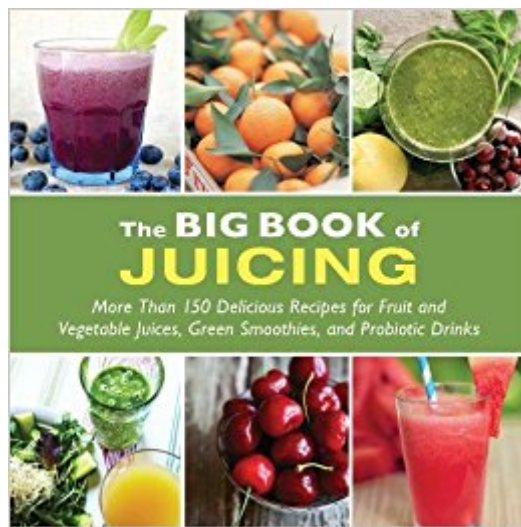




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The Big Book Of Juicing: More Than 150 Delicious Recipes For Fruit & Vegetable Juices, Green Smoothies, And Probiotic Drinks



Synopsis

With *The Big Book of Juicing*, you'll learn how to make a variety of healthy drinks, which fruits and vegetables provide the nutrients to meet your specific health needs, and which produce is better when eaten whole rather than juiced or blended. You'll discover how to choose the right juicer and tips for going on a juice detox. The full-color photos will inspire you to start blending today. Feel the difference when you incorporate these juices, smoothies and other drinks into your daily diet. Apricot & Melon Smoothie Cacao Dessert Smoothie Excitement in Your Mouth Juice Frothy Monkey Juice Lemon Ginger Kombucha Probiotic Lemonade Secret Spinach Shake Quick and Dirty Flu Fighter Wake Me Up Morning Cocktail In addition, readers will learn how green smoothies are hands down one of the best supplements to any diet. With at least one smoothie a day your body will not only receive an extra boost of nutrients, but it will begin to crave these healthier foods naturally. *The Big Book of Juicing* also gives instructions on how to create probiotic drinks that benefit digestion, metabolism, and the immune system. Now you can enjoy these bubbly probiotic drinks at home. Enthusiasts of the bubbly probiotic drink kombucha look to its high levels of B vitamins and amino acids, which are said to improve your mood, energy levels, joint function, and skin. Whether you're new to juicing or already a stalwart supporter, you'll find tips and recipes that the whole family will love!

Book Information

Paperback: 320 pages

Publisher: Skyhorse Publishing; Reprint edition (May 30, 2017)

Language: English

ISBN-10: 1510719679

ISBN-13: 978-1510719675

Product Dimensions: 7.5 x 0.8 x 7.5 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 12 customer reviews

Best Sellers Rank: #831,438 in Books (See Top 100 in Books) #102 in Books > Cookbooks, Food & Wine > Kitchen Appliances > Juicers #327 in Books > Cookbooks, Food & Wine > Cooking Methods > Raw #579 in Books > Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies

Customer Reviews

Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad

range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. Weâ™ve been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

I got this book for \$2.50! I thought for sure it had major flaws, missing pages, etc. Something had to be wrong for getting a list price book of \$16.99 for \$2.50. I was wrong. This is a fantastic book for beginners or someone just looking for new juicing recipes. Easy to read and very great pictures. It has a beautiful cover and is wonderfully presented. Would make a great gift with a nutribullet or new blender. Can't beat it for the price.

I am very pleased with the purchase of this book. I have discovered that 99% of the recipes contained therein are concoctions I will not hesitate to make using my Nutribullet. The recipes are so simplistic as well as effective, and I enjoy exploring the many possibilities on the road to reclaiming my health. This book is a must for juicers.

Excellent easy recipes to follow. Has a lot of different recipes to drink throughout the year. Veggie juice, smoothies and probiotic drinks. My book has ripped pages from 113-118. Disappointed to say the least. Not happy with quality of seller.

I bought this book for my daughter based on the reviews (thank you all). She can't wait to start juicing!

works for me

I should have bought 2 when they were less than \$3. (now 12\$.) Beautiful hard cover book. It was a gift and my friend loved it!

Item is as expected...thanks

I'm a new juicer and this book got me started!

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