21 Delicious Leftover Juice Pulp Recipes
What is Juicing Pulp?

Juice pulp is the leftovers you get after juicing. Each juice you make leaves a significant amount of pulp after it. Many people just throw it away and have no idea it can be re-purposed and used in lots of useful ways.

What to Do With Juice Pulp?

There are plenty of things you can use juice pulp for. Some just compost it, others feed it to home and farm animals. But the truth is that there is much more juice pulp can be used for. Incorporating it as part of other delicious meals is one of the most popular re-purposes of juicing pulp.
Nutritional Values of Pulp

When juicing, the juice gets most of the nutrients of fruits and vegetables. However, no juicer can extract 100% of nutrients and therefore the pulp will still have some of the nutritional values in it. The percentage will depend on the machine you are using for juicing. A better juicer will produce pulp with fewer nutrients in it. Pulp consists mostly of fiber, which has its own health benefits.

Rules of Thumb

Almost any recipe containing grated or shredded fruits and vegetables can be replaced with juice pulp of the same ingredients. Some juice pulps might need a little bit of preparation before those can be integrated into a dish. Green juice pulp as well as some other pulps might need to be chopped and seasoned before you can use it in your meal.

Storing Juice Pulp

Like any vegetable or fruit produce, it is best to use fresh juice pulp. However sometimes circumstances force you to store it for later use. If that is the case, it is best to store juice pulp in a sealed container in your refrigerator. In case you don’t plan to use it in the next day, it is best to freeze it right away.
Juice Pulp Recipes

1. Green Juice Pulp Bread

How To Make Green Juice Pulp Bread?

- 3 Eggs
- Butter: 100 Gram
- 1 Cup of All Purpose Flour
- 3 Cups of Green Juice Pulp
- 1 Onion
- 1 Cup of Yogurt
- 3 Tea Spoons of Baking Powder
- Salt

Melt the Butter
Grate the Onion
Whisk the Eggs, Yogurt, Baking Powder, and Flour
Mix Everything Together

Bake for: ~ 50 Minutes
180°C

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- 1 Cups of Whole Wheat Flour
- 1 Cups of White Flour
- 3 Tea Spoons of Baking Powder
- 1 Onion
- 100 Gram of Butter
- 3 Eggs
- 1 Cup of Yogurt
- 2 Cups of Green Juice Pulp
- Salt

Melt your butter. Whisk yogurt and eggs, add baking powder and flour. Mix until you get a uniform mixture. Grate the onion and mix it with chopped green juice pulp. Combine everything together. Add salt and other seasoning of your choice. Preheat your oven to 180 °C (350 °F).

Place the combined mixture into a baking pan. Bake for about 50 minutes. The recipe indicates green juice pulp. However you can use any vegetable juice pulp you like. You will just get a different type of bread. Sweet potato pulp can go great with this recipe as well.
2. Juice Pulp Crackers

Juice Pulp Crackers

30-40 Minutes
180°C

3 Cups of Juicing Pulp

1 Cup of Water

3/4 Cups of Flax Meal

1 Cup of Sunflower Seeds

Salt

Pepper

Seasoning

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It will only take you few minutes to make preparations and you can enjoy delicious crackers made mostly of your juicing pulp.

- **3 Cups of Juicing Pulp of Any Kind**
- **1 Cup of Water**
- **3/4 Cups of Flax Meal**
- **1 Cup of Sunflower Seeds**
- **Seasoning of Your Choice**
- **Seasoning of Your Choice**

Mix all the ingredients together. You can use a food processor to make sure you get a uniform mixture. Form a flat thin rectangle on your baking paper. Use a knife to cut the flatted mixture into small rectangles (or any other shape you like).

Bake it in the oven, heated at 180 °C (350 °F) until the crackers are crispy (about 30-40 minutes). To get a crispier result you can put your crackers in the oven at low temperature (around 60-100 °C) (140-210 °F) for 5 hours or longer.
3. Juice Pulp Muffins

How To Make Juice Pulp Muffins?

Ingredients:
- 100 Gram of Butter
- 3/4 Cups of Sugar
- 2 Eggs
- 1 Tea Spoon of Vanilla Extract
- 2 Tea Spoons of Baking Powder
- A little bit of Salt
- 2 Cups of Flour
- 1/2 Cups of Milk
- 2 Cups of Fruit Juice Pulp

Preperations:
- Mix All The Ingredients
- Bake 180°C ~ 30 min

Cups of Fruit Juice Pulp
1 tea spoons of vanilla extract
2 tea spoons of baking powder
Salt

Use your mixer to blend the butter with sugar. Add the eggs, the baking powder, flour, vanilla extract and milk at the end. Blend everything until
the mixture is uniform. Chop your fruit juice pulp and add it to the mixture. You can add any kind of fruit juice pulp. Apple juice pulp is a great choice. Put the mixture into cupcake pans and bake at 180 °C (350 °F) for around 30 minutes.

4. **Meatballs with Vegetable Juice Pulp**

**The Meatballs:**

- 1/2 Kg of Beef Mince
- 1 Large Grated Onion
- 1 Large Grated Potato
- 2 Cups of Vegetable Juice Pulp
- Handful of Chopped Coriander (or Parsley in case you don’t have coriander)
- 1 Egg
- Salt, Pepper and other Spices You Like (I add hot paprika and cumin)

**The Sauce:**

- 2 Fresh Grated Tomatoes
- 1 Small Can of Tomato Paste
- 1 Glass of Hot Water
- Juice of 1/4 Lemon
- 1 Table Spoon of Sugar
- 2 Bay Leafs
- Salt, Pepper

Thoroughly mix all the meatballs ingredients. Roll the mix into small balls and flatten them a bit with your hand. You can use any vegetable juice pulp for this recipe: carrot pulp, green juice pulp, celery juice pulp, beet juice
pulp or any other vegetable juice pulp you like. Make the sauce by mixing all the ingredients. Boil the sauce.

Dip each ball in sesame and fry on a hot pan from both sides for few minutes (If you don’t like sesame, you can traditionally dip the meatballs in breadcrumbs). After the meatballs got their fried color on both sides, add the tomato sauce. Keep cooking for about 40 minutes.

5. Baked Tomato Soup with Carrot Pulp

-1/2 Kg of Tomatoes
-1 Onion
-2 Celery Stalks
-1 Red Pepper
-1 Cup of Carrot Juice Pulp
-Oregano – 1 Table Spoon
-Basil – 1 Table Spoon
-1 Liter of Water
-1 Dried Hot Chili pepper
-Salt

Preheat the oven to 200°C (400°F) and bake the tomatoes for about 15 minutes. Once the skin is starting to peel, get the tomatoes out of the oven, let them chill and peel them. Chop the celery, red pepper and the onion.

Brush your pot with olive oil and fry the vegetables together with carrot pulp for a while. Add oregano and basil. Let vegetables gain some color while frying and stirring them. Add boiling water, tomatoes and chili. Cook for half an hour. Blend the soup with your soup mixer.
6. Eggs with Juice Pulp

**How To Make Eggs with Juice Pulp?**

- 6 Eggs
- 1 Onion
- 1 Cup of Vegetable Juice Pulp
- 1/2 Cup of Milk
- Salt & Pepper (+spices)

Whisk the eggs and the milk together in a bowl. Add salt and pepper. A secret to great scramble eggs is in the quality of whisking. Some say that the
better you whisk the more delicious and airy scramble eggs you will get. I believe cooking process has a lot to do with the quality of your end result as well.

In a separate bowl prepare your vegetable pulp. You can use different kinds of juicing pulps, depends on the flavors you like with your eggs. Green juice pulps goes great with eggs in my opinion. In case you use a very textured pulp you need to cut it into pieces. Add seasoning.

Grate (or chop) your onion and put it on a hot frying pan for few minutes. Once it turns yellow add your pulp. Fry it for few minutes. Add the whisked eggs. Once there is no runny liquid turn off the heat and take the eggs out of the pan.

### 7. Frittata with Vegetable Juice Pulp

- 4 Eggs
- 8 Egg Whites
- 2 Table Spoons of Ricotta Cheese
- 1/2 Cup of Milk
- 1 Table Spoon of Olive Oil
- 2 Onions
- Salt and Pepper
- 3 Cups of Vegetable Juice Pulp

Peel and chop your onion. Heat a frying pan with a little bit of olive oil. Add the chopped onion. When it starts to get yellow add your chopped vegetable juice pulp to the pan. Fry for few minutes. Whisk the eggs and the egg whites together. Add the milk and the cheese.
Let the fried vegetables cool down and then add the egg mixture. Add salt, pepper and other spices you like. Preheat you oven to 200 °C (400°F). Place the mixture in a baking pan. Bake for about 15-20 minutes.

8. Carrot Pulp Cake

This recipe uses the pulp from carrot juice. Carrot and apple juice pulp can also be a good source of fibers for this cake.

- 2.5 Cups of Carrot Pulp
- 1/2 Cup of Raisins
- 3 Eggs
- 1/2 Cup of Sugar
- 4 Table Spoons of Canned Apple Puree
- 1/2 Cup of Canola Oil
- 1 Tea Spoon of Baking Powder
- 1.5 Cups of Flour
- 1 Tea Spoon of Cinnamon

Blend eggs, sugar, baking powder and flour with your mixer. Add canola oil and apple puree. Mix everything. Add carrot pulp and raisins. Mix everything with a spoon. Brush your baking pan with a little bit of oil and add the prepared mixture. Bake in the oven at 180°C(350 °F) for about 40 minutes.

Pancakes with Juice Pulp

What kind of juicing pulp you should add to your pancakes recipes depends on the flavor you like your pancakes to have. There are people who only eat sweet pancakes. In that case it is best to use pulp from fruit only juice.
Carrot pulp can also be used in sweet pancakes. Pulp from different green juices is more suitable for savory fritters, which can also be very delicious.

9. Sweet Pancakes

- 1 Cup of Cream
- 1 Egg
- 3 Table Spoons of Sugar
- Baking Powder
- 1 Cup of Flour
- 1.5 Cups of Fresh Fruit Juice Pulp
Whisk eggs with sugar. Add cream, baking powder and flour. Once everything is blended add the fruit pulp. Brush your frying pan with butter. Once the pan is hot, use your table spoon to form circles on your pan and fry the pancakes. Serve with jam, honey, maple syrup or yogurt.

10. Savory Pancakes

- 1 Cup of Cream
- 1 Egg
- Pepper, Salt and Paprika
- Baking Powder
- 1 Cup of Flour
- 1.5 Cups of Fresh Vegetable Juice Pulp
Similar to sweet pancakes, you need to whisk the eggs and then add cream, baking powder and flour. After the mixture is blended add salt, pepper, paprika and other spices you like. Add the vegetable pulp. Form circles on a hot pan and stir fry until the pancakes have a delicious golden color. Serve with yogurt, salsa or other sauces.

11. **Vegetable Fritters**

- 2 Eggs  
- 1/4 Cup of Flour  
- 1 Tea Spoon of Baking Powder  
- 1 Grated Onion  
- 1 Cup of Chopped Broccoli  
- 2 Cups of Vegetable Juice Pulp  
- Salt and Pepper

Whisk the eggs. Add baking powder and flour. Mix it with grated onion, juice pulp and broccoli. Add salt and pepper. Brush your frying pan with oil. Add a little bit of salt and pepper and wait until it is hot enough.

Form medium sized circles on your hot frying pan (use a table spoon for that). Fry until the fritters are ready. Fritters can be served with different sauces, salsas or even a simple yogurt. For this recipe you can use any vegetable juice pulp.

12. **Marmalade with Orange Juice Pulp**

- 4 Cups of Orange Juice Pulp  
- 6 Oranges (the peel)  
- 4 Lemons (the peel + juice)  
- 50 Gram of Ginger
Slice the peel of oranges and the lemons into thin slices. Slice the ginger. Put all the ingredients into a pot. Add a little bit of water. Cook until you get the right texture.

13. Veggie Burger from Juicer Pulp

- 1/2 Cup of Black Beans
- 1/2 Cup of Red lentils
- 3 Garlic Cloves
- 1 Cup of Carrot Juice Pulp
- 2 Cups of Mushrooms
- 1 Onion
- 5 Table Spoons of Breadcrumbs
- 2 Eggs
- Juice of 1/4 Lemon
-Salt, Pepper, Hot Paprika, Cumin

Cook the lentils and the beans separately, until those are ready. Grate the onion and the garlic. Chop the mushrooms. Brush a frying pan with oil. Once it is hot enough add the onion, garlic and carrot juice pulp. Stir fry for few minutes, and then add the mushrooms. Add salt and pepper. Cook for few minutes, until mushrooms start to get golden.

Let all the ingredients cool down. Mix the beans, lentils and mushrooms in a bowl. Add lemon juice, breadcrumbs, eggs and spices. Mix everything thoroughly, until you get a uniform mass. Form medium sized patties with your hands. Place the patties on a preheated pan (brushed with oil). Fry on both sides for about 5-8 minutes.
14. Spaghetti Bolognese with Vegetable Juice Pulp

- 1/2 Kg of Beef Mince
- 1 Large Onion
- 2 Celery Stalks
- 3 Tomatoes
- 1 Cup of Vegetable Juice Pulp
- Spaghetti of your choice
- Salt, Black Pepper, Hot Red Pepper, Cumin and other Spices you like
Peel and chop the onion. Brush your frying pan with oil and add spices to it. Add the onions to the pan after it is hot enough. Once the onions got their golden color add the mince to the pan. Chop celery and add it to the pan. Add the juice pulp as well.

Poor boiled water on your tomatoes so it is easier to peel them. Peel them. Chop them. Add them to the pan. Stir every once in a while. Keep cooking for about 30-40 minutes. Add spices. Bon appetite!

15. **Beef and Rice Croquettes with Vegetable Pulp**

**Croquettes:**

- 1/2 Kg of Beef Mince
- 1/2 Cup of Rice
- 1 Cup of Vegetable Juice Pulp
- 1 Onion
- 1 Egg

**Sauce:**

- 1 Can of Chopped Tomatoes
- 1/2 Glass of Water
- 1 Table Spoon of Olive oil
- 1 Table Spoon of Sugar
- Juice of 1/2 Lemon
- 2 Bay Leaves

Cook the rice. Grate the onion. Mix cooked rice with the grated onion, juice pulp and mince. Add the egg. Form small balls with your hand and press to
flatten them a little. Add all the sauce ingredients into a separate pan. Boil everything.

Brush another pan with oil and fry the croquettes from both sides for about 5 minutes. Make sure they get their golden color from both sides. Take a deep pan and place all the croquettes in it. Poor the boiled sauce on top. Cook on for about 40-50 minutes.

16. Stuffed Peppers with Beef, Rice and Vegetable Pulp

- 1/2 Kg Beef Mince
- 1 Cup of Rice
- 1 Cup of Carrot Juice Pulp (Carrot and Celery Juice Pulp is ok too)
- 1 Onion
  - Handful of Coriander Leaves (or Parsley if you don’t like Coriander)
  - Sweet Peppers (Green, Red or Yellow)
- Salt, Pepper, Cumin, Hot Paprika (you can add the spices you like or substitute the ones you like less)

Sauce:

- 1 Can of Crashed Tomatoes
- 1 Table Spoon of Olive Oil
- 1 Table Spoon of Sugar
- Juice of 1/2 Lemon
- 2 Bay Leaves
  - 1/2 Glass of Water

Cook the rice. Grate the onion. Add the beef mince, carrot juice pulp and spices. Mix everything thoroughly with your hands. Add the chilled rice and
mix again. Make the sauce by boiling all the ingredients for it in a separate pot.

Take your peppers, cut the top and get the inside out of them. Keep the top, it will be used as a cover. Fill the peppers with the rice and beef you prepared earlier. Put all the peppers in a big pot and pour the sauce over them. Simmer for about 40-50 minutes.

17. Moussaka with Carrot Pulp

- 3 Eggplants
  – 1 Onion
- 400 Gram of Beef Mince
- 3 Tea Spoons of Breadcrumbs
- Handful of Parsley Leaves
- 1 Cup of Carrot Juice Pulp
- Salt, Pepper and Cumin

Sauce:

- 1 Onion
  – 1 Can of crashed tomatoes
- 1 Cup of Carrot Juice Pulp
  – Juice of 1/2 Lemon
  – 1 Table Spoon of Sugar
  – Salt, Pepper and Ground Ginger
  – 1 Glass of water
  – 1 Table spoon of Soy Sauce
Cut the eggplant into slices (each slice about 2 cm). Mix the beef mince with grated onion, chopped carrot juice pulp, breadcrumbs and chopped parsley. Add spices.

Form a flatted ball out of the mince and place it between two slices of eggplant. Do it for all the eggplants.

Place all the eggplant sandwiches into a big pot. In a separate pan make the sauce: cut the onion. Add the crashed tomatoes, the juice pulp, lemon juice, water, soy sauce, sugar and spices. Boil everything. Pour the boiled sauce over the eggplants. Cook the eggplants on stove for 1 hour.

18. Waffles with Carrot Juice Pulp

- 1/2 Cup of Carrot Juice Pulp
- 1.5 Cups of Milk
- 2 Cups of Flour
- 2 Table Spoons of Baking Powder
- 2 Table Spoons of Sugar
- 1 Table Spoon of oil
- A little bit of Salt

Mix the milk with the juice pulp and oil. In a separate bowl mix baking powder with the flour. Add sugar and salt. Mix and pour in the wet ingredients. Stir everything to get a uniform batter. Pour the batter into a preheated iron waffles pan. Follow the instructions on your iron pan. Those tend to be different for each iron pan type.

19. Apple Pie with Apple Juice Pulp

- 2 Apples
- 2 Cups of Apple juice pulp (you can use other fruits pulp as well)
- 3 Eggs
- 1 Cup of Flour
- 1 Table Spoon of Baking Powder
- 1/2 Cup of Sugar

Whisk the eggs with the sugar. Add baking powder and then gradually add the flour. Use your mixer to get a uniform liquid batter. Brush a baking pan with batter and add a bit of flour to it to prevent the pie from sticking (about 1/4 tea spoon).

Slice the apples and place them as the bottom layer. Add the juice pulp on top. Pour the batter over the fruit layers. Bake for about 30 minutes at 180°C (350 °F).

### 20. Blintzes with Cabbage and Carrot Juice Pulp

**Blinztes:**

- 2 Eggs
- 1 Cup of Flour
- 1 Table Spoon of Oil
- 1 Cup of Milk
- 3/4 Cups of Water
– 1/2 Tea Spoon of Sugar
– Salt

**The Filling:**

- 1/4 of Chopped Cabbage
- 2 Cups of Carrot Juice Pulp (you can use carrot + cabbage juice pulp as well)
- 1 Onion
- Oil
-Salt and Pepper

Whisk the eggs, milk, water, and sugar in a bowl. Gradually add the flour and whisk until you get a uniform batter. At the end add salt and oil. Brush a hot pan with butter and add the batter (about a kitchen ladle quantity each time). Stir fry on one side until it gets golden.

Brush a new pan with oil and add the chopped onion. Stir fry for few minutes then add the cabbage and carrot juice pulp. Add salt and pepper. Stir fry for a while. Let the cabbage –carrot filling cool down. Take each of the half made blintzes. Add the filling. Put it on the fried side. Roll it and stir fry from both sides.

**21. Potato, Beef and Vegetable Juice Pulp Casserole**

- 6 Potatoes
- 1/2 Kg beef mince
- 2 Cups of Vegetable Juice Pulp
-3 Eggs
– 3 Table Spoons of Mayonnaise
– 3 Table Spoons of Flour
– 1 Onion
– Salt, Pepper and other Spices

Peel the potatoes and slice them to get round slices. Brush your baking pan with oil. Put half of the potatoes on the bottom. Then add the mince and flatten it to form a layer. Next it is time for the chopped onion. The fourth layer is chopped vegetable pulp. The final layer is the second half of the potatoes.

In a separate bowl, whisk the eggs with mayonnaise. Then add the flour. Pour the liquid batter on the layers in the baking pan. Bake in the oven at 180 °C (350 °F) for about 45 minutes. Enjoy!