

Children Can Enjoy ‘Juicing’ Too

Do you have picky eaters in your family? For children, simple recipes that incorporate some fruit are probably the best place to start.

You can start babies on a single item such as carrot or pear at about six months. Though I don't recommend drinking very much fruit juice. I am also realistic. Young palates and those that have been accustomed to a lot of sweet drinks may never drink juice unless you make it taste really good. That's when adding fruit to juices makes sense.

It's still the healthiest thing you or the people you care about could drink. But remember, you can always tuck a few green leaves or a couple sprigs of parsley in a juice, and no one will know it's there.

Try making this recipe for the pickiest palate in your family:

Fruit Punch

2 apples

1/4 honeydew melon with rind if organic

1 cup red grapes

1/2 lemon, peeled if not organic

1-inch-chunk ginger root

Cut produce to fit your juicer's feed tube. Juice all ingredients and stir. Pour into a glass and drink as soon as possible. Serves 2.

For more information and recipes, see The Juice Lady's Big Book of Juices and Green Smoothies by Cherie Calbom. The book can be purchased at , or .