

## Pacojet Health & Wellness Shots



### Aloe Musk Melon

#### Ingredients (3)

- 6 oz Fresh Aloe Vera
- 6 oz Fresh Melon
- 2 Tbsp Lemon Juice (optional)
- Water

#### Directions

Peel and slice aloe & melon. Place first 3 ingredients into pacotizing beaker. Add just enough water to cover. Freeze for 24hrs at -4 F. Pacotize and rehydrate with mineral water.

\*note-do not process melon or Aloe with the coupe set, this will result in too much air pressure and possibly damage the machine\*



### Citrus Ginger

#### Ingredients (3)

- 6 oz Fresh Ginger (Peeled)
- 6 oz Fresh Lime
- 6 oz Fresh Lemon

#### Directions

Rough Chop ingredients. Remove citrus seeds. Combine all ingredients together into pacotizing beaker. Process once using the coupe set 2-knife blade. Press processed mixture in beaker to remove air pockets and level the surface. Freeze for 24hrs at -4 F. Pacotize and rehydrate with all-natural juice (pomegranate juice used in above) or water.

\*note-some wheatgrass may stick out of the liquid base, you can float a piece of parchment paper on top of the surface to help keep everything together\*



## Wheatgrass

### Ingredients (5)

|          |                         |
|----------|-------------------------|
| 4 oz     | Fresh Wheatgrass Blades |
| 1 oz     | Fresh Mint              |
| 10 Drops | Chlorophyll Concentrate |
| 2 Tbsp   | Lemon Juice (optional)  |
| 1 Cup    | Water                   |

### Directions

Cut Wheatgrass into thirds. Mix water, lemon juice and chlorophyll in container. Combine all ingredients together by hand and press firmly into pacotizing beaker. Freeze for 24hrs at -4 F. Pacotize and rehydrate with water or lemon juice. Stain out leaf fibers if needed.

\*note-some wheatgrass may stick out of the liquid base, you can float a piece of parchment paper on top of the surface to help keep everything together\*



Happy pacotizing!!