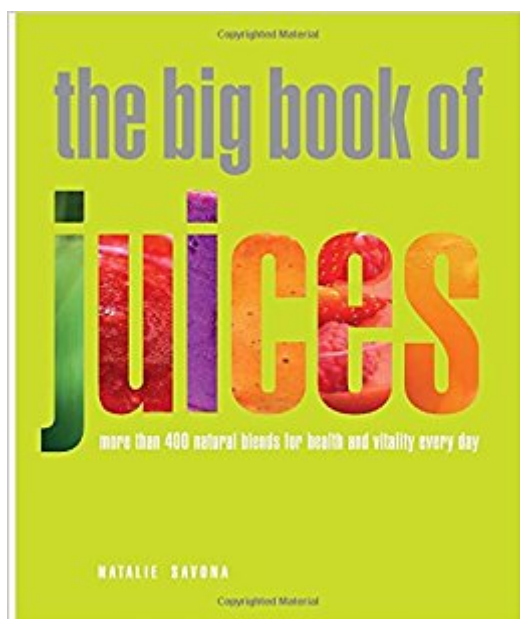


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The Big Book Of Juices: More Than 400 Natural Blends For Health And Vitality Every Day



Synopsis

With some 405 recipes for fruit and vegetable juices, smoothies, and quenchers, this newly updated and expanded edition of Natalie Savona's essential kitchen guide to juicing now offers health-conscious readers even more. A clever indexing system sorts the juices by key ingredients, by nutrients, and by health benefits. Plus, a simple five-star system rates the effectiveness of the drinks in boosting energy and detoxifying the body, as well as potential benefits for the immune system, digestion, and even skin quality.

Book Information

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Customer Reviews

In the past few months I've read quite a few books on juicing. "The Big Book of Juices" is one of the most creative books I've seen so far. The fruit and vegetable blends are especially delicious. Who would have thought that grapefruit would go so well with carrots and celery. I've also never seen anyone blend broccoli with pears. Yet these all seem to work well. I especially enjoyed making the juice with passionfruit, orange juice and seltzer. While you need a juicer for most of the recipes there are also some recipes for your blender. If you are feeling adventurous you might enjoy making a spicy drink made from chai tea, peaches, vanilla and yogurt. Most of the smoothie recipes use yogurt. The only thing you have to do first is to juice some of the fruit before you add it to the blender with the yogurt. Other fruits like mango and papaya are better just added to the blender as they don't juice as well. Specific instructions are not given on each recipe so you have to read the instructions at the start of the book and at the start of each chapter. Instead of instructions the author just gives a few sentences to inspire you to make the drink. This works well for individuals

who have already been juicing for a few months but is not as helpful for someone new to juicing. From my own experience I learned to peel most fruits, especially citrus fruits. You will also want to peel mangoes, pineapple and papaya. The last section in the book contains some recipes using sparkling mineral water. There are also some recipes for teas made with fresh herbs. There is an interesting tea made with licorice and mint. If you are looking for something to calm you at the end of the day there is a tea made with lemongrass, cardamom, orange zest, chamomile and mint.

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