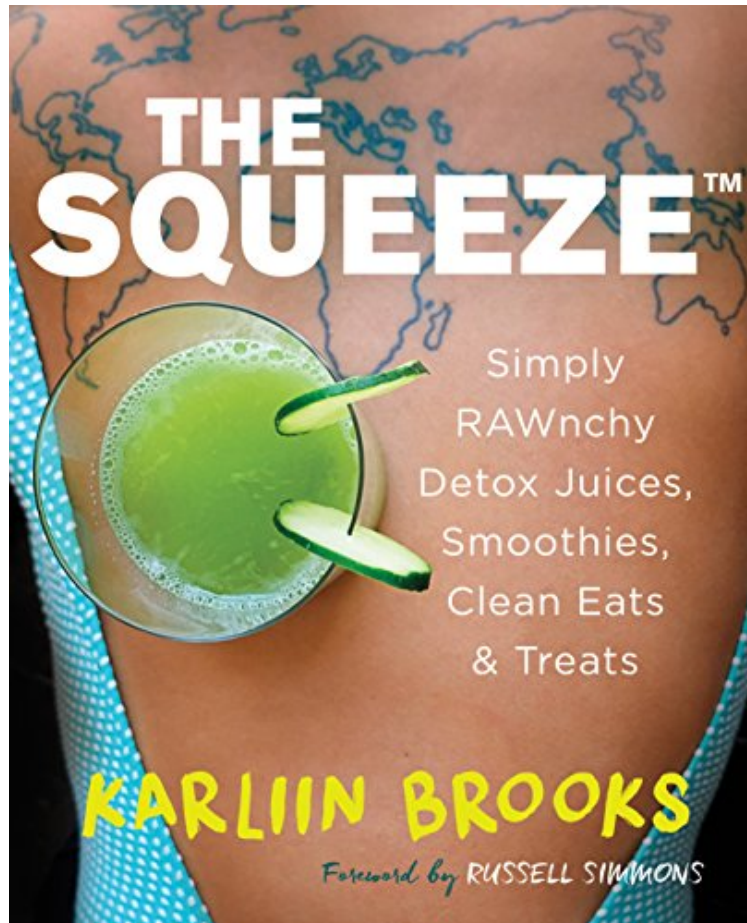


(Read now) The Squeeze: Simply RAWnchy Detox Juices, Smoothies, Clean Eats Treats

## The Squeeze: Simply RAWnchy Detox Juices, Smoothies, Clean Eats Treats

Karliin Brooks

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**Karliin Brooks : The Squeeze: Simply RAWnchy Detox Juices, Smoothies, Clean Eats Treats** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Squeeze: Simply RAWnchy Detox Juices, Smoothies, Clean Eats Treats:

0 of 0 people found the following review helpful. ... tasty recipes but deduct a star for the author's unnecessary potty mouthBy Carole E. MaguireI give the book 4 stars for the tasty recipes but deduct a star for the author's unnecessary potty mouth.

WARNING: side effects include clarity of mind, weight loss, self-appreciation, and the desire to wink at innocent bystanders. Founder of The Squeeze Juice, Karliin Brooks serves up more than one hundred juice and vegan food recipes—with a dose of fun and hip RAWnchy-ness like no other. Cleanse your mind of all the outdated granola clichés you may have about livin’ raw, and get ready to feel good (and yes, look even better!). The Squeeze features

more than one hundred juice and snack recipes, along with completely customizable cleanses for you to choose from. Karliin's nutrient-packed, lip-smacking juice recipes such as "I Have a Heart-On" and "Kale the Pain Away" are bound to get your blood pumping in all the right ways. And there's snacks! "Jalapeño (Dirty) POPS," "I Want Candy," and "Raspberry-Chia Fruit Roll Up" are totally raw, vegan, and comforting parts of your detox. From three days to twenty-eight days, and everywhere in between, you'll be able to follow a cleanse that makes sense to you regardless of your body type, experience, and level of knowledge. And don't worry, The Squeeze squad has your back. For the more advanced raw babes out there, there are new recipes organized into six categories that are sure to satisfy you. Karliin strongly believes that "diets" (ewww) don't work, so instead she will teach you how to adopt new habits to help you live happy and healthy. Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

"Karliin and The Squeeze give you the skinny on raw foods, detox, and what's happening when you bring happiness and food back together. Brilliant and dazzling images and art direction decorate delightful recipes that cover a wide gamut of goodies. Top to bottom, I'd be having The Best Day Ever eating any of these beauties; lots of great gems in these pages. No stone fruit is left unturned. Dig into these treats, tonics, elixirs, mylks, desserts, juices, smoothies, and soups and discover delightful treasures to entertain you, your friends, and family for, literally, years." —David "Avocado" Wolfe, codeveloper of the NutriBullet, author of Superfoods "Karliin's cookbook is beautiful and, unlike anything I've seen before, she manages to make juicing and healthy treats hip!" —Dr. Neal Barnard, president of the Physicians Committee for Responsible Medicine "I love this colorful cookbook and the recipes are easy, creative, and one hundred percent healthy." —Gene Baur, president of Farm Sanctuary "As someone who is slightly obsessed with fresh food, I'm all for Karliin's mission to bring the fun back to healthy eating." —David McInerney cofounder of FreshDirect.com "I recommend this keepsake RAWnchy cookbook to all the healthy food lovers who still like to have fun with their food. —Shauna Martin, CEO and founder of Daily Greens