

3 BITTER MELON JUICE RECIPES

Bitter melon is not the sort of fruit that you juice by itself. You can, of course, but we can guarantee that your taste buds won't be happy about it.

So having a go-to list of good bitter melon juice recipes is a must since adding other fruits and vegetables to your juicer along with the bitter melon helps cut down on the bitterness so you can have your health juice – and drink it too.

Quick tip: When choosing a bitter melon, opt for a light greenish-yellow one, as the darker and riper the gourd, the more bitter it will taste. To juice a bitter melon, cut it open length-wise and scoop out the seeds with a spoon. Add the outer green part of the gourd to the juicer along with your other fruits and vegetables.

Oh, and keep in mind that the difference between a medicine and a poison is often as simple as dosage. So don't drink more than one bitter melon of juice per day.

Alright, ready to drink some bitter melon juice?

SIMPLE BITTER MELON JUICE



This is a quick and easy – albeit intense – bitter melon juice recipe that's wonderful for your body:

- 1 bitter melon
- 2 cucumbers
- 1 inch ginger
- optional: 1 cup water or coconut water

This is not the sort of sweet and delicious juice you can sip on all day – think of it more as a medicinal liquid to drink. The taste can be quite intense, even with the help of the cucumbers, so you may want to dilute with more water.

GREEN BITTER MELON JUICE



For a juice that will help treat and prevent diabetes, eye disease, cancer, heart disease, and do much more, try this popular bitter melon juice recipe:

- 1 bitter melon
- 2-3 apples
- 2 celery stalks
- 1 cucumber

- 1 lemon

This green juice is full of antioxidants and essential nutrients for detoxification and weight-loss. The fruits and vegetables in this low-calorie recipe also have high water content which is important for hydration and for curbing your appetite!

TART AND TASTY BITTER MELON JUICE



In case you were starting to think that there was no way a bitter melon juice recipe could be yummy, here's one to prove you wrong (and delight your taste buds):

- $\frac{1}{2}$ – 1 small bitter melon
- $\frac{1}{4}$ pineapple
- 1 pear
- 2 celery sticks
- 1 lemon (peeled)

Thanks to sweet pineapple and pear, this juice recipe succeeds in dressing up that bitter melon as something rather palatable! Oh, feel free to leave the lemon out if you find the sourness of bitter melon is more than enough.