

[Free and download] Ultimate Juicing: Delicious Recipes for Over 125 of the Best Fruit Vegetable Juice Combinations

Ultimate Juicing: Delicious Recipes for Over 125 of the Best Fruit Vegetable Juice Combinations

Donna Pliner Rodnitzky

**Download PDF / ePub / DOC / audiobook / ebooks*



DOWNLOAD



+

READ ONLINE

Donna Pliner Rodnitzky : Ultimate Juicing: Delicious Recipes for Over 125 of the Best Fruit Vegetable Juice Combinations before purchasing it in order to gauge whether or not it would be worth my time, and all praised Ultimate Juicing: Delicious Recipes for Over 125 of the Best Fruit Vegetable Juice Combinations:

12 of 12 people found the following review helpful. Not completely a healthy "juicing" guide By Erica M. Ruyle My husband and I just started juicing and I was looking for some great recipes. This book does have some bright spots but in many of the recipes the author has you adding sugar, honey, or sparkling apple cider. One of the last chapters in this book is entirely devoted to cocktails... If you're looking for a super healthy juicing book you'd probably want to skip this and look elsewhere. If you're looking for a good variety of juicing recipes (and don't mind sugar or other add ins) this might do just fine for you. On the positive side, I do appreciate the nutritional breakdown located on the bottom of each recipe page. 7 of 7 people found the following review helpful. Terrible! By Jennifer I ordered this book with the hope that it would help me to find different and unusual fruit and veggie combinations for juicing. What I found is that this book is completely uninspired, and often has duplicate recipes. (For example, if you look under "asparagus", you'll find three recipes. Two of them are EXACTLY the same, and the third is exactly like the others but with wheatgrass added.) It would only be helpful if you're so uncertain of juicing that you don't know what you like and are unwilling to experiment without a book telling you what to do. This book doesn't offer any inspired or unusual recipes, and certainly doesn't add anything to my juicing regime. 8 of 8 people found the following review helpful. The Most Creative Recipes Yet! By Rebecca of "...when you eat a fresh carrot, many of the important nutrients become trapped in the fiber so that you only assimilate approximately 1 percent of the vegetable's available beta-carotene. But when you juice a carrot and remove the fiber, almost 100 percent of the beta-carotene is absorbable." ~ pg. 2 Since you can get a good juicer for around forty dollars, almost everyone can now afford to increase their health with fresh fruit and vegetable juices. "Ultimate Juicing" is truly one of the most creative books on juicing I've yet to see in my short time looking for juicing books. While I occasionally borrow books from the library to see how good they might be, this is one I bought without reading it first. I'd recommend you buy this book as soon as humanly possible because it will take your juicing to new heights. The two juices I've tried so far have been spectacular. The recipe called "First Mango on the Moon" (which I'm drinking as I type) is an icy delight. It combines the flavor of mango and pineapple with lime. Then it is blended in a blender with ice and mineral water. This would be perfect to make for summer parties. If you don't want to use the sugar the recipe calls for you can use one packet of stevia instead. I also didn't use an entire lime - more like a quarter of a lime. I love this recipe because mangoes and pineapple are usually sitting out on the counter and they taste better cold. The second recipe I tried was the Apple and Tangerine juice. Since I wanted more tangerine flavor I used double the tangerines and one less apple. The author says to feel free to experiment, which is easier if you know which fruits and vegetables go together well. You may also want to try: Like Ginseng in the Rain The Lime of Your Life The Age of Asparagus Peaches in Seattle Cool Hand Cuke Another reason I love "Ultimate Juicing" is because it begins with a brief introduction to all the fruits and vegetables you will be using in the recipes. Here you will find out things like how broccoli is a good source of calcium and cabbage is an excellent source of vitamin C. The author didn't mention Braeburn apples but I'd highly recommend them. They juice especially well and are full of flavor unlike some of the other apple varieties I've tried. The only issue I have with this book is the author's advice to put sugar into the fruit juices. Why ruin a good thing? When making the cranberry juice just add a packet of stevia. You won't be able to tell the difference between sugar and stevia, it is that good. If you are looking for a juicer I can recommend: Black Decker Juice Extractor. Other juicing books I've tried recently include: Juicing for Health and The Juice Lady's Juicing for High Level Wellness and Vibrant Good Looks. If I had to choose between the three I'd select Ultimate Juicing! I'm also about to try recipes from The Juicing Bible which looks incredible just after looking through it once. ~The Rebecca Review

Tantalizing Recipes to Tingle the Taste Buds Cold, delicious juice drinks never go out of style. They're perfect in any kind of weather and at any time of day. Most important, they're as nutritious as they are mouth-watering. Ultimate Juicing overflows with 125 great-tasting fruit and vegetable drinks that use the sweet, zesty juices of everything from apples to tomatoes. Inside, you'll discover a wealth of fun and easy-to-prepare recipes for the most delectable fruit and vegetable drinks imaginable, including: Adam's Apple; Berry the Hatchet; The Beet Goes On; Grin and Carrot; Cool Hand Cuke; Heard It Through the Grapefruit; First Mango on the Moon; And many more! With a nutritional analysis for each recipe, you can create both healthy and delicious treats from home in this delightful countertop partner to Ultimate Smoothies.

Tantalizing Recipes to Tingle the Taste Buds From the Inside Flap Tantalizing Recipes to Tingle the Taste Buds Cold,

delicious juice drinks never go out of style. They're perfect in any kind of weather and at any time of day. Most important, they're as nutritious as they are mouth-watering. Ultimate Juicing overflows with 125 great-tasting fruit and vegetable drinks that use the sweet, zesty juices of everything from apples to tomatoes. Inside, you'll discover a wealth of fun and easy-to-prepare recipes for the most delectable fruit and vegetable drinks imaginable, including: · Adam's Apple · Berry the Hatchet · The Beet Goes On · Grin and Carrot · Cool Hand Cuke · Heard It Through the Grapefruit · First Mango on the Moon · And many more! With a nutritional analysis for each recipe, you can create both healthy and delicious treats from home in this delightful countertop partner to Ultimate Smoothies. From the Back Cover Tantalizing Recipes to Tingle the Taste Buds