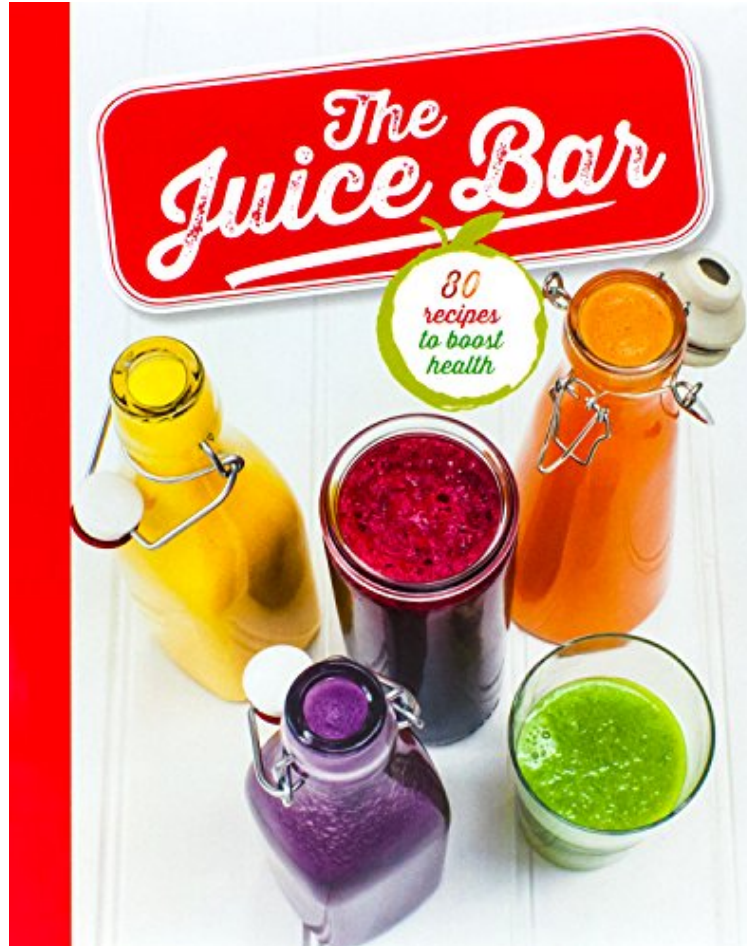


## The Juice Bar

Parragon Books

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Give your body the boost it needs with a mouth-watering drink from The Juice Bar. For breakfast, power-up on slow-release energy, with drinks such as Muesli Motivator or Berry Kick-start. When you're thirsty, rehydrate with, a cool, ice-packed Raspberry and Watermelon Crush or Minted Melon Squash. If you're getting set for sport, a quick energy

shot from fruits that are high in natural sugars, such as Blueberry Blast or Peach Energizer, is what you need. There are vitamin-C-packed drinks to help you fight colds, herbal remedies to purify your body, and tummy soothers to cleanse the system and aid digestion too. Bursting with facts on the health benefits of different fruits and vegetables, tips on how to get the most from your juicer or blender and ideas for decorating your glass to glam up your drinks when entertaining, this book will help you squeeze every last drop of goodness from those fruits and vegetables!