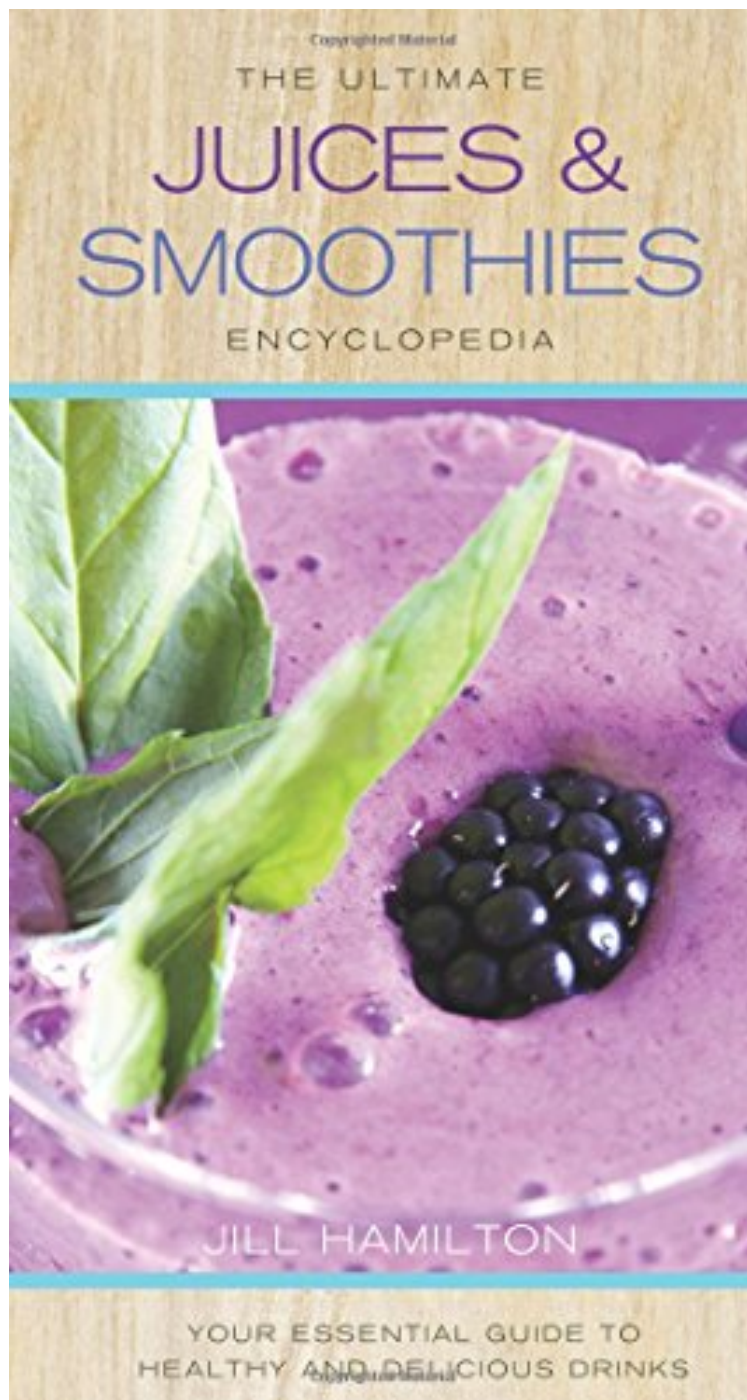


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The Ultimate Juices and Smoothies Encyclopedia

Jill Hamilton

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From veggie juicer recipes to fruit smoothies, The Ultimate Juices and Smoothies Encyclopedia has it all! With over 300 pages of recipes, this encyclopedia contains the perfect recipe for whatever mood you are in. Whether you are seeking a juice remedy for a migraine, cleansers for a juice fast, a protein smoothie, or a chocolate truffle smoothie mdash;find it in The Ultimate Juices and Smoothies Encyclopedia.

About the AuthorJill Hamilton ELS is a freelance author and editor, specializing in life, physical, and medical sciences. She developed the American Museum of Natural History Birds of North America (2009), a complete guide to the bird species of North America, their behavior, and distribution. The author has also been a contributor to anatomical, health, and first aid references. She lives in New York.