



MORE THAN JUICE

Delicious Healthy Recipes



15
RECIPES

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" Your Omega Juicer does so much more than just juice! Did you know that you can make almond milk and hummus, too? And don't throw away your pulp... You can use the juicer pulp to make smoothies, add fiber to soups, create veggie burgers, make fruit leather, incorporate into pancakes, and more.

I hope that you find delicious inspiration in these recipes! "

Chef Jamie Gwen

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USE UP THAT PULP!

HOMEMADE FRUIT LEATHER



Ingredients:

1 cup fruit-based pulp
2 teaspoons honey or agave
Water

Directions:

Combine the fruit pulp, sweetener and enough water to make a spreadable consistency. Whisk well. Line a baking pan with a silicone baking mat or parchment paper and pour the mixture onto the prepared pan, spreading until 1/8-inch thick. Dry the fruit leather in a dehydrator for 12 hours at 115°F. You could also use the oven at 150°F for approximately 6 hours.

FRUITY BBQ SAUCE



Ingredients:

1 cup good quality canned tomato sauce
1/2 cup fruit-based pulp
1/4 cup apple cider vinegar
1/4 cup packed brown sugar
2 tablespoons Worcestershire sauce
1 tablespoon smoked paprika
1 teaspoon ground cumin
1/2 teaspoon onion powder
1/2 teaspoon garlic powder
Salt & freshly ground pepper

Directions:

Combine the ingredients in a small pot and bring to a simmer over medium heat. Simmer for 20 minutes or until thickened. Blend until smooth.



NO-BAKE ENERGY BARS

Ingredients:

1 cup fruit-based pulp
1 cup oats
1/2 cup chopped almonds or walnuts
1/4 cup honey or maple syrup
1/3 cup smooth peanut butter
1 teaspoon vanilla extract
1/2 teaspoon cinnamon
Pinch of salt

Directions:

Combine all of the ingredients in a mixing bowl and mix until well combined. Press the mixture firmly into a parchment paper-lined 9x13-inch baking dish. Chill in the refrigerator for 2 hours, then cut into bars. Store in an airtight container in the fridge.

CHEWY FRUIT & NUT BARS

Ingredients:

1 cup fruit-based pulp
1 cup chopped cashews
1 cup chopped pitted dates
1/4 cup of chia seeds
1/4 cup of honey

Directions:

Combine all of the ingredients in a mixing bowl and mix until well combined. Spread the mixture 1/4-inch thick on a silicone baking mat or parchment paper-lined baking sheet and score the bars with a knife. Dehydrate at 145°F for 3 hours.

HIGH-FIBER VEGGIE BURGERS



Ingredients:

2 tablespoons olive oil
1 small sweet yellow onion, diced
1 cup sliced mushrooms
1/4 cup frozen chopped spinach, thawed and squeezed dry
1 teaspoon ground cumin
1/2 teaspoon garlic powder
1 cup vegetable-based pulp
2 cups cooked brown rice or quinoa
Salt and freshly ground pepper, to taste

Directions:

Heat the olive oil in a large skillet over medium heat. Add the onions and sauté, stirring often, until softened. Add the mushrooms and sauté, stirring often, for 5 minutes more. Add the chopped spinach, cumin and garlic powder and mix to incorporate. Season with salt and pepper.

Place the juice pulp, rice or quinoa, sautéed vegetables in a food processor and blend until it begins to form a ball. If mixture is too dry, drizzle in olive oil until it sticks together.

Shape the mixture into small patties and refrigerate for at least 1 hour and up to 3 days.

To serve, sauté the burgers in olive oil in a skillet for 3 minutes on each side, or until golden brown or bake them at 400°F for 20 minutes, flipping halfway.

GOOD-FOR-YOU POPSICLES



Ingredients:

1 cup fruit-based pulp
1 cup fruit juice
1 cup coconut water
2 tablespoons honey or agave

Directions:

Combine the ingredients and whisk until smooth. Pour the mixture into popsicle molds and freeze for at least 4 hours or until solid.



HEALTHY CARROT MUFFINS

Ingredients:

1 1/2 cups whole wheat flour
 1 teaspoon baking soda
 1 teaspoon ground cinnamon
 1/4 teaspoon ground nutmeg
 1/4 teaspoon ground ginger
 1/2 teaspoon salt
 2 tablespoons unsalted butter, melted
 1/2 cup honey
 1 egg, lightly beaten
 1 teaspoon pure vanilla extract
 1 cup unsweetened applesauce
 1/2 cup fruit-based pulp
 1/2 cup finely shredded carrots

Directions:

Preheat the oven to 350°F. Line a 12-cup muffin pan with cupcake liners or spray with non-stick cooking spray.
 In a large bowl whisk together the flour, baking soda, cinnamon, nutmeg, ginger, and salt. Make a small well in the center and add the melted butter, honey, egg, vanilla, and applesauce. Using a rubber spatula, stir until combined but do not over mix. Fold in the juice pulp and shredded carrots.
 Divide the batter evenly among the muffin cups. Bake for 18-20 minutes until a toothpick inserted in the center of a muffin comes out clean. Remove to a wire rack to cool completely.



APPLE FLAX MUFFINS

Ingredients:

1 1/2 cups whole wheat flour
 3/4 cup ground flaxseed
 3/4 cup oats
 1/2 cup packed brown sugar
 2 teaspoons baking soda
 1 teaspoon baking powder
 1 teaspoon ground cinnamon
 1/2 teaspoon salt
 1 cup fruit-based pulp
 2 small apples – peeled, cored and shredded
 1/2 cup dried blueberries or raisins
 3/4 cup milk
 3 tablespoons molasses
 2 eggs
 1 teaspoon vanilla paste

Directions:

Preheat the oven to 350°F. Line a 12-cup muffin pan with cupcake liners or spray with non-stick cooking spray.
 In a large mixing bowl, combine the flour, flaxseed, oats, brown sugar, baking soda, baking powder, salt and cinnamon. Whisk to combine.
 Stir in the juice pulp, apples, and dried blueberries.
 In a large measuring cup, combine the milk, eggs and vanilla and whisk to combine. Pour the liquid mixture into the dry ingredients. Stir until ingredients are moistened, but do not overmix.
 Fill the muffin cups 3/4 full. Bake for 18-20 minutes until a toothpick inserted in the center of a muffin comes out clean. Remove to a wire rack to cool completely.



BETTER-FOR-YOU CHOCOLATE CUPCAKES

Ingredients:

1 1/2 cups whole wheat flour
 1 cup cocoa powder
 2 teaspoons baking powder
 1/2 teaspoon salt
 3 tablespoons coconut oil, melted
 2 eggs
 1 banana, mashed
 1 cup fruit or vegetable-based pulp
 1/4 cup plain Greek yogurt
 5 tablespoons honey or maple syrup

For the Frosting:

1/2 cup cocoa powder
 3 tablespoons maple syrup
 1/4 cup coconut oil, melted
 1 cup applesauce
 Pinch of salt

Directions:

Preheat the oven to 350°F. Line a 12-cup muffin pan with cupcake liners.

In a large mixing bowl combine the flour, cocoa powder, baking powder and salt and whisk well. Add the melted coconut oil, eggs, banana, juicer pulp, and Greek yogurt and sweetener. Mix just until incorporated.

Divide the mixture among the cupcake liners and bake for 20 to 22 minutes, or until they have risen and a skewer inserted in the center comes out clean. Allow the muffins to cool completely on a wire rack while you prepare the frosting.

For the frosting, whisk together the cocoa powder, maple syrup, coconut oil, applesauce and salt until you have a smooth mixture. Refrigerate for 30 minutes to thicken. Place the frosting in your electric mixer and whip until fluffy, about 2 minutes.

Pipe each cooled cupcake with the chocolate frosting.

JUICE & MORE!

GINGER-KISSED GRAPEFRUIT JUICE



Ingredients:

4 tablespoons natural cane sugar
 1 cup water
 2 tablespoons ginger, peeled and juiced
 2 limes, juiced
 2 grapefruits, juiced

Directions:

In a small saucepan, over medium heat, stir together the sugar and water. Simmer for 5 minutes, then remove from the heat and let cool.

Combine the simple syrup with the ginger, lime and grapefruit juices. Serve straight or use a splash in a glass of sparkling water.

REFRESHING HYDRATION



Ingredients:

2 cups pineapple
 1 large cucumber
 3 handfuls of baby spinach leaves
 1 lemon

Directions:

In your Omega juicer, juice all of the ingredients. Enjoy immediately.

ALMOND MILK



Ingredients:

1 cup raw almonds
4 cups filtered water

Directions:

Soak the almonds overnight, covered, in 1 cup filtered water. Drain and discard the water. Add 3 cups fresh filtered water and ladle the almonds and water into your Omega juicer.

Makes 3 cups Almond Milk

LEMONY HUMMUS



Ingredients:

1 can garbanzo beans
1 large clove garlic, peeled
1/2 lemon
1/4 cup tahini
2 tablespoons olive oil
Salt

Directions:

Place the garbanzo beans, including liquid from the can, garlic, and lemon into your Omega Juicer and run the juicer.

Transfer the mixture to a mixing bowl and add the tahini, olive oil, and salt.



CARROT TURMERIC SOUP

Ingredients:

One 4-inch piece fresh turmeric root
One 2-inch piece fresh ginger
1 pound carrots, peeled
2 fresh oranges
2 tablespoons olive oil
1 small yellow onion, diced
2 cloves garlic, minced
4 cups reduced sodium vegetable or chicken broth
Salt

Directions:

Juice the turmeric and ginger together, reserve the juice and discard the pulp. Set juice aside. Juice the carrots and oranges, reserve the juice and pulp. Juice the oranges and reserve the juice.

Heat the olive oil in a large soup pot over medium heat. Add the onion and cook until tender, about 5 minutes. Stir in the turmeric and ginger juice, carrot juice, carrot pulp, orange juice and broth. Season with salt and bring the mixture to a boil. Reduce the heat to a simmer and

cook uncovered for 15 minutes, to blend the flavors.

Using an immersion blender, carefully puree the soup until smooth. To serve, ladle the soup into bowls and top each with garnishes like Greek yogurt, shredded radishes, fresh cilantro, sunflower seeds or your topping of choice.

RAW TOMATO SOUP

Ingredients:

3 large red tomatoes
2 carrots
2 celery stalks
1/4 cup full fat coconut milk
1/2 teaspoon garlic powder
Salt & freshly ground pepper

Directions:

Juice the tomatoes, carrots and celery together. Transfer the mixture to a bowl. Add the coconut milk and garlic powder and season with salt and pepper. Whisk to combine. Serve warm or cold.



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