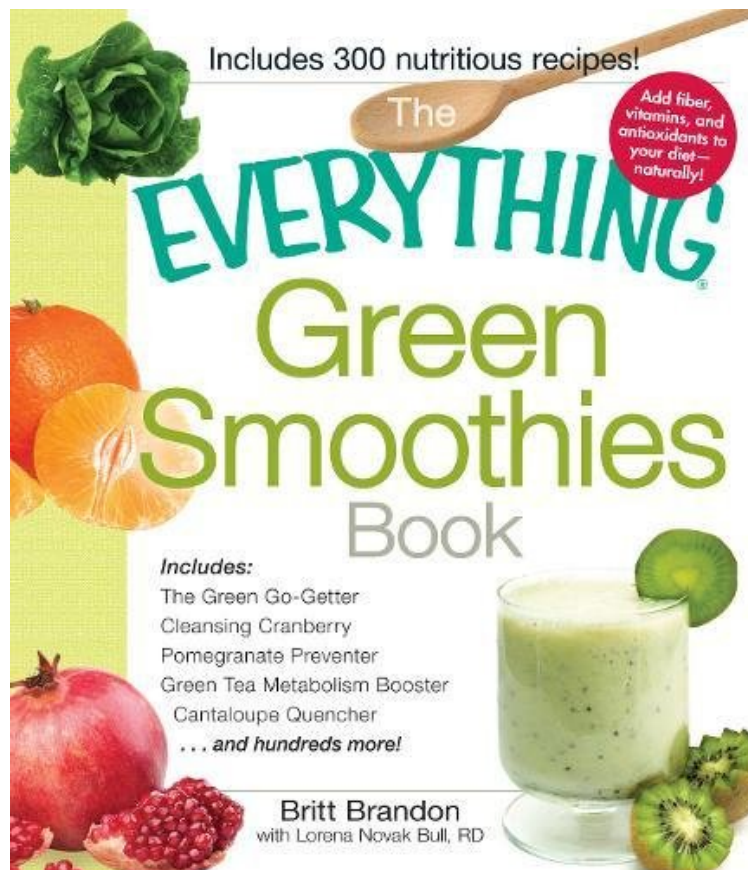


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0 of 0 people found the following review helpful. this book tell how easy to make this healthy excellent juiceBy LillianI just got it today I read some pages wow! this book tell how easy to make this healthy excellent juice. I use to spend a lot of money buying this juices from the store but anymore.!Thanks!0 of 0 people found the following review

helpful. goodBy Larisalots of good recipes. Received quickly and as described by seller. The book is divided into different sections so if you're trying to figure out what is best for any particular area (illness/problem area), it's easy to find.0 of 0 people found the following review helpful. refreshingBy Sarah F Gregeri had purchased a new blender which had come with some "green smoothie" recipies of it's own so i though i would try something new. juicing seemed to be missing something as you eliminate some of the most important parts of the fruit/veg - the fiber. this recipie book utilizes the whole fruit and veg so you are getting the FULL benefits. they are great when i get home late in the evening from bikram and it's a little too late for a true dinner but i am hungary and something nutritious.

You know that greens are very nutritious, but if you're like millions of Americans, you struggle to eat enough of them on a daily basis. Well now you can drink them! Green smoothies mix veggies with flavorful fruits, and pack a nourishing punch in every glass. This book blends such fortifying greens as spinach, kale, lettuce, and friseacute;e into easy-to-make recipes, including:Refreshing raspberry blendCool cucumber melonGreen gazpachoSweet pumpkin pieGinger apple delightKale carrot combo Each recipe includes a full nutritional analysis so you can make the healthiest choices every day. An excellent way to boost nutrition, green smoothies also make a great addition to raw food diets and weight-loss plans. With this helpful guide, you can blend your way to natural health!

About the AuthorBritt Brandon is a certified personal trainer; a certified fitness nutrition specialist; and the author of many books, including Apple Cider Vinegar for Health, Coconut Oil for Health, The I Love My NutriBullet Recipe Book, Activated Charcoal for Health, and The ldquo;I Love My Instant Potrdquo; Vegan Recipe Book. As a competitive athlete, trainer, mom of three small children, and fitness and nutrition blogger on her own website (UltimateFitMom.com), she is well versed in the holistic approaches to keeping your body in top-performing condition.