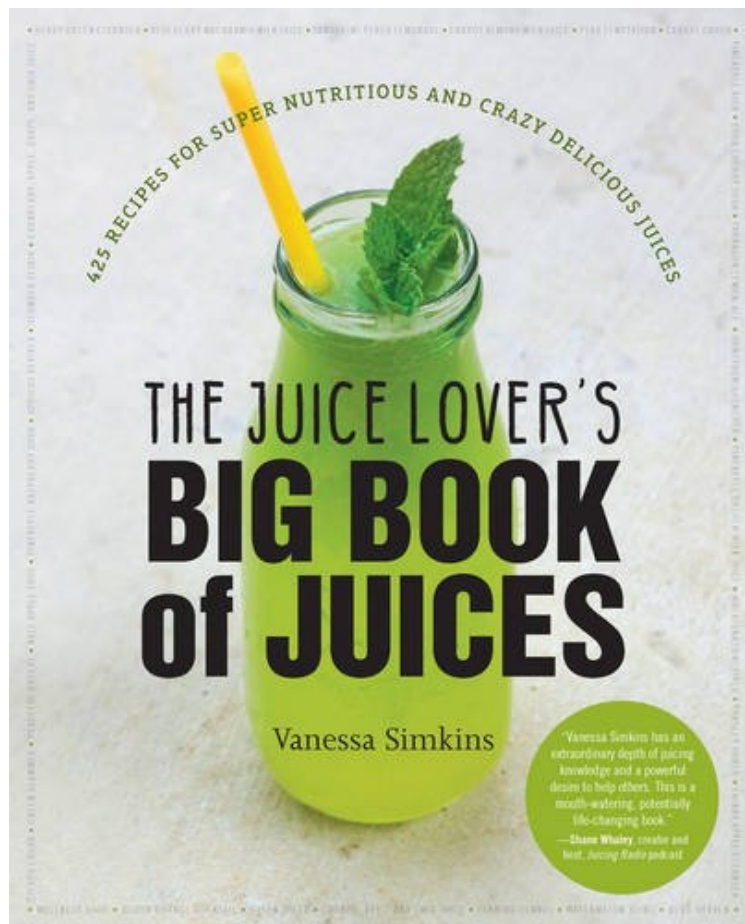


(Mobile pdf) The Juice Lover's Big Book of Juices: 425 Recipes for Super Nutritious and Crazy Delicious Juices

The Juice Lover's Big Book of Juices: 425 Recipes for Super Nutritious and Crazy Delicious Juices

Vanessa Simkins

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Vanessa Simkins : The Juice Lover's Big Book of Juices: 425 Recipes for Super Nutritious and Crazy Delicious Juices before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Juice Lover's Big Book of Juices: 425 Recipes for Super Nutritious and Crazy Delicious Juices:

2 of 2 people found the following review helpful. Love this book because it has so many varieties of ...By SharuLove this book because it has so many varieties of drinks to do. Fruit Juice, Smoothies, and more. this book would had been better if she included the benefits of the different blends.1 of 1 people found the following review helpful. Fantastic book for beginner or experienced juicersBy TapestryFantastic book for beginner or experienced juicers. Lots of great recipes that are all yummy so far! Have loaned this book to some friends and they all loved it so much they ended up buying a copy for themselves!2 of 2 people found the following review helpful. BEST book ever on juicingBy Cindy M. CookThis is my bible and I love the different receipts and great to reference when doing my own thing.

Filled with 425 recipes, *The Juice Lover's Big Book of Juices* is the ultimate juicing resource. Try as we might, it can be difficult to fit in the recommended six to eight servings of fruit and vegetables every day. Juicing makes it easy! Author and juicing expert Vanessa Simkins provides you with fresh, raw recipes you can juice everyday. Accessible to both experienced juicers and those looking to get started, *The Juice Lover's Big Book of Juices* is packed with fun, colorful photos and information on the preventative and curative health benefits of juicing. In addition to lots of recipes for detox juices and green juices, you'll find recipes using ingredients hard to find in other juicing books, such as nut milks and chia, as well as newer juicing trends, like juice shots and nightcap juices. Drink up!

Vanessa's enthusiastic spirit and passion for wellness shine through in this delightful book on juicing. Whether you are brand new to juicing or have been juicing for years, Vanessa has you covered! Her recipes are fresh and innovative, easy to make, and taste delicious. Getting healthy never tasted so good! - Lily Milkovic, Nutritional Therapist
Vanessa has an extraordinary depth of juicing knowledge and a powerful desire to help others. This is a mouth watering, potentially life changing book. -Shane Whaley, JuicingRadio.com
From the Author
If you're new to juicing, this book will help you make tasty juices that are nutritious and fun. If you're a juicing pro, this will stretch your limits with creative blends. It's not just juice -- it's about using your juice creatively -- in party punches, in detox shots, in lemonades, in juice sodas, in chia juices and in nut milk blends. I'm overjoyed for you to get this book and my juices into your cup.
About the Author
Vanessa Simkins is the founder of AllAboutJuicing.com: a website and newsletter serving up fresh, tested juicing advice for gaining optimal health through a straw. She lives in Austin, Texas.