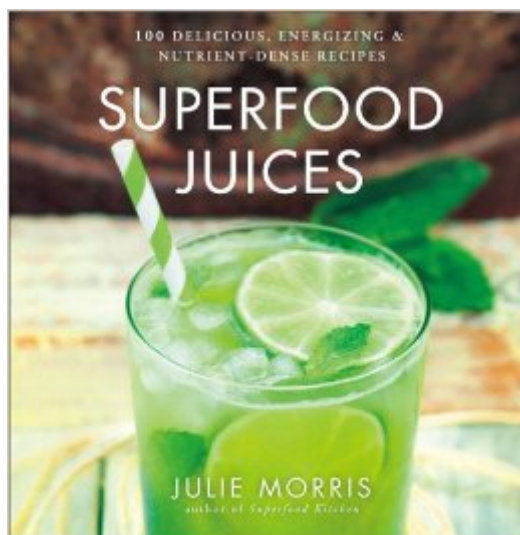


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Superfood Juices: 100 Delicious, Energizing & Nutrient-Dense Recipes



Synopsis

Juice it up, and start glowing "inside and out! Julie Morris, author of the bestselling Superfood Smoothies, serves up a fresh, ultra-healthy take on juicing with 100 flavorful recipes. Incorporating antioxidant- and vitamin-rich powerhouses such as aÃ§ai, chia, ginger, and kale, these drinks cleanse, energize, and rejuvenate with every sip. Learn countless secrets that will take your juicing to the next level, with more healthy benefits and delicious rewards!

Book Information

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Customer Reviews

"Superfood Juices" is a book I was looking forward to purchasing for a long time. I love juicing, and try to juice daily, but sometimes you can get really bored with the routine, and tired of the same old same old. I feel that way about smoothies too, which is why I loved Morris's "Superfood Smoothies" book so much, I was hoping based on that book, that "Juices" would be just as good and I wasn't disappointed. This is a cute little book with the same easy style of "Superfood Smoothies" - lots of full color photographs, and lots of information about juicing from what you can juice, ratios for juicing, substitutions and even what the best juicer is. The first third or so of the book deals with all the practicalities, and even includes fasting menu plans for achieving various goals - whether it's health, weight loss, or beauty. I love how much time and effort Morris put into this book, and it's quite clear how passionate she is for Superfoods, unique recipes and health. Of course, when I say unique I truly mean unique. If you're looking for a basic,

straight-forward juicing book that gives you pure veggie or fruit juice recipes or half and half combinations then this is not the book for you. This book deals more with the exotic, it uses superfoods, and some of the recipes aren't strict juices as they require you to make a juice and then to blend it with cashews say or add chia seeds. Ingredients like Acai berry, Maca, Sea Buckthorn Juice, Lucuma, Chlorella, and wheatgrass are also used and though these are easy enough to find online or in health food stores some people may not be interested in going out of their way to acquire them. Though in my opinion doing so is worth it.

Natural food Chef & author of the best-selling 'Superfood Smoothies' Julie Morris, delivers Another incredible & inspiring book on 'Superfood Juices.' After purchasing 'Superfood Smoothies' and still enjoying this book, we have total confidence in this new release. Our decision was based on a few facts. We live in a dry, hot climate most of the year, and we get tired of drinking mostly water, which can be boring and certainly not appetizing. To quench our thirst needs, we were seeking more ways to prepare a variety of drinks, and this book is the perfect choice. We also knew that this is a fun way to learn from a pro, so we will be using it a great deal. Just thinking about some of these recipes inspire & encourage you to get started. The author shares a variety of delicious recipes that are of great nutritional value, along with helpful tips on how to live a healthy lifestyle. My daughter and I do not get enough vitamins & protein, and we weren't drinking enough either. This book inspires page-after-page, as it makes you crave certain recipes. There are 100 tasty, flavorful recipes, something for everyone. For us, we have the opportunity before-hand to select from the list, as we indulge on yummy favorite flavors. The ingredients are anti-toxidant, and enriched with vitamins as Julie Morris shares her secrets about different powerhouses, such as ginger. Overall, these juices help to cleanse and energize, and in the summer of Arizona, extreme heat can wipe away any energy you may have. Most important, this will help us to stay away from sweet soda, which doesn't help at all to boost & give energy. An Update, we made the following recipes and enjoyed: Cucumber Mint; Citrus Apple; Lavender Rose; and Raspberry Granita.

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