort in foods—that’s why we call them comfort foods. Antebi recommends adding warming spices to your juices like ginger to help keep you warm and satisfied. In the winter, he also supplements with more coconut meat, olive oil and avocado—healthy fats to keep him full.

He also supplements with regular time at a sauna or steam room to keep his body warm. You can find a local spa to indulge or take more hot baths.

“Your body is a miraculous healing machine,” Antebi said. “The power of juice is that it helps you from making dietary mistakes and lets the body heal.”

“Juicing is one of the most powerful delivery systems for high levels of nutrients without taxing the digestive system,” Antebi said.



Get Chef Kluger’s recipes for:

Orange Ginger
Winter Green Detox
Everyday Green

On page 12



Juicing is a great way to get more real, seasonal foods into your diet. Reducing your intake of processed foods is going to make you feel exceptional.

At RebootwithJoe.com we get stories from across the world of people who have more energy, better sleep and less pain when they start juicing regularly.

What Inspires New Juice Recipes?

Once you are regularly juicing, it's fun to experiment

"I believe that all fresh-juiced fruits, vegetables, and herbs are great for you no matter what the combination is but an exceptional juice has the proper balance of flavor that not only makes the juice nutritious but leaves you wanting more," said **Brandi Kowalski**. Brandi is the designer for the beverage menu at the newly opened Butcher's Daughter restaurant and juice bar in New York City. She consults on menus and opens juice bars throughout the city.

"Everyone should experiment with all different kinds of flavors when juicing," Kowalski said. "I have never found anything that doesn't taste well together. When I approach juicing and using different flavors, I use them in moderation until I understand the way the flavor comes out in the juice. I usually will juice all my ingredients individually to see how they taste alone before mixing them. I can tell you that some fruits, vegetables, and herbs are more intense than others and should be used sparingly but since everybody has a different palate I suggest doing as I and taste them individually first."

So now you might be ready to try some new ingredients, but you need a little more inspiration. Next time you go to the store, check out the produce aisle and



Spring Grass

By Brandi Kowalski

I named this juice Spring Grass because that's what it smells like when it's being juiced.

Ingredients:

- 2" piece of lemongrass
- 8-12 sprigs of cilantro
- 1/2 fennel bulb, large
- 1/2 head of spinach
- 1/2 golden delicious apple
- 1/4 of a pineapple, cored and outer skin removed
- 7 Swiss chard stems
- 1 kirby cucumber
- 2 celery stalks

see if there's something new and different. Or make a date to go to a specialty or health foods market just for a little creative window-shopping.

"I am always in and out of all different markets seeking inspiration for what's seasonably available," Kowalski said. "In my neighborhood there's a great Argentinian Market called Angels with varying South American offerings. Some of my favorites are jicama, perslane, seasonal melons, about 6 different kinds of pears, peppers galore, as well as, all kinds of unknown to me herbs."

You can also get inspiration from your own life. Feeling a cold coming on? Juice more citrus and high vitamin C foods and add a kick of chili. Feeling a little low on energy? Opt for a super green juice.

From Jalapeno to Mangosteen:

8 Ingredients to Help Your Juices Sizzle

Check out these exotic ingredients that are sure to give your juice a little more pizzazz.

1: Cactus Pear

This fruit native to Mexico and Central America is sometimes called prickly pear and you can find it growing on the nopales cactus plant. It exudes a mildly sweet flavor and has seeds similar to a kiwi. Cactus pear contains fiber and pectin, known to help decrease blood glucose by slowing the absorption of sugar in the body. It's also been used to help fight viral infections. Its color ranges from a reddish purple to white-skinned varieties. Cactus pear has been used for everything from candy to medicine. You can juice it, just be careful when handling its spiky exterior.

2: Fennel

This European veggie, known especially in Italian and French kitchens, is a close relative to parsley, carrots and dill. Fennel can be a nice alternative to celery in any juice. It has a slight licorice flavor, and you can use all of it—bulb, stalk and leaves. Fennel adds some amazing health benefits to your juice regime. It contains a phytonutrient called anethole, which in scientific studies has been shown to reduce inflammation in the body and help prevent cancer. It's also a great source of vitamin C, so it's a perfect immune boost during the winter cold season.

3: Jalapeño Pepper

Another Mexican darling, this green chili pepper is small but nutrient dense and of course, spicy! Jalapeños contain a plant compound called capsaicin, which is known to inhibit a brain pain transmitter, or in other words, it helps provide pain relief for migraines and sinus headaches. These peppers also aid in weight loss helping stimulate the body's metabolism. Jalapeños are also a rich source of vitamins A and C. A little goes a long way to heat up your juice and always be sure to wash your hands after handling peppers.

4: Jicama

This large, starchy root vegetable originally from Central and South America is also known as a yam bean or a Mexican turnip. While it might look like an overgrown potato with a thick brown skin, inside it has a white, crispy flesh that offers a sweet, almost nutty flavor. It's another great source of vitamin C and fiber. When juiced, it will produce a fair amount of liquid. Try it paired with carrots, pineapples, oranges or limes. You can peel it before going in the juicer and many recommend putting it in last as it can cling to the insides of the juicer.

5: Kohlrabi

This thick-skinned vegetable's name originates from a German word meaning, "cabbage turnip." Kohlrabi is a cruciferous veggie in the same family as broccoli and cauliflower and is loaded with antioxidants. It tastes similar to a broccoli stem but with a little more sweetness. You will definitely need to cut it into pieces to help it fit into your juicer, but you'll be glad you did as this vegetable offers a powerful punch of vitamin C, potassium and fiber.

6: Mangosteen

Known as the "queen of fruits," this Southeast Asian fruit has become more popular in the west as a superfruit. Native healers have used all parts of this small tropical fruit for centuries to heal skin conditions, wounds and infections. The dark purple skin is loaded with antioxidants, including xanthenes which are known to have anti-cancer effects. The interior of the fruit is white and tastes quite sweet. It can be hard to find in the U.S., but look for it in Asian markets. You may want to wear an apron when you are cutting it, as its skin is similar to beets and can stain clothes.

7: Parsnip

In "Nourishing Traditions", Sally Fallon writes that the parsnip was more popular in medieval times than it is today. Doctors then used it to treat toothaches, stomachaches, and dysentery. A parsnip looks like a white carrot, but it has a sweeter flavor. This seasonal root vegetable contains carotenoids, vitamin C, calcium and potassium. It pairs well with celery, fennel, apples, pears and greens in juice recipes.

8: Turmeric

Turmeric grows in the tropical regions of India and Indonesia and comes from the root of the *Curcuma longa* plant. It looks a lot like ginger with a tough brown outer skin, but on the inside it has a deep orange color. When ground into a spice, it gives mustards and curries a bright yellow or orange hue. Both ancient Chinese and Indian healers used it for anti-inflammatory healing. The oil extract of turmeric is called curcumin and today, it's known to help those dealing with rheumatoid arthritis, cancer and cystic fibrosis. You can use a thumb-size portion of the root in your juice just like ginger.

1.



2.



3.



4.



5.



6.



7.



8.



How to Make a Window Herb Garden for Juicing (and Cooking!)

Growing herbs is easier than you might think and will certainly give your juices more local ingredients. Herbs will also fill any room with fresh aromas, which can help lift spirits in the winter.



Start by deciding what herbs you'd like to grow. The good news is that most herbs do great indoors. Check out Joe's Top 4 list (at right) for ideas or see what looks good at your local garden store. You can grow annuals like basil and dill from seeds, but if you are a true beginner, we recommend finding some seedlings or starter plants.

Find the best windowsill in your house. The most important element and sometimes the most challenging to help your herbs to thrive is sunlight. An ideal location is one that faces south getting additional light from the east and the west in the winter. Or just notice what windows get at least four to six hours of consistent light. You might have to move your herbs to a few different windows until you find the right one. Also note that basil, oregano and cilantro love full sun, whereas mint, lemon balm and chives like partial sun.

Pick your container. You can put each herb in its own clay pot or find one that fits the length of your windowsill. Almost anything from an old piece of luggage to a kitchen colander can become a container so feel free to get creative.

Get the soil ready. If you buy seedlings, you can use the soil they come in, but re-pot them with a mix of organic compost too. Just like you, the plants may need some extra nutrients to grow well in the winter. You can also give them a boost every other week with an organic liquid fertilizer.



Joe's Top 4 Fresh Herbs for Juicing

Herbs can add a distinct flavor to your juice and help combat boredom with the same old juice recipes. These are Joe's favorite herbs to add to his juices.



Basil

Cilantro

Mint

Parsley

Water your herbs on a regular basis. You can usually water them about once a day or once every other day. Check the soil before you water them to see if it's dry or moist.

Tips and Troubleshooting

The more you pick your herbs, the more they will grow—just remember not to pick the whole plant out of the soil.

One problem in many winter homes is that the heat makes it too dry for plants. You can gently mist them throughout the day or get a humidifier to put near them. And while indoor herbs don't have many pests, if you do notice a few bugs a simple warm water spray can help. If bugs persist, you can add a small amount of natural soap to the water solution.



Some Exceptional Recipes to Get You Going:

Juice Recipes From Around the World

Fresh from the Reboot test kitchen, here is a sneak peak at three recipes that made the cut and will be in our Exceptional Juicing Recipe Book and App – coming in May!

Mexicali



- 3 cups fresh pineapple chunks
- 2 green apples, quartered & seeded
- 1 lime
- 1/2 jalapeño, ribs and seeds removed if desired
- 1/4 cup fresh cilantro or mint leaves

Orange Ginger



- 1 sweet potato
- 1/4 cup cranberries
- 1 orange
- 1/2 lemon
- 1/2 fennel
- 1/4" piece ginger
- 1/2 teaspoon cinnamon

Taj Mahal



- 2 apples
- 2 pears, cut in half
- 1/4 lemon
- 2" piece fresh ginger
- 1/4 teaspoon garam masala powder

Tuscan Summer



- 1 red grapefruit
- 1/2 fennel bulb plus top
- 1 orange, peeled
- 1 cup basil plus stems

Chef Dan Kluger's Exceptional Juices

Chef Dan Kluger from ABC Kitchen in New York City joined Joe on the Joe Show to share three of his favorite winter juices. Check out the episode at "[The Joe Show](#)" for a how-to-make demo.

Winter Green Detox



- 1 grapefruit
- 1 handful of mint
- 6 celery stalks
- 1 fennel bulb
- 1 lemon
- 2 mutsu apples
- 6 leaves kale

Everyday Green



- 6 leaves kale
- 4-5 collard greens
- 1 cucumber
- 1 handful of parsley
- 1 matsu apple
- 1" ginger

**Juice your way to
a Healthy Weight.
Sign up for a
Guided Reboot.**

- Online Coaching & Support for Only \$10/day
- Juice for Optimal Health & Weight Loss
- Daily Meal Plans
- Recipes

Learn more ►

www.rebootwithjoe.com