

Published based on [Juice Recipes for the Kids](#)

Juice Recipes for the Kids

One efficient option for supporting every family's nutrition is to start juicing and discover or develop delicious juicing recipes for feeding your family. Normally kids will avoid eating fruits and vegetables, and with mom and dad's hectic schedules, it is easy to not bother with the effort of preparing healthy food for your household. For kids to appreciate the foods they dine on, texture and taste will be the deciding factors. [Black & Decker Juicers](#)

A possible fix that you are able to do is gather useful juicing recipes to fix for your family. You can collect many flavorful recipes that you and your household will definitely like eating. Juicing is a convenient method for offering a treat which is made to quench the thirst of your family while also offering them a drink which is also nutritious.

If you keep up with recent health trends, you may know that you ought to begin introducing many different fruits and veggies in your family's meals as early as possible. Most often, male children and their dads would opt for large amounts of junk foods despite the fact that you attempt to minimize the junk and serve them more nutritious fare. However, you won't manage to compel your family to avoid junk food, yet parents have quite a few options now which allow you to prepare menus which are able to be healthy and tasty.

For most young folks, any juice would be acceptable presuming they taste reasonably sweet; although you still need to be certain that you don't offer them only sweets. Here are several juicing recipes which have become perpetual kids favorites. [Black & Decker Juicers](#)

Apple-Carrot-Spinach Juice

4 to 6 large carrots broken into parts; wash and break off ends
2 sweet apples chopped into parts- red or golden are delicious. Fuji apples are equally a wonderful option
2 to 3 cups of spinach; consider including baby spinach since it is much easier

Fresh and Sweet Lemonade

2 regular sized apples, washed and cored
Half lemon washed and peeled

Quite a few people also be concerned as regards fiber loss, although there are options to always not waste your fruit and vegetable pulp and create a fiber-rich as well as delicious snack which the kids will absolutely love. A good starter project is to bake apple muffins.

Apple Muffins

One and a half cups flour, unbleached
Half a cup whole wheat flour
One and a half cups apple pulp,
One fourth cup apple juice
Two thirds cup honey
Two tsp baking powder
One fourth tsp cinnamon
One fourth tsp salt
Half cup milk
2 egg whites

Baking Instructions -

Preheat oven to 400 F.
Combine half cup of unbleached flour, apple juice and apple pulp.
Next, mix whole wheat flour, 1 cup unbleached flour, baking powder, honey, salt, cinnamon, egg whites and milk.
Combine these two mixtures just until moistened, measure the batter into a muffin form, bake at 400 F approximately 25 minutes.

Juicing could be a effective means of supplying your children with vitamin-rich food yet not sacrificing the flavor and texture that kids continually want. There are different juicers for sale and you'll quickly find one

that will meet your expectations and be useful for your juicing recipes. To have more family friendly, you could enable the youngsters to help you in preparing these many juicing recipes! [Black & Decker Juicers](#)

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