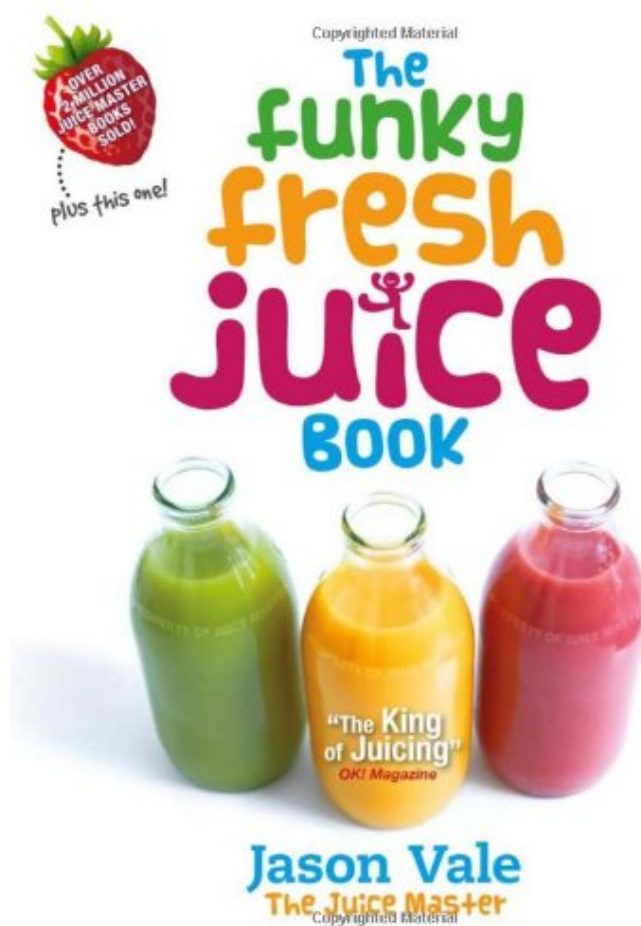


(Free read ebook) The Funky Fresh Juice Book

## The Funky Fresh Juice Book

Jason Vale

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#484014 in Books imusti 2011-12-31Original language:EnglishPDF # 1 9.70 x 1.10 x 7.80l, 2.15 #File Name: 0954766415256 pagesCrown House Pub Ltd | File size: 34.Mb

**Jason Vale : The Funky Fresh Juice Book** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Funky Fresh Juice Book:

13 of 13 people found the following review helpful. Good recipes with enticing photos.By ReadingObsessedI tried most of the recipes and they were all good, some better than others - delicious. I did a rough count - about 100 recipes in all. There are about 30 plus recipes that require just the use of the juicer and a handful that are plain smoothies that require just the blender. Yes some of the recipes do require juicing and then blending - about 60 +. I did not find this such a big deal. Some fruits like melon and avocados are better blended in than juiced, obviously. These blended juices (for want of a better word) are very filling.The pictures - absolute eye candy, they look so appealing and entice you to try the recipes. I have tried about 40 of the recipes and they were all good.I have my Breville juicer, Vitamix and Citrus juicer next to each other on the counter. I do not find the cleaning so much of a chore. I have a system now that works efficiently and has become second nature. Line the pulp bin with a bag, run some warm water through the chute after juicing while you keep the juicer running. Likewise, add some warm water to your blender jar, add a drop

of dish soap and run your blender. Then clean both. Cleans efficiently and quickly - not more than 10 minutes max to clean both juicer and blender. Who said being healthy was as easy as fast food at the local Golden Arch?? 0 of 0 people found the following review helpful. Good recipes and info in this book. By T. Graydon Well, it's a love-hate thing. The overly dorky, goofy, trying-too-hard-to-be-funny tone of the book annoys me. HOWEVER, I really do like many of the juice recipes in this book. There are some that I find a little bit too far out, too complicated, or too-smoothie-like for my needs and wants. But, overall, this has a very nice assortment of recipes, and the information on the whys and benefits of each juice is very good. I find that this is the first place I go when I am trying to find a suitable juice for whatever purpose or produce I have. Even with the Internet at my fingertips, this is my first stop. 9 of 9 people found the following review helpful. AMAZING juice book, don't hesitate! By M. Hart If you are new to juicing, or an old pro - you will enjoy this book. It is a beautiful hardcover book, with 270+ pages of valuable information. Each juice recipe has a full page gorgeous picture of the final result along with facts and information about the nutrients you will be consuming in your delicious juice. It seriously looks like they had a lot of fun putting the book together, and you can feel that joy as you thumb through the pages. There are juice smoothie recipes, recipes from the juicy online community (telling their success stories as well, very inspiring), recipes from celebrities, recipes for people who work out a lot, or need to juice for medical reasons, kids juices and smoothies, etc. etc. I could go on and on. I've already tried so many of the recipes and I've loved each one! My favorite this week is the Fab Four: YUM. I found Jason Vale in the app store; I used his loose 7 lbs. in 7 days juice program and it was so easy and delicious. (and I lost 12 lbs. in 7 days! Yay!). So I knew this book would be equally as useful to me. It's a beautiful book, easy to make recipes that make you HEALTHY. Don't hesitate to get it. It's worth every penny, and then some. I'm going to be giving it as gifts to my friends and family - it's that special.

With over 20,000 copies in print, number one best-selling author Jason Vale has squeezed over 100 funky and fresh juice and smoothie recipes into this latest book. There is something here for everyone as the recipes cover various health conditions and specific juices and smoothies for: high blood pressure, asthma, hay fever, psoriasis, arthritis, diabetes, digestion and much, much more. Warm up your juicer, dust off your blender and brace your taste buds for the most mouth wateringly tantalizing fruit and veggie fusions ever created.

About the Author Jason Vale is a number one best-selling author of 7 lbs in 7 Days Super Juice Diet (978-000777165-3). His books have sold over 1.5 million copies worldwide. He is a leading authority on addiction, health and most importantly juicing. He is regularly featured on TV, radio and in the press.