

How to make Aloe Vera Juice

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Prep Time

20 mins

Cook Time

1 mins

Total Time

21 mins

Serves

4

Ingredients

- 1 Large [Aloe Vera Leaf](#)
- 1 liter of Water or Juice

Instructions

Harvesting Aloe Vera

1. Take a very sharp paring knife and sanitize it with hot boiling water and or [Isopropyl Alcohol](#).
2. Hold the leaf of aloe vera you want to harvest and cut it off by staying as close to the stem or center of the plant as possible.
3. Keep the cut end of the leaf pointing down and allow it to drain for at least 15 minutes.
4. Draining the yellowish fluid will help to remove the strong bitter taste from the plant.

Preparing the Aloe Vera Gel

1. Now wash the plant thoroughly and remove any dirt or residue from the cutting.
2. Prepare a clean cutting board and very sharp knife to remove the green outer layer of the leaf.
3. Begin by cutting away the spiked folds on either side of the leaf so you can see

the clear gel inside.

4. Slice into the gel close to the edge of the leaf and slice it away from the gel on both sides.
5. Discard all the green pieces of leaf, rinse the piece of gel and examine it to make sure you removed all of the green.
6. The green pieces of this leaf will make the drink taste very bitter and may cause stomach discomfort if ingested.

Aloe Vera Juice

1. Once the aloe vera gel has been thoroughly washed and all of the green leaf has been removed, place it onto a clean cutting board or into a clean [blender](#).
2. For chunks of aloe vera gel, cut it into bite sized pieces and add to the juice or water and mix.
3. Alternatively, you can add the clean aloe vera gel to a blender with a little water or juice and blend the gel into the liquid.
4. Serve chilled or over ice and enjoy.

<https://classicbakes.com/recipes/how-make-aloe-vera-juice>