

GET THE FRUIT

1. Buy the fruit from Costco or a super market
2. Or get it from your tree, a neighbor, friend, local fruit stand
3. To start, get about 1 pound that will make about 2 cups of pure juice
Then enough fruit to make juice that will fill the designated area in your freezer for juice

GET THE JUICER



1. The simplest juicer you can get at most super markets - Hand juicer for under \$10

2. Most small appliance stores have several types of juicers
Coller's Hardware store, Bed, Bath & Beyond



3. Use a Kitchen Aid with a Citrus attachment
I added a small strainer, stir stick & a quart mason jar to caught the juice
4. Or use a small fruit press (get one on-line for under \$100)

GET SOME OTHER STUFF

1. A knife to cut the fruit
2. Some paper cups or mason jars with lids the size of one serving

YOU ARE READY TO BEGIN

1. Cut the fruit in half across the small diameter
2. Juice the fruit
3. Put the juice in the paper cups or jars; leave space for expansion; put the lids on them
4. Put the juice in the freezer
5. Drink the juice that less than a one serving size

WHEN YOU WANT SOME JUICE

1. Take one serving out of the freezer the night before for the next morning
Or in the morning for later in the afternoon
2. Drink the juice when it has thawed

NOTE: TO SAVE ON TIME & ENERGY, BUY FROZEN ORANGEJUICE FROM COSTCO BY THE SIX PACK OR FROM THE SUPERMARKET