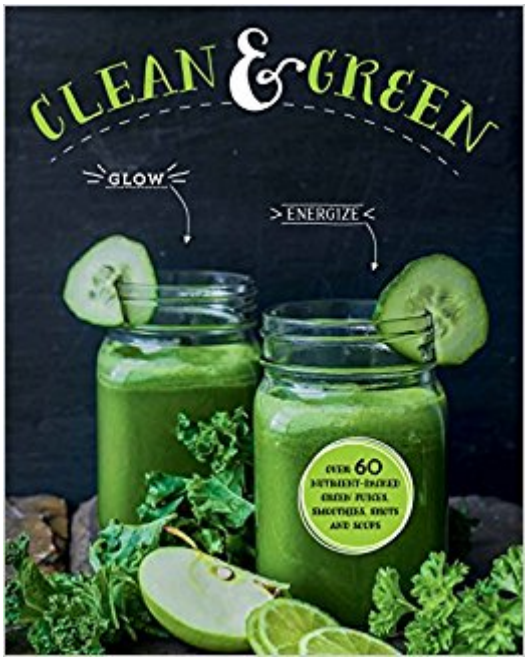
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Clean & Green



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Synopsis

Science has proven that green leafy vegetables and fruit knock all others off the top spot for their spectacular concentration of phytonutrients, vitamins, and fiber, and the quickest way to get an instant boost of these heathy greens is in a juice or smoothie. Packed with raw, whole vegetables and fruit, as well as herbs, spices, and healthy fats, these fabulous recipes are literally a health boost in a glass -- or bowl. If you juice regularly, you'll be getting all the essential vitamins, antioxidants, and minerals that you need. Whether you're trying to get in shape, boot your general health, or give your body a deeply nourishing cleanse, incorporating green juices and smoothies into your diet is the simplest and most effective way to eat clean and green!

Book Information

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Customer Reviews

In 2007 Parragon launched global cookbook brand, Love Food. Our aim has always been to publish cookbooks that combine delicious, reliable and accessible recipes with stunning photography and design. We work with a talented collection of food writers and photographers to create quality books that inspire, excite, and encourage everyone to have fun in the kitchen!Judith Wills has written more best-selling food, diet, and healthy lifestyle titles than any other British author. Wills has written for most of the UKa (TM)s major publications and websites, including The Daily Mail, The Mail on Sunday, Good Housekeeping, Marie Claire and Saga magazine. She has made more than 100 TV appearances and over 600 radio broadcasts, and is often known online as The Diet Detectivea"[.

So well put together, and simple. Thank you

Although I did not purchase this book from , it is a marvelous book with lots of good recipes . Some of my favorites are the Mint Rejuvinator it is good for the liver , kidney and helps lower cholesterol, The Green Envy is very good , The Green Cleaner is excellent , i'm not a fan of Avocado but in this recipe i did not taste it at all and juice was excellent , last but not least the Fennel Flush , it was my first time ever buying Fennel let alone putting it into a juice , but i was really good , I was surprised .... if you purchase this book and is serious about going GREEN, you will not be disappointed with this book.

Excellent !!!!

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