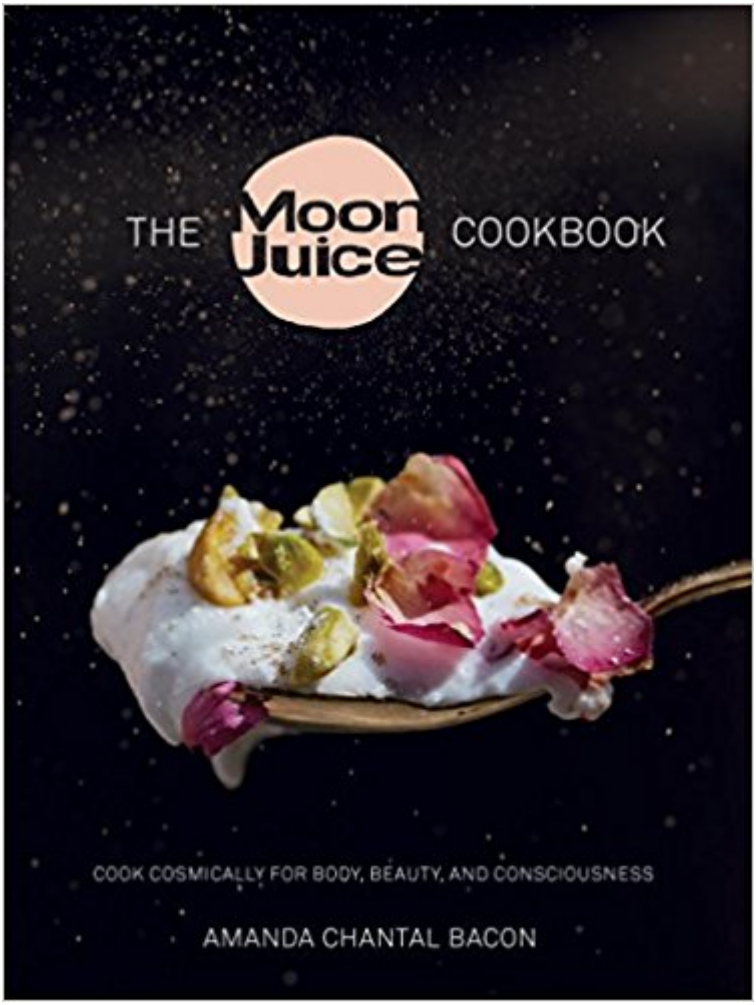
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The Moon Juice Cookbook: Cook Cosmically For Body, Beauty, And Consciousness



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Synopsis

The founder of L.A.Ã¢â ¬â„¢s hottest wellness boutique, Amanda Chantal Bacon offers the ultimate resource for foodies looking to restore their health the natural way, using functional foods to create seriously healing drinks, snacks, and sweet treats. Ã Â Since Amanda Chantal Bacon founded Moon Juice in 2011, it has evolved into one of the nationÃ¢â ¬â„¢s fastest growing wellness brands, and in The Moon Juice Cookbook, she artfully distills her powerful approach to healthy living, sharing over 75 recipes for the brandÃ¢â ¬â„¢s most popular healing beverages and provisions. AmandaÃ¢â ¬â„¢s recipes harness the healing properties of adaptogenic herbs, raw foods, and alkalizing ingredients to create potent drinks, snacks, and sweets that deliver a multitude of benefits, including sparked libido, glowing skin, and boosted immunity. She begins by guiding readers through the fundamentals of the Moon Juice kitchen, teaching them how to stock the larder with milks, juices, cultured foods, and Ã¢â ¬Å“unbakeryÃ¢â ¬Â• doughs and crÃƒÂ¨mesÃ¢â ¬â •all of which can be mixed and matched to create nutritionally turbo-charged meals with minimal effortÃ¢â ¬â •and the essential time- and money-saving strategies theyÃ¢â ¬â„¢ll need to make their new kitchen practices stick. With recipes for healthful, delectable indulgences like Strawberry Rose Geranium Bars, Hot Sex Milk, Savory Tart with Cheese and Tomato Filling, Pulp Brownies with Salted Caramel Sauce, Yam Julius Milk, and Chocolate Chaga Donuts, The Moon Juice Cookbook is the stylish yet pragmatic roadmap readers need to achieve optimal wellness in a natural and delicious way.

Book Information

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Customer Reviews

"The Joy of CookingÃ Â forÃ Â the kale set, educating readers beyond step by step instructions."Ã¢â ¬â •W MagazineÃ Â

Wellness entrepreneur, world-traveling chef and passionate food educator, Amanda Chantal Bacon began her journey toward health at a young age. Sick with chronic respiratory ills that proved unresponsive to antibiotics and other Western medicine, she credits her recovery to an Ayurvedic doctor who removed sugar, wheat and dairy from her diet and saved her life. After graduating high school in her native New York City, Bacon traveled across Europe, South America and New Zealand, working in restaurant kitchens and developing a love for the diverse cultures and flavors of each region. Ã Â Back in the U.S., Bacon studied at the New England Culinary Institute in Vermont, which raised her consciousness on the importance of sustainability, sourcing and collaborating with local producers. She continued her culinary journey, working in the kitchens of celebrated Los Angeles restaurants like Lucques and Canele, and serving as assistant food and wine editor for Los Angeles Times Magazine. The gestalt of her professional food experience, world travels and immersion in Eastern wellness finally led Bacon to become a wellness entrepreneur with her launch of Moon Juice in January 2012.

first became aware of Moon juice though a blog I follow and though I am not luck enough to be close enough to the store to shop in person; have slowly but surely been trying out some of their various different potions such as beauty, brain and dream dust, made of adaptogenic herbs. So when I saw the book, I knew I had to have it. If nothing else for the fact that as the sneak peak reveals, it is loaded with simply breathtaking photography!Hopefully when you purchase this cookbook, you will be familiar with the Moon Juice brand and not be surprised by the recipes and the ingredients they feature. This is not a cookbook with which one can shop in a local grocery store, heck even Whole Foods would be a long shot for some items -though to be fair there are plenty of others that use easily sourced ingredients such as chia seeds, nuts, milks, coconut. But there are also recipes that call for Kombu strips, lucuma powder, mesquite powder and colloidal silver. I write this not to discourage potential buyers, but just so they are aware what they are getting into before a purchase. There are also more than 75 recipes so you can be sure to find things that appeal to your tastes, pantry or cooking ability.The premise of the book is food as medicine which is something I have always strongly believed in. It is plant based and begins with a story of the author, plagued by sickness as a child, given medicine as a remedy, with still no resolution. Years later,

though experimenting with food and herbs learned that these can be just as much, if not more of a remedy in helping us look and feel our best. The book also, importantly, takes us away from healthy being a quick fix to more of a lifelong journey.With that we being with the 10 pillars of the moon kitchen, which include consuming good fats, enjoying cultured and fermented foods, and eating organic. There is an incredible guide to ÃƒÂ¢Ã â ¬Ã Å“High functioning foodsÃƒÂ¢Ã â ¬Ã Â• - foods that can detoxify, provide immunity, boost metabolism, brain food, Inflammation tamer ÃƒÂ¢Ã â ¬Ã â œ I found this fascinating and different from traditional guides. There is a kitchen guide -equipment to have, pantry staples (note, as expected a juicer and dehydrator are both suggested pieces to own).Then we go to the recipes: Juices (cucumber pineapple jalapeno was amazing, with a kick that reminded me of my favorite cocktail only far healthier); milks, Moon milks, shakes and lattes, and I really liked the simplified recipe for Golden milk which is something I currently drink nightly, albeit with a store bought powder, so this is easy and cheaper. Then broth bowls, yoghurt, cheese and Kefir; Fermented vegetables, cosmic provisions (think snacks and basics.We finish on a sweet note with the bakery section, raw of course and raw chocolate which beings with cacao paste and butter but serves as a base for so many fun recipes.As this book states, it is not an ordinary cookbook, its an alchemist cookbook, think of combining lots of sometimes unusual but high functioning foods to deliver tasty outcomes that heal. It is for the adventurous cook, someone looking beyond the basic raw cookbook and someone that want to experiment making potions that sooth, heal and target specific health functions. ItÃƒÂ¢Ã â ¬Ã â„¢s a bit like a mad chemistry book in parts but I love the originality, the story and the stunning pictures. One for the coffee table or the kitchen!

This is the book I’ve been waiting for! It takes all the things I already like to do to the next level! If you are into heathy magical superfood treats, nut milks, nut cheeses and all things raw and snacky, you will love this book. Plus the book itself is beautiful, the photos are magical. Super excited to get started and make some medicinal chocolates for christmas this year!

Most of the recipes were inaccessible to me because of the niche ingredients and lack money/space to accommodate certain machines necessary to alchemy my way to a moon juice lifestyle. But the flavor and health ideals in this book are inspiring in both a culinary and spiritual way and I recommend for those who seek something more than cut and dry food network recipes

Wow! I am an Ayurvedic Practitioner student and a foodie. I love this book! I have used it so much in

the short time I've had it that the pages are all splashed up with ingredients! I collect cookbooks and this is now in my top ten, and my current favorite! Not only are the recipes highly nutritious, they are gorgeous! Food should be a beautiful sensory experience, nourishing your entire being, very few cookbooks deliver that message in such a lovely way. It is so beautiful I'm going to have to buy another copy for the coffee table!

This is an amazing life changing cook book. I am a vegetarian who is almost vegan so this is right up my alley. Some people say that the ingredients are not typical for a regular pantry but I disagree. There are things like Lucuma powder, Macs, all things I keep in my pantry. They are also readily available on , I buy them here myself. The recipes are so interesting and delicious. I am well rounded in vegan and vegetarian cooking so this cook book is a supplement to what I already have. But there is something magical about Moon Juice - if this resonates with you, check this book out. Also, I buy a ton of their powders - go onto the company website and check it out. They also have a verified vendor that they sell through on . I highly recommend Moon Juice.

I bought this on a whim. It's a beautiful book that has changed my life. I have begun juicing, making my own nut milks, and learning to be my own alchemist.Beware, reading this may change the way you look at food/nutrition.

Even though I haven't had a chance to make any recipes with this cookbook yet, I love the valuable information. This is next level healing, health, and wellness for anyone who needs the extra push or inspiration to take their alchemy, spiritual or health regimen, and lifestyle to the next level. Ascension, ascension, ascension! I love the nut milks section, as well as the snacks and desserts :) I'm grateful to have such a valuable resource right at my fingertips that I can turn to for daily guidance or inspiration at any time! Highly recommended!

Amazing book! NOT your typical "cookbook". I love her writing style - to the point and informative. She really breaks down in simple terms how to form healthy and FUN habits that we just aren't familiar with yet. I also love that she doesn't pretend to have all the answers or think there is only ONE way to eat, but offers encouragement through sharing what she's learned. We have made 3-4 things from this book in our first few weeks and love it. You will not be disappointed. Find me on @raisingorganicpeanuts for some unprofessional inspiration. ÃƒÂ Ã Å¸Ã ËœÃ â

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Will Transform Your Body and Reveal a More Beautiful You

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