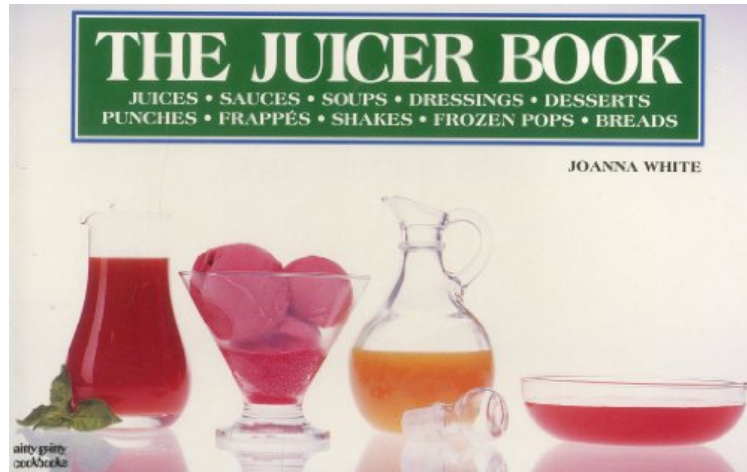


## The Juicer Book (Nitty Gritty Cookbooks) (No. 1)

Joanna White

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**Joanna White : The Juicer Book (Nitty Gritty Cookbooks) (No. 1)** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Juicer Book (Nitty Gritty Cookbooks) (No. 1):

2 of 2 people found the following review helpful. LovelyBy CustomerI came across this and the second book of the series on Ebay and bought them on a whim. I LOVE them. We eat very healthy in this family and make 99% of our own food. I did not own a juicer before acquiring these books and now it holds a place of honor beside my Kitchenaid. There are recipes for every occasion and I especially like that while some recipes do call for butter, sugar, whole milk etc. most things are sweetened naturally from the juices or pulps contained in the recipe. But then I am one to use lots of butter milk in my cooking (very few recipes actually call for that). We are also a very active family though walking or biking an average of 30+ miles a week (we don't own a car) which is why I feel comfortable using these fats. This volume contains recipes for juices, sauces, soups, dressings, desserts, punches, frappes, shakes, frozen pops and breads. Randomly chosen recipes include Low Calorie Tomato Dressing, Egg Lemon Soup, Zucchini Cake, Watermelon Cooler, Vegetable Bread, Lemon Ice, Carrot Cookies (a favorite in the kiddos lunch boxes), Orange Praline Yams and Tomato Meat Loaf. All of these recipes are yummy. The book also contains a list of healing properties of different juices, general tips of juicing, care of your produce, tips on choosing a juicer, etc. My favorite thing about the second volume is it's appendixes (the recipes are just as appealing in this book) which include juice yields (how much produce will yield the amount called for in the recipes), growing seasons, calorie content of the produce as well as vitamin mineral content. It includes recipes for juices, sauces, soups, dressings, marinades, frosty desserts, baked goods, entrees and side dishes. Some random recipes are Cranapple Juice, Clam Chowder, Pineapple Salsa, Citrus Avocado Salad, Raised Vegetable Biscuits, Lemon Meringue Pie, Lemon Angel Whispers (divine), Dilled Salmon and Coconut Chicken. These books are inexpensive enough that you can easily pick up both volumes.1 of 1 people found the following review helpful. DisappointingBy stardancerThere are much better juice books than this one... some of these recipes include the use of butter, cream, and whole milk... not that healthy.

A cookbook, not just a healthy beverage book, The Juicer Book offers a multitude of recipes for juice and the pulp left after juicing vegetables and fruits. White's recipes using fresh, seasonal fruits and vegetables enhance a healthy

lifestyle.