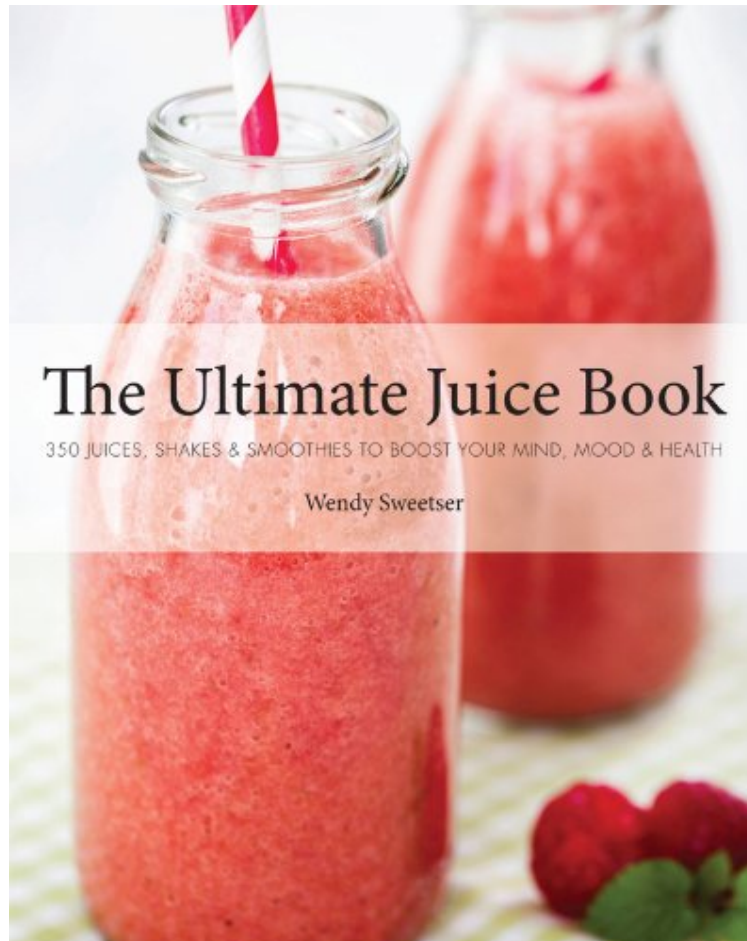


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The Ultimate Juice Book: 350 Juices, Shakes Smoothies to Boost Your Mind, Mood Health

Wendy Sweetser

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With 450 recipes in a whopping 600 pages, this book has so much juicy (and slushy and smoothie) goodness! Drink up from morning till night, with breakfast ideas that go beyond orange juice; fizzy and fun party mocktails; junior choices

kids will love (served with cool decorations); as well as healthy options, creamy indulgences, winter warmers, summer coolers, and more.

About the Author Wendy Sweetser is the author of *500 Desserts* (Sellers Publishing), *Retro Cakes Cookies* (CICO Books), *Asian Flavors* (Kodansha Books), and *The Tofu for Health Cookbook* (Silverdale). She has also written articles for BBC Good Food, Daily Mail, and Living France. Sweetser trained at the Cordon Bleu School in London.