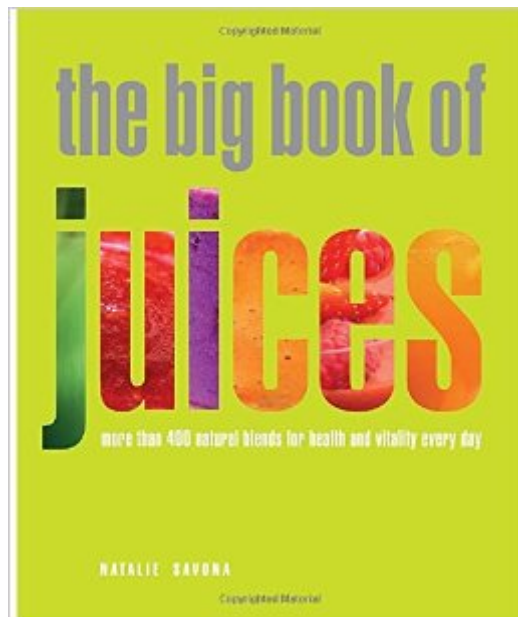


The book was found

# The Big Book Of Juices: More Than 400 Natural Blends For Health And Vitality Every Day



## Synopsis

With some 405 recipes for fruit and vegetable juices, smoothies, and quenchers, this newly updated and expanded edition of Natalie Savona's essential kitchen guide to juicing now offers health-conscious readers even more. A clever indexing system sorts the juices by key ingredients, by nutrients, and by health benefits. Plus, a simple five-star system rates the effectiveness of the drinks in boosting energy and detoxifying the body, as well as potential benefits for the immune system, digestion, and even skin quality.

## Book Information

Paperback: 728 pages

Publisher: Duncan Baird; unknown edition (October 5, 2010)

Language: English

ISBN-10: 1844839737

ISBN-13: 978-1844839735

Product Dimensions: 6.3 x 1.7 x 7.5 inches

Shipping Weight: 3.2 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars See all reviews (762 customer reviews)

Best Sellers Rank: #2,271 in Books (See Top 100 in Books) #5 in Books > Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies #7 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters #76 in Books > Cookbooks, Food & Wine > Special Diet

## Customer Reviews

In the past few months I've read quite a few books on juicing. "The Big Book of Juices" is one of the most creative books I've seen so far. The fruit and vegetable blends are especially delicious. Who would have thought that grapefruit would go so well with carrots and celery. I've also never seen anyone blend broccoli with pears. Yet these all seem to work well. I especially enjoyed making the juice with passionfruit, orange juice and seltzer. While you need a juicer for most of the recipes there are also some recipes for your blender. If you are feeling adventurous you might enjoy making a spicy drink made from chai tea, peaches, vanilla and yogurt. Most of the smoothie recipes use yogurt. The only thing you have to do first is to juice some of the fruit before you add it to the blender with the yogurt. Other fruits like mango and papaya are better just added to the blender as they don't juice as well. Specific instructions are not given on each recipe so you have to read the instructions at the start of the book and at the start of each chapter. Instead of instructions the author just gives a few sentences to inspire you to make the drink. This works well for individuals

who have already been juicing for a few months but is not as helpful for someone new to juicing. From my own experience I learned to peel most fruits, especially citrus fruits. You will also want to peel mangoes, pineapple and papaya. The last section in the book contains some recipes using sparkling mineral water. There are also some recipes for teas made with fresh herbs. There is an interesting tea made with licorice and mint. If you are looking for something to calm you at the end of the day there is a tea made with lemongrass, cardamom, orange zest, chamomile and mint.

[Download to continue reading...](#)

The Big Book of Juices: More Than 400 Natural Blends for Health and Vitality Every Day Big Collection Of Essential Oils: Amazing DIY Recipes Of Essential Oils Blends, Soap Making And Repellents: (Diffuser Recipes and Blends, Skin So Soft Insect ... (Natural Remedies, Essential oils) The Big Book of Polymer Blends: Polymer Clay Blends. Made Simple. In One Place. New England Waterfalls: A Guide to More Than 400 Cascades and Waterfalls (Second Edition) (New England Waterfalls: A Guide to More Than 200 Cascades & Waterfalls) Aromatherapy for the Healthy Child: More Than 300 Natural, Nontoxic, and Fragrant Essential Oil Blends The Wonders of Water - How H2O Can Transform Your Life: Vitality, Detox, Weight Loss, Quality Water, Benefits (Water Health, Vitality, Weight Loss, Fruit Infused Book 1) Daly's Billiard Book: Illustrated With More Than 400 Diagrams, 30 Technical Photographs and 3 "Strategy" Maps (Classic Reprint) 21 DAY FIX: 30 Top 21 DAY FIX RECIPES with complete container count PREP IN 15 MIN OR LESS (21 day fix recipes, 21 day fix cookbook, 21 day fix book) The Big Book of Juicing: 150 of the Best Recipes for Fruit and Vegetable Juices, Green Smoothies, and Probiotic Drinks More Than This (More Than Series Book 1) LPIC-1 Linux Professional Institute Certification Study Guide: Exam 101-400 and Exam 102-400 DB2/400: The New AS/400 Database: The Unabridged Guide to the New IBM Database Management System CompTIA Linux+/LPIC-1 Certification All-in-One Exam Guide, Second Edition (Exams LX0-103 & LX0-104/101-400 & 102-400) Hazlo tu! / Mend it!: 400 proyectos de reparaciones faciles del hogar / 400 Easy Repairs for Everyday Items (Spanish Edition) Taylor's Guide to Annuals: How to Select and Grow more than 400 Annuals, Biennials, and Tender Perennials- Flexible Binding (Taylor's Guides) Moon California Camping: The Complete Guide to More Than 1,400 Tent and RV Campgrounds (Moon Outdoors) Live Right 4 Your Type: 4 Blood Types, 4 Program -- The Individualized Prescription for Maximizing Health, Metabolism, and Vitality in Every Stage of Your Life Transformers: More Than Meets the Eye (2011-) Vol. 1: More Than Meets the Eye v. 1 Gluten Free Every Day Cookbook: More than 100 Easy and Delicious Recipes from the Gluten-Free Chef Juicing Recipes: 50 Tasty Juice Recipes for Detox, Weight Loss and Vitality (Holistic Health for Life: natural healing, pain reduction, weight loss, and recipe books)

