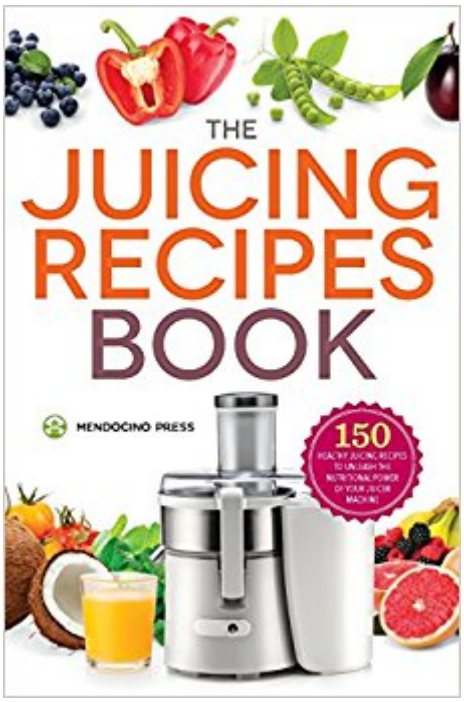
Ebook Directory
the best source of ebook

The book was found

# The Juicing Recipes Book: 150 Healthy Juicer Recipes To Unleash The Nutritional Power Of Your Juicing Machine




PDF
Adobe
DOWNLOAD EBOOK

## Synopsis

Get the Most out of Your Juicer with Over 150 Delicious Juicer RecipesBoost your health using the power of your juicer machine withÃ Â The Juicer Recipes Book.Ã Â The Juicer Recipes BookÃ Â will help you start juicing without feeling overwhelmed, giving you the best juicer recipes to get the maximum benefit of your juicer. This quick-start guide organizes the best juicer recipes according to their purpose, so you can get your body in top shape, lose weight, increase your energy, or detox your system. If you haven't bought your juicer yet, The Juicer Recipes Book gives you the lowdown on the three main juicer types, so you can make the wisest choice for your specific health needs.The Juicer Recipes BookÃ Â will make it easy to start using your juicer today, with:151 nutrient-packed juicer recipes, such as Spicy Tomato, Citrus Energy, Complexion Helper, and Peach-Strawberry NectarÃ Â Juicer recipes specially designed for everything from cleansing and digestive health to weight loss and alkalizationÃ Â Useful nutritional breakdowns for each recipeÃ Â Handy reference chart with 63 types of produce and how to prep them for your juicer recipesÃ Â A buyer's guide for choosing the type of juicer that fits your lifestyle bestÃ Â The Juicer Recipes BookÃ Â will give you everything you need to unlock the full benefit of your juicer machine.

## Book Information

Paperback: 260 pages

Publisher: Mendocino Press (June 20, 2014)

Language: English

ISBN-10: 1623154030

ISBN-13: 978-1623154035

Product Dimensions: 5.2 x 0.6 x 8 inches

Shipping Weight: 9.9 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 130 customer reviews

Best Sellers Rank: #241,132 in Books (See Top 100 in Books) #31 inÃ Â Books > Cookbooks, Food & Wine > Kitchen Appliances > Juicers #183 inÃ Â Books > Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies #309 inÃ Â Books > Cookbooks, Food & Wine > Cooking by Ingredient > Vegetables

## Customer Reviews

The Juicer Recipes Book has something in it for everyone. Its pages are packed with well over one hundred recipes that anyone can make using simple ingredientsÃƒÂ¢Ã â ¬Ã â •mainly fruits and vegetablesÃƒÂ¢Ã â ¬Ã â •with one of three types of juicers.The chapters are divided into juice

categories that cover the gamut: brain-boosters, alkalizing mixtures, anti-aging concoctions, weight loss and kid-friendly juices, green juices, and many more. There are also nutrition charts and helpful tips on how to store and prepare certain ingredients, as well as what canÃƒÂ¢Ã â ¬Ã â„¢t be juiced.Although I understand that this book is intended for those who own juicers, I was a little disappointed at not finding a few amended recipes for those who utilize blenders. Still, the useful information in The Juicer Recipes Book inspires me to want to purchase a juicer of my own to use in conjunction with my blender. I give this book 3 Ãƒâ Ã Â stars because of the fabulous color photos in its e-book format, along with the content.

I don't have a juicer, have never really done any juicing, and frankly have never understood the difference between juicing and blending. This book explains those, and so much more. It explains the different types of juicers and advantages of each type. It explains how best to prepare ingredients for juicing, and as well explains which fruits/vegetables are not good for juicing, and why. Each recipe shows nutritional value (including calories), explains why the specific combination meets the desired goal, and even tells which type of juicer will produce the best results. The recipes are grouped into helpful categories, such as desired goal (for example: brain nourishing, alkalizing, antioxidant, cleansing) or specific audiences (for example: anti-aging, diabetes-friendly, kid-friendly, weight-loss, menopause relief). There are nutrition charts, and produce preparation charts. Thanks to this book, I might just invest in a juicer in the not-too-distant future.

After reading through this book I am heading to the store to get a juicer.I was not sure at first whether or not I thought juicing was worth paying for a juicer and besides why could I just not use my blender.WELL..... this book explains it ALL... did you know you get more vitamins and minerals when you juice vs when you blend?WOW there is soooooo much information in this book that it will for sure make you decide whether or not juicing is good for you and whether or not you would like to add it to your diet.and WOW there are 150 recipes in this book.. You could make something different for like 1/2 a year and not have the same thing twice.There are some really amazing recipes that I have never even thought about before. I am super interested in trying a lot of them and I think just by juicing I will be changing my lifestyle way more than I ever thought.I received this in exchange for my honest and unbiased review.

This book has a wealth of information related to juicing. Of course, it does have 150 recipes, with a pretty wide variety of ingredients. It also, importantly, has nutritional information for each recipe

ÃƒÂ¢Ã â ¬Ã â œ calories, fat, protein, carbohydrates, and sugar. Recipes are categorized according to their primary benefit. Categories include brain-nourishing juices, anti-aging juices, cleansing juices, diabetes-friendly juices, kid-friendly juices, and protein juices (who knew you could get so much protein from romaine lettuce?).But what really surprised me about this book is the extra info. It explains the three main types of juicers (I was only familiar with one), and it has handy symbols that indicate which recipes are compatible with which juicers. It also breaks down fruits and vegetables according to their nutritional value in one chart (in the back) and how to prepare them for juicing (in the front). I received this book for free, but I was really impressed and itÃƒÂ¢Ã â ¬Ã â„¢s got me taking a second look at juicing.

Very long title, very useful collection of recipes and insights. Really, rarely do I pick up books about juicing. I have been juicing for years. I had a successful little juice bar that kept me busy providing prepared bottles for hurried customers on their way to work each day. They dropped off the recipe they hoped for, I created the mixes. Easy to please when it tastes so good. Thank you to the Author and to Mendocino Press for this wonderful and useful tool for my health and happy juicing. So far the Basil Mojito is my favorite but don't take my word for it. I have to admit, my mixes were not this good and I really enjoyed so much information about the varied reasons to drink these recipes. Also, the beginning of this book will really clear any confusions you may feel over juicers and why to use each type. Then there is the extra insights into how to keep the ingredients fresh whether refrigerated or stored on the counter. I was also very impressed with the information about ingredients that do not release juices and how to use them anyway. Yes, I did really like this one. Hope you do too.

More cookbooks should be like this one. Each recipe is labeled with the equipment you need, the nutritional benefits of the ingredients you are using, and how it is supposed to taste. Salty, sweet, spicy, earthy, grassy, citrusy. It's quite helpful, and I wish more cookbooks (technically, there's no "cooking") were like this.What's particularly helpful is that the recipes are organized by the function you want them to meet: energy, mood, hormones, diabetes friendly, digestion, etc. I can't wait to try the Sleep Aid for an Energetic Morning, which features romaine lettuce. Romaine lettuce? I never knew romaine was so good for you, but you would have to eat a ton of lettuce to get the benefits that juicing gives you. And I never even thought about juicing a jalapeno pepper before this book, but now I will.I also loved the puns in the names: The cure for what KALES you, and The BEET goes on.What's best is that this book talks about the different types of juicers, how they work, and

what foods they best juice.We need more recipe books like this one.

Download to continue reading...

Juicing For Weight Loss: 75+ Juicing Recipes for Weight Loss, Juices Recipes,Juicer Recipes Book, Juicer Books,Juicer Recipes,Juice Recipes, Juice Fasting, ... diet-juicing recipes weight loss Book 103) Juicing: 365 Days of Juicing Recipes (Juicing, Juicing for Weight Loss, Juicing Recipes, Juicing Books, Juicing for Health, Juicing Recipes for Weight Loss, Juicing Detox, Juicing for Beginners) The Juicing Recipes Book: 150 Healthy Juicer Recipes to Unleash the Nutritional Power of Your Juicing Machine JUICING RECIPES: The Juicing for Health Complete Guide (120 RECIPES): juicing, juicing detox, juicing for weight loss, juicing for beginners, juicing diet, juice diet, juice recipes, juicing books Juicing: 101 Juicing Recipes For Weight Loss, Detox And Overall Health (Juicing For Weight Loss, Juicing Books, Juicing For Health) (Juicing For Beginners, Fasting and Detoxing) Juicing for Health: The Essential Guide To Healing Common Diseases with Proven Juicing Recipes and Staying Healthy For Life (Juicing Recipes, Juicing ... Foods, Cancer Cure, Diabetes Cure, Blending) Juicing for Health: The Essential Guide To Healing Common Diseases with Proven Juicing Recipes and Staying Healthy For Life (Juicing Recipes, Juicing Detox, ... Cancer Cure, Diabetes Cure, Blending) Juicing: Juicing for Weight Loss: Refreshing Juicing Recipes for Weight Loss, Health and Vitality (Over 30 Delicious Juicing Recipes for Beginners) BREAD MACHINE COOKBOOK: 120 Most Delicious Bread Machine Recipes (bread, bread bible, bread makers, breakfast, bread machine cookbook, bread baking, bread making, healthy, healthy recipes) Juicing Recipes for Rapid Weight Loss: 50 Delicious, Quick & Easy Recipes to Help Melt Your Damn Stubborn Fat Away! (Juice Cleanse, Juice Diet, ... Juicing Books, Juicing Recipes) (Volume 1) Juicing for Weight Loss: Unlock the Power of Juicing to Lose Massive Weight, Stimulate Healing, and Feel Amazing in Your Body (Juicing, Weight Loss, Alkaline Diet, Anti-Inflammatory Diet) (Volume 1) Low Calorie & Fat: Healthy Breakfast Recipes! Discover New Healthy Breakfast Ideas. Healthy Muffin Recipes, Healthy Smoothies, Healthy Egg Recipes and ... Only! (Low Calorie & Fat Recipes Book 1) Juicing with the Omega Juicer: Nourish and Detox Your Body for Vitality and Energy Juicing for Beginners: The Essential Guide to Juicing Recipes and Juicing for Weight Loss Juicing: The Complete Guide to Juicing for Weight Loss, Health and Life - Includes The Juicing Equipment Guide and 97 Delicious Recipes The Joy of Juicing, 3rd Edition: 150 imaginative, healthful juicing recipes for drinks, soups, salads, sauces, entrees, and desserts New Juicing Recipes to Live Healthy: Best Vegetables & Fruits Juicing Diet Book for Weight Loss,Fasting, Detoxification, Diabetes, Cleanse & Cancer(Updated) The Juicing and Smoothie Recipe Book: The Complete Guide to Healthy Juices & Smoothies Ã¢â ¬â œ Easy recipes for Weight Loss &

Cleanses Ã¢â ¬â œ Suitable for the Nutribullet, ... Ninja and Vitamix (Juicing for Beginners) Bread Machine Kitchen Handbook: Making The Most Of Your Bread Machine’S Potential, Including More Than 150 Step-By-Step Recipes The Healthy Juicer’s Bible: Lose Weight, Detoxify, Fight Disease, and Live Long

Contact Us

DMCA

Privacy

FAQ & Help