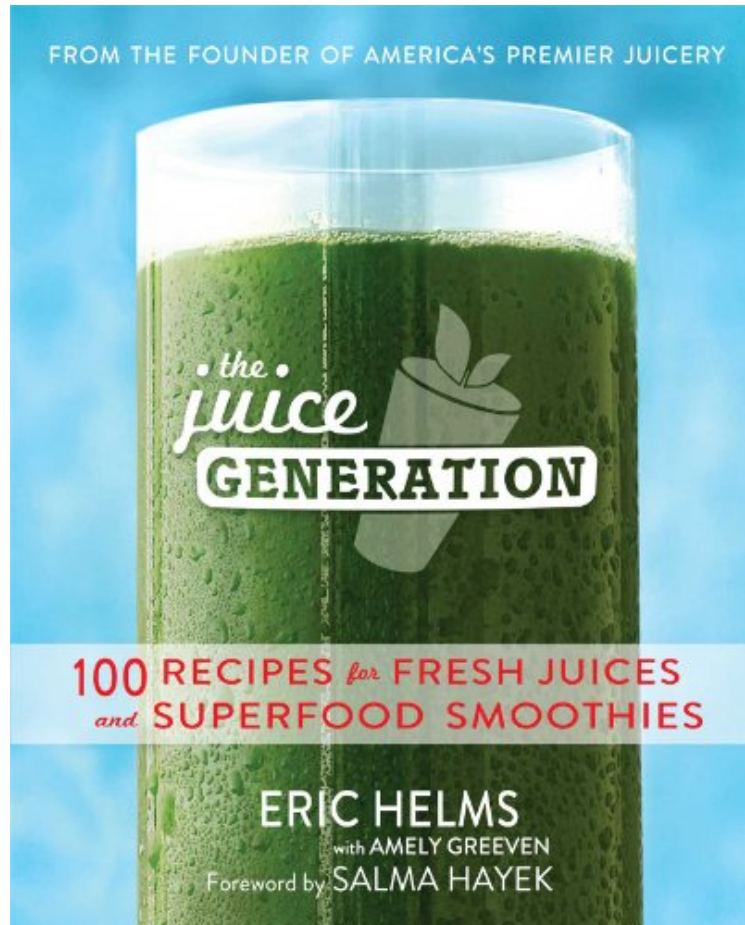


(Ebook free) The Juice Generation: 100 Recipes for Fresh Juices and Superfood Smoothies

The Juice Generation: 100 Recipes for Fresh Juices and Superfood Smoothies

Eric Helms

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#220540 in Books Eric Helms 2014-01-14 2014-01-14 Original language: English PDF # 1 9.13 x .70 x 7.371, 1.40 #File Name: 1476745684240 pages The Juice Generation 100 Recipes for Fresh Juices and Superfood Smoothies | File size: 37.Mb

Eric Helms : The Juice Generation: 100 Recipes for Fresh Juices and Superfood Smoothies before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Juice Generation: 100 Recipes for Fresh Juices and Superfood Smoothies:

6 of 6 people found the following review helpful. The Juice Generation deserves an award! By Vanessa Gonzales I have thrown out my other juice/ smoothie recipe books that I haven't used in years, and thus gave up on juicing/ smoothie making therefore letting my juicer and nutra- bullet collect dust - until I gave The Juice Generation a chance. These are fantastic recipes! I used to get free juice recipes from wherever and a few were complicated, or required quite a few ingredients that never ended up tasting good. Each recipe in The Juice Generation was easy to follow with a clear description of what you were to expect to taste. Many of the vegetables and fruits that were required in each recipe are to be reused in many other recipes, each with very different and delicious tastes and textures, so that you don't just use

collard greens in just one juice or smoothie recipe, but in many, without dull or bland tasting results. This juice and smoothie recipe book deserves an award. Your money will be well spent on this book no doubt, you will not be disappointed. I haven't. 11 of 12 people found the following review helpful. Green Juices without the green fiber By Cheryl I tried wholeheartedly to drink green smoothies with Green Smoothie Girl because there was no waste but I never benefited from the drinks because I never felt good like I do with plain juicing, which removes all that fiber. I do have SIBO/IBS, so I assume I was not absorbing the vitamins and minerals because the fiber had to be digested. Also the taste of greens was not that good and while I dutifully swallowed it, it was not really tasty, but this book has given me a green drink that I ENJOY drinking. I cannot believe how good the juices taste and it opens up your own creativity once you realize it can be done. Like the book says, if you don't like celery, then you aren't going to like it in your drink. Although I like celery, I don't like much, so I just added a bit less celery. I have a LOT of health books and while there is not much new in the beginning of the book for me, the recipes are wonderful and the book is inspiring. I've drank more juice since the book arrived than I could've imagined, and even my teenage daughter is drinking them with me this time and not hiding. haha And there are also other drinks, like ginger-pineapple-celery or orange-pineapple-beet drinks. Yum! He calls pureed fiber drinks "blended" drinks, not smoothies. Juices are made into smoothies by adding in coconut milk, banana or avocado, etc. 8 of 9 people found the following review helpful. Awesome juices and smoothies, especially if you're into green! By D. Sykes I've been juicing off and on for a number of years, and was looking for something to help me make tasty green juices that aren't so high in sugar. This is it! He takes you on a green journey, starting with lighter green and progressing to darker green in three phases. (There are also some non-green juices and smoothies, but the primary focus is on getting green.) He also does a really nice, simple job of explaining "why we love..." [carrots, kale, limes, etc.] in various sections of the book, and then features a handful of recipes with the spotlighted ingredient. I enjoyed reading those as a reminder of all the good stuff happening in my body as a result of drinking the juices. There is also some good info about "superfood" ingredients like goji berries, maca powder, etc. All-in-all, an excellent juicing and smoothie book. We've tried probably 20 or more of the recipes, and so far they are all quite good.

From one of America's foremost and pioneering juicing companies comes a beautifully illustrated guide to creating restorative and energizing juices and smoothies; as well as preparing nutrition-rich, blended superfoods. Welcome to the Juice Generation! Refresh, Restore, and Rejuvenate Get ready to live juicy with The Juice Generation. Fresh juices and superfood smoothies will help you feel energized and invigorated with glowing skin and a clear mind. The revitalizing recipes and tips will make you feel lighter and brighter, inside and out. Featuring more than 100 refreshing, health-boosting, spirit-lifting recipes The Juice Generation offers practical, down-to-earth instructions for making restorative and great-tasting vegetable and fruit juices, smoothies, and tonics. Get on the Green Curve and move confidently from smoothies to green drinks Whether you're newly juice curious, or already an old pro, The Juice Generation's plan will lead you to the endless benefits and possibilities of squeezing, crushing, and grinding, and help you integrate the joys of juicing and blending into your busy life. Juicing Tools for Detoxing and Healing The Juice Generation includes detoxing cleanses as well as flu-fighting elixirs and plenty of recipes and great advice from some of its biggest supporters, including Blake Lively, Michelle Williams, Edward Norton, Jason Bateman, and Martha Stewart.

.com Blake Lively's Intoxicating Detoxification Click here for a larger image Sweet, bitter, mild, and fresh—this drink marries many tastes into one beautifully proportioned, and completely addicting, combination. 1 cup kale 2 leaves Swiss chard 1/2 cup parsley 1/2 small beet 1/2 cup pineapple 2 medium green apples 1 sprig fresh mint 1/2 medium lemon, peeled Juice.