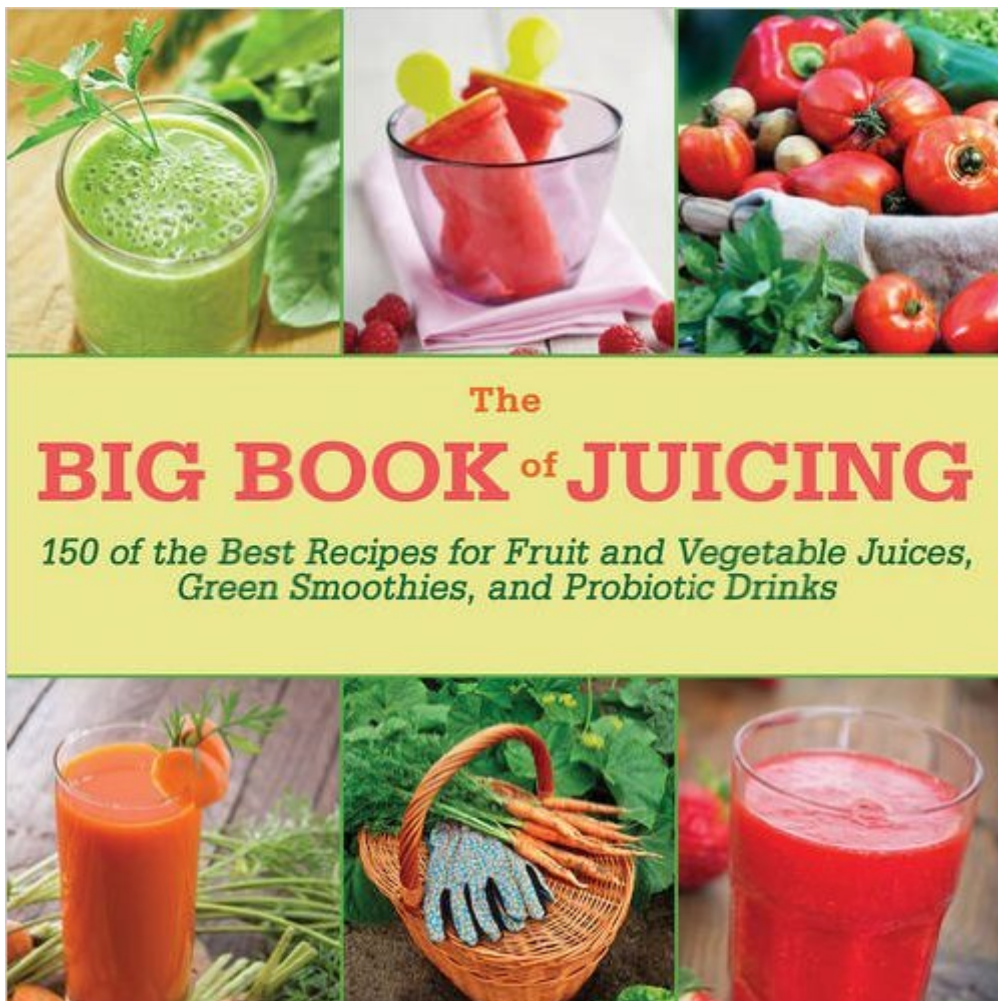


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# The Big Book Of Juicing: 150 Of The Best Recipes For Fruit And Vegetable Juices, Green Smoothies, And Probiotic Drinks



## Synopsis

A comprehensive guide for all your juicing needs. Fruit and vegetable juices, green smoothies, and probiotic drinks have taken America by storm. And it's no wonder! These living, nutritious drinks help you lose weight and easily absorb essential nutrients, giving you energy and making you look and feel healthier! With *The Big Book of Juicing*, you'll learn how to make a variety of healthy drinks, which fruits and vegetables provide the nutrients to meet your specific health needs, and which produce is better eaten whole than juiced or blended. You'll discover how to choose the right juicer, what to avoid juicing, and tips for going on a juice detox. The full-color pictures and detailed instructions will inspire you to start blending straightaway. These recipes are easy, delicious, and take no more than two minutes to make. Incorporate juices and smoothies into your daily diet and feel the difference. In addition to juices, readers will learn how green smoothies are hands down one of the best supplements to any diet. With at least one smoothie a day your body will not only receive an extra boost of nutrients, but it will begin to crave these healthier foods naturally. Never has it been easier to reach fitness goals, drop that weight, and improve your immune system with these enriching smoothies. *The Big Book of Juicing* finishes on a high note by providing straightforward instructions on how to create probiotic drinks. The health benefits of these drinks are no secret, including positive effects on digestion, metabolism, and the immune system, and now you can enjoy them at home. Enthusiasts of kombucha; a bubbly probiotic drink now sold regularly in grocery stores and local lunch spots; look to its high levels of B vitamins and amino acids, which are said to improve your mood, energy levels, joint function, and skin. Whether you're new to juicing or already a stalwart supporter, you'll find tips and recipes that the whole family will love! 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.

## Book Information

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## Customer Reviews

I got this book for \$2.50! I thought for sure it had major flaws, missing pages, etc. Something had to be wrong for getting a list price book of \$16.99 for \$2.50. I was wrong. This is a fantastic book for beginners or someone just looking for new juicing recipes. Easy to read and very great pictures. It has a beautiful cover and is wonderfully presented. Would make a great gift with a nutribullet or new blender. Can't beat it for the price.

I am very pleased with the purchase of this book. I have discovered that 99% of the recipes contained therein are concoctions I will not hesitate to make using my Nutribullet. The recipes are so simplistic as well as effective, and I enjoy exploring the many possibilities on the road to reclaiming my health. This book is a must for juicers.

I bought this book for my brother and had actually found it cheaper here on so I returned the other to the book store. Needless to say he loves it! Was his favorite gift on this last Christmas!

Was going to use this with a Ninja juicer but I had too rein myself in due to budgetary problems. But at least I will have the book already just in case Santa will bring this 66 year old "ole lady" a Ninja juicer or other machine they have.

I should have bought 2 when they were less than \$3. (now 12\$.) Beautiful hard cover book. It was a gift and my friend loved it!

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