



## Refreshing “Go Green” Juice Coolers and Muffins

For the Green Juice Drink:

- 4 (8 inch long) ribs celery
- 1 extra large Green Delicious or Gala apple, cored, chopped
- 1 kirby or mini seedless cucumber, sliced
- 1 to 2 inch peeled fresh ginger
- 1 cup rough chopped parsley
- 2 cups ice cubes or as desired

Process celery, apple, cucumber, ginger, and parsley in a juicer to form the juice and pulp. Place the juice in a small pitcher; if desired stir in ice cubes; set aside or refrigerate until serving. Serves: 2 glasses with ice cubes added  
Yield: 1 cup juice; 1 cup pulp Double recipe for more servings

### **“High Fiber “Go Green” Muffins**

- 3/4 cup all purpose flour
- 1/2 cup white whole wheat flour
- 1-1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 2 teaspoons pumpkin pie spice
- 1/2 cup mixed juicer vegetable pulp (from juice preparation)
- 1/2 cup mashed avocado
- 1/4 cup olive oil
- 1/3 cup honey

1 teaspoon vanilla extract  
3 eggs  
1 teaspoon grated lime or citrus peel  
1/2 cup coarse chopped pistachios or walnuts, divided  
2 Tablespoons chopped unsweetened or sweetened coconut

Preheat oven to 375 degrees F. Place 12 nonstick paper liners in regular size cupcake pan. Lightly oil spray paper liners.

In a medium sized bowl, combine all purpose and white whole wheat flours, baking powder, salt, and pumpkin pie spice; set aside.

In a food processor, puree vegetable pulp and avocado until very smooth. With the processor mixing, add olive oil, honey, vanilla, eggs, and citrus peel; blend until well fluffy. Add the dry ingredients; pulse only until mixed. Hand stir 1/4 cup chopped nuts into the batter.

With ice cream scoop, fill about 2/3 each lined cup with batter; sprinkle muffin tops with remaining 1/4 cup chopped nuts.

Bake in preheated 375 degree F. oven for 25 minutes or until toothpick inserted in center comes out clean and lightly browned. Remove from oven; cool 5 minutes; remove to cooling rack; to garnish: top each muffin with fine grated coconut.

Yield: 12 cupcakes

**Inspired by:** [http://www.tastingtable.com/cook/recipes/green-juice-muffin-pulp-juicer-healthy-baking-celery-apple-cucumber?utm\\_medium=email&utm\\_source=TT&utm\\_campaign=Daily&utm\\_content=Editorial](http://www.tastingtable.com/cook/recipes/green-juice-muffin-pulp-juicer-healthy-baking-celery-apple-cucumber?utm_medium=email&utm_source=TT&utm_campaign=Daily&utm_content=Editorial)

**About the Recipes:** Just love the idea of using that rich fruit and veggie fiber that's left over when you prepare a juice drink. The savory muffins are perfect as a breakfast treat or quick snack. They are light textured with only a touch of sweet spices, coconut, crunchy green pistachios and are so rich in fiber. Serve them with that refreshing green veggie drink. "Go Green" is a great way to start a day.