



farm girl juicery

## juice

2 Small Organic Apples

3 medium sized carrots + tops

Ginger, peeled  
(3 knuckles)

1-2 winter squash -any variety

3 stalks celery,  
or celery tops and ends

## ZERO WASTE TIPS

- Try not to feel confined to recipes or a strict plan
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- Learn a couple basic base recipes and give yourself permission to use what you have on hand
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- Keep a compost bowl near you while you cook so that odds and ends make their way to the compost pile and not the waste basket
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- If you have clean odds and ends- such as tops of carrots, or bottoms of lettuce and broccoli you can collect these throughout the week in a separate container to juice later.
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- If you have an abundance of something - juicing is a great technique as it takes an abundance of fruits and veggies to make a modest amount of nutrient-dense, fiber-free juice
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- Don't like drinking straight-up juice? Use your juice to make a dressing, soup, or smoothie

## smoothie

1 frozen banana  
 2 tbs yogurt  
 1 teaspoon local honey  
 1/4 cup coconut milk  
 1/4 cup juice  
 2 ice cubes

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 Place in blender  
 Blend until smooth  
 Pour and enjoy

## dressing

2 tbs mirin  
 1/4 cup apple cider vinegar  
 3/4 cup avocado oil  
 2 tbs sweet chili sauce  
 1/4 cup juice  
 salt and pepper

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 Combine all ingredients  
 Using blender or immersion wand blend all ingredients until liquid becomes uniformly thick.

## soup

1 medium onion, diced  
 1/2 cooked potato, diced  
 1.5 cup vegetable stock  
 1.5 cup juice  
 1 cup coconut milk  
 2 tbs avocado oil  
 salt and pepper, to taste

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 In medium sauce pot, heat oil, add onions. Sweat onions for 8 min  
 Add all other ingredients  
 Bring to boil, simmer for 10 minutes and blend.