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## Recipes... Healthy & Nutritious

Posted by mazzy - 2006/12/31 14:33

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I have a new juicer... seems I have a lot of pulp after juicing from apples, carrots and ginger.

I'm interested in recipes for using the pulp for making healthy, nutritious, low calorie, low carb, naturally sweetened (no artificial sweeteners) muffins, cookies, etc.

Does anyone have any good recipes they would like to share?

Has anyone tried baking with ground oats in place of flour?

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## Re:Recipes... Healthy & Nutritious

Posted by grizzlys4 - 2006/12/31 16:48

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Not yet, but I bought Oat Flour to do some replacing with and I buy wheat flour. When I do use regular white flour.....at least I get the unbleached type.

We were given an older juicer.....I'm going to have to go online to find some directions, etc. So I will also be attempting some healthy ideas anyone has!!

Good idea for a thread mazzy!

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## Re:Recipes... Healthy & Nutritious

Posted by KPW1956 - 2006/12/31 18:59

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I just did a search to see if I could find some hits for you...

My initial search was using yahoo search engine on 'ideas for juicer pulp'... I saw one about juicer pulp bread... Sounded like some sort of dessert type bread... (maybe like raisin bread)

I did find this FAQ about juicer's and it had alot of info that might help you both..

One question was about what can you do with the pulp.. And it was saying if the fruit was non organic.. throw it away. Maybe it was a purists idea... that it wouldn't be good for you... I don't see why it wouldn't be useable...

<http://www.realfoodliving.com/juicers.htm>

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## Re:Recipes... Healthy & Nutritious

Posted by grizzlys4 - 2007/01/01 02:01

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Thanks KP.....I'll check it out!!

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## Re:Recipes... Healthy & Nutritious

Posted by mazzy - 2007/01/01 22:58

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KPW... thanks... I'll check it out too...

By the way... my pulp is organic... LOL.

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