

001 COOKING WITH JUICER PULP

Carrot Cookies

1 c. butter
2/4 c. sugar
3 eggs
1 c. carrot pulp
1/4 c. carrot juice
3 c. flour
1 tsp. Baking powder
1 tsp. Cinnamon
1/2 tsp. Cloves
1/2 tsp. Allspice
1/2 tsp salt
1 c. chopped nuts and 1/2 c. raisins

Preheat oven to 400 deg. F.

Mix butter, sugar, eggs, carrot pulp and carrot juice thoroughly. Add dry ingredients and mix well. Stir in nuts and raisins. Drop dough by spoonfuls onto greased sheet and bake for 8 min. Ice with Orange icing.

Orange Icing

1 1/4 c. butter
3 tbsp. orange juice
3 c. powdered sugar
1 tsp. Grated fresh orange zest

Beat butter to soften. Add powdered sugar, juice, and zest & beat until smooth.

001 COOKING WITH JUICER PULP

Fresh Tomato Soup

1/4 c. butter
1 small onion, minced
1 clove garlic, minced
1/2 c. carrot pulp
1 can tomato paste
2 c. fresh tomato juice
1/2 tsp. Basil
1/2 tsp. Thyme
1/2 tsp. Parsley
1/2 c. celery pulp
2 cans (10 oz ea.) chicken broth
salt & pepper to taste
2/3 c. heavy cream (opt)
(or garnish each serving with a dollop of sour cream)

In soup kettle, melt butter. Saute onion, garlic, carrot & celery pulp until limp. Add tomato paste to pan and stir. Add tomato juice and cook for 3 min. Add chicken broth and seasonings & simmer for 5 min. Correct seasonings to your personal taste. Just before serving, stir in cream or top each serving with sour cream.

001 COOKING WITH JUICER PULP

Gazpacho

3 oz. Bread crumbs
2 tbsp. red wine vinegar
2 cloves garlic, crushed
1 tsp salt
2 cucumbers, juiced
1 onion
1 green bell pepper, juiced
¼ c. olive oil
6 tomatoes, juiced
2 c. stock or water
2 to 4 tbsp. fresh lemon juice
pepper to taste.

Soak bread crumbs in red wine vinegar. Place this mixture in a food processor and blend with garlic, salt, cucumber juice, onion juice and green pepper juice. Add olive oil slowly down the feed tube. Add tomatoes, stock a little lemon juice and pepper. Taste; adjust seasoning to person taste.