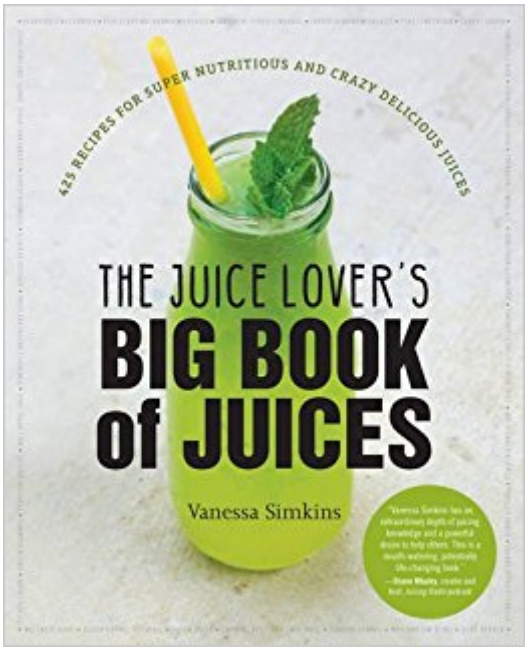
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The Juice Lover's Big Book Of Juices: 425 Recipes For Super Nutritious And Crazy Delicious Juices



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Synopsis

Filled with 425 recipes, The Juice Lover's Big Book of Juices is the ultimate juicing resource.Try as we might, it can be difficult to fit in the recommended six to eight servings of fruit and vegetables every day. Juicing makes it easy!Author and juicing expert Vanessa Simkins provides you with fresh, raw recipes you can juice everyday. Accessible to both experienced juicers and those looking to get started, The Juice Lover's Big Book of Juices is packed with fun, colorful photos and information on the preventative and curative health benefits of juicing.In addition to lots of recipes for detox juices and green juices, you'll find recipes using ingredients hard to find in other juicing books, such as nut milks and chia, as well as newer juicing trends, like juice shots and nightcap juices. Drink up!

Book Information

Paperback: 352 pages

Publisher: Harvard Common Press (October 15, 2016)

Language: English

ISBN-10: 1558328556

ISBN-13: 978-1558328556

Product Dimensions: 7.5 x 0.8 x 9.2 inches

Shipping Weight: 3.8 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 66 customer reviews

Best Sellers Rank: #32,362 in Books (See Top 100 in Books) #6 inÃ Â Books > Cookbooks, Food & Wine > Kitchen Appliances > Juicers #6 inÃ Â Books > Cookbooks, Food & Wine > Kitchen Appliances > Blenders #27 inÃ Â Books > Cookbooks, Food & Wine > Cooking Methods > Organic

Customer Reviews

Vanessa's enthusiastic spirit and passion for wellness shine through in this delightful book on juicing. Whether you are brand new to juicing or have been juicing for years, Vanessa has you covered! Her recipes are fresh and innovative, easy tomake, and taste delicious. Getting healthy never tasted so good!Ã Â Ã Â -Ã Â Lily Milkovic, Nutritional TherapistÃ Â Vanessa has an extraordinary depth of juicing knowledge and a powerful desire to help others. Ã Â This is a mouth watering, potentially life changing book.Ã Â -Shane Whaley, JuicingRadio.com

If you're new to juicing, this book will help you make tasty juices that are nutritious and fun.

Ã Â If you're a juicing pro, this will stretch your limits with creative blends. Ã Â It's not just juice -- it's about using your juice creatively -- in party punches, in detox shots, in lemonades, in juice sodas, in chia juices and in nut milk blends.Ã Â Ã Â I'm overjoyed for you to get this book and my juices into your cup.

Love this book because it has so many varieties of drinks to do. Fruit Juice, Smoothies, and more. this book would had been better if she included the benefits of the different blends.

Fantastic book for beginner or experienced juicers. Lots of great recipes that are all yummy so far! Have loaned this book to some friends and they all loved it so much they ended up buying a copy for themselves!

This is my bible and I love the different receipts and great to reference when doing my own thing.

This book is a must for all juicers. I love that the recipes are very simple, inexpensive and most of ,all are just the right amount for one person. There’s no guessing in cutting the ingredients in half ! Way to go Vanessa!!!! The variety and the pictures are mouth watering. I’ll be purchasing more for Christmas gifts!

There are "juice" recipes in this book that add in things that are not fruits or vegetables. Also, recipes are somewhat repeated throughout. Not worth the money. I don’t even see an option for return.

I love the way this book is laid out. There is a lot of great info for beginner juicers, but plenty of good stuff for experienced juicers as well. These recipes will keep you going for a long time!

New to juicing and not very creative, this book has a lot of good recipes that I wouldn’t have thought to put together. It’s well organized. So far I’ve lived every juice recipe that I’ve tried.

I am so glad I got this book, I have recently bought a juicer and I was wasting time and money trying to guess what a good juice actually is, now with this book I can actually choose what to add to a juice and why, like it tells you what area the juice is beneficial to, like is good for energy, sleeping, strength, etc, by far very useful and I love it, it even helps me when trying to choose something my 2

babies would like and drink , very easy to hide vegetables flavor.

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