

## ***The Top 100 Juices: 100 Juices To Turbo Charge Your Body With Vitamins And Minerals***

"Everyone loves smoothies. Everyone! With an infinite number of delicious, natural flavors, colors, and health benefits to mix and match, smoothies are the easiest way to embrace a healthy lifestyle on a daily basis. Now you can give your smoothie-blending routine a boost when you use the most antioxidant-, vitamin-, and mineral-packed foods in the world: superfoods. Superfood Smoothies offers 100 nutrient-dense recipes plus innovative culinary methods to get the most health benefits and pack in the maximum amount of nutrition into every incredible drop of these satisfying drinks. You'll discover which superfoods are the best for smoothies; find out which ingredients to avoid; and learn countless secrets to making your smoothies more nutritious (and more delicious) than anything you could buy in the store. From athletes to kids to fast-paced executives, and to anyone seeking a gentle cleanse, Superfood Smoothies will upgrade your nutrition, energize your day, and inspire you to power up your blender now!"--

Dieters everywhere are reducing carbohydrate consumption, and this book is the perfect tool to accompany any low-carb plan. Also useful for diabetics.

The feel juice is packed with delicious and sugar free outstanding ideas for mouth watering juice & smoothies from king size breakfasts to supercharged lunch snacks.

According to your crave, Feel juice Book will guide for pressing juice blending smoothies that are perfect for you. Juicing is a one of the easiest yet most powerful things you can use to make your life active and improve your overall health and wellness. Fruit juices contain a range of minerals, vitamins that are important for good health. Guidelines for a healthy, balanced diet typically recommend plenty of fruits and vegetables are required to supply our vitamin and mineral needs. Besides weight loss, fruit juice strengthens your immune system, aids digestion and prevents allergies & ailments from entering your system. Fruit juices detoxify your body and naturally flush out the toxins from your body which results in weight loss. Eating raw fruits and vegetables are beneficial over juices. Juice and smoothies make for delicious, quick and easy snack. Hence, we bring you 100+juice recipes to make your daily routine easy and healthier your life. Show your love and affection toward friends, families through yummy juice & smoothie! Many edible plants considered exotic in the Western world are actually quite mainstream in other cultures. While some of these plants are only encountered in ethnic food markets or during travels to foreign lands, many are now finding their way onto supermarket shelves. Top 100 Exotic Food Plants provides comprehensive coverage of tropical and semitropical food plants, reviewing scientific and technological information as well as their culinary uses. Wide-ranging in scope, this volume ' s coverage includes plants that produce fruits, vegetables, spices, culinary herbs, nuts, and extracts. A user-friendly format enables readers to easily locate information on botanical and agricultural aspects, economic and social importance, food uses, storage, preparation, and potential toxicity. The book also contains an introductory chapter that reviews important historical, economic, geopolitical, health, environmental, and ethical considerations associated with exotic food plants. Thoroughly referenced with more than 2000 literature citations, this book is enhanced by more than 200 drawings, many chosen from historical art of extraordinary quality. This timely volume also highlights previously obscure edible plants that have recently become prominent as a result of sensationalistic media reports stemming from their inherently entertaining or socially controversial natures. Some of these plants include the acai berry, kava, hemp, and opium poppy. A scholarly yet accessible presentation, the book is filled with numerous memorable, fascinating, and humorous facts, making it an entertaining and stimulating read that will appeal to a broad audience.

Supercharged Green Juice & Smoothie Diet

Healing Tonics, Juices, and Smoothies

100 Delicious and Mega-Nutritious Recipes from the World's Most Powerful Superfoods

The Best 100 Juices, Crushes, Smoothies, Coolers and Quenchers

Economic Inquiry Into Food Marketing: The frozen fruit, juice and vegetable industry

International Sugar Journal

DETOX \* HEAL \* RESTORE \* REST \* DE-STRESS \* RELAX \* PROTECT \* BALANCE \* CALM \* CARE \* ENERGIZE Spring-clean your system and boost your health with Rosemary's nourishing recipes. By simply consuming the right natural ingredients you can change the way you look and feel. Naturopathic nutritionist Rosemary Ferguson has created 100 powerful recipes to overhaul your health from the inside out. Whizz up one of Rosemary's juices or smoothies for an instant boost or follow her simple detox plans for 1, 2 or 3 days to tackle your health head on. Learn about the power of plants so you can create personalised combinations to suit your tastebuds and revitalise your body.

A Smoothie a Day Keeps the Doctor Away A better, healthier you is only a few ingredients and a sip away with Green Smoothie Gourmet founder Dee Dine's nutritious array of 100 smoothies, juices and wellness shots! Dee makes creating these wholesome drinks a breeze by limiting your shopping to just 4 ingredients or less and incorporating pantry staples and other items that you already have on hand. Dee also organizes her drinks into 10 different nutritional benefit categories to better suit your needs. Each smoothie, juice or shot contains ingredients known to boost your energy, increase the fiber or protein in your diet, help you manage your mood, weight or stress levels, or better your brain, sleep, immunity or beauty—and many drinks give more than one nutritional benefit at the same time! \*Get your greens and boost your skin's glow with a sweet Spinach Avocado smoothie \*Fight off colds with a Strawberry-Beet Juice or Orange-Turmeric Shot \*Boost your brain power with a Blackberry-Zucchini Splash smoothie or a Matcha-Mint Shot \*De-stress with a Lavender Lemonade smoothie or pump up your energy with a Pomegranate Frosty \*Get plenty of protein and indulge in a tasty treat at the same time with a Coconut-Chocolate Cream smoothie, Cookie Dough Crumble shake or Peanut Butter S'more

smoothie Or better yet, try them all! With all these incredible recipes to choose from, you'll be sure to find an option that tastes great and provides the nutrients you're looking for. Create positive change in your health and lifestyle by making these nutritional powerhouses a part of your daily diet.

Provides a collection of recipes for juices and smoothies and discusses their health benefits which include boosting the immune system, increasing the metabolism, detoxing the body, and promoting weight loss by serving as meal substitutes.

Enjoy 100+ refreshing smoothies and juices that promote gut health, glowing skin, heart health, strong muscles, and reduce inflammation from the trusted editors at Prevention. Smoothies and juices are a delicious and easy way to add more fruit and vegetables into your diet and satisfy cravings between meals. Organized by principal health benefit—gut health, heart health, silky skin, post-workout recovery, and reducing inflammation—every recipe includes a detailed explanation about why it's so good for you. Plus, nutrient-rich ingredients include whole fruits and vegetables like avocados, berries, and kale; fresh herbs like mint, basil, and cilantro; as well as healthy add-ins like collagen peptides, bone broth, celery juice, alternative milks, chia seeds, flax seeds, and hemp seeds, apple cider vinegar, filling proteins like nut butter and protein powders, and prebiotics and probiotics to support your microbiome. Smoothies & Juices: Prevention Healing Kitchen includes:

- 100+ healthy and delicious recipes such as Carrot-Coconut Smoothie, Pear-Almond Smoothie, Peaches 'N' Cream Oatmeal Smoothie, Citrus-Pineapple Smoothie, Pumpkin Detox Smoothie, Berry, Chia, and Mint Smoothie, Turmeric Twist, Celery Juice, Banana-Avocado Zinger, Blueberry Cobbler Smoothie Bowl, and more!
- No additional equipment needed! All juices as well as smoothies can be made in your blender
- Tips and tricks from the test kitchen for easy preparation
- Recipes clearly labeled as high in fiber, protein, and calcium, as well as vegan and good for meals on-the-go
- Nutritional values for every recipe
- Lie-flat binding for easy use

So power up your blenders! A healthier way of eating is only one tasty smoothie away.

Over 100 fast, fresh juices and smoothies

Top 100 Juices

A Comprehensive Treatise on the Culture of Sugar Yielding Plants, and the Manufacturing, Refining, and Analysis of Cane, Beet, Maple, Melon, Milk, Palm, Sorghum, and Starch Sugars; with Copious Statistics of Their Production and Commerce, and a Chapter on the Distillation of Rum

Cook's Science

Best 100 Juices for Kids

100+ Elixirs to Nurture Body and Soul

4-Ingredient Smoothies + Juices

A full-color guide to making healthy juices, smoothies and other blended superfoods includes more than 100 recipes. Original.

Mom always told you, "Drink your juice!" But let's face it—the choices in the grocery store can be boring, full of sugar, and getting more expensive every day. Well, move over orange and cranberry cocktail! This looks like a job for superfoods like Kale, chia, coconut, goji, and cacao! Never heard of things like sacha inchi or yacon? Not to worry! Superfood Juices & Smoothies offers an easy-to-follow guide that anyone interested in getting healthy will love. Author Tina Leigh breaks down each nutrient rich food and provides you with taste, texture description, health benefits, storage and more! Juices and smoothies are so fun and simple to make and with the 20 key superfoods found in this book, you can start to enjoy 100 delicious and nutritious recipes!

Do you feel overweight? Tired? Stressed-out? The remedy could be in a simple glass of juice. Jam-packed with nutrients, juices and smoothies possess amazing therapeutic properties, which help with detoxifying, energizing, immunity-boosting and stress-relieving, and can enable you to lose weight, protect against the effects of ageing, and enhance your energy and vitality. This collection incorporates everything from the humble apple to more exotic ingredients such as goji berry. Each entry gives the low-down on the health benefits of a particular juice, as well as nutritional information, practical tips and, of course, a perfect recipe - from the age-defying apple, blackcurrant and acai berry juice to the stress-relieving banana, coconut milk and lemongrass smoothie, you'll discover new and exciting ways to enjoy the wonderful advantages of juicing.

Top 100 Juices 100 Juices to Turbo-charge Your Body with Vitamins and Minerals Duncan Baird Publishers

Orange Juice Greats

Over 100 recipes for all-natural fruit and vegetable drinks

Superfood Smoothies

The NutriBase Guide to Carbohydrates, Calories, and Fat

The frozen fruit, juice and vegetable industry

Superfood Juices & Smoothies

Easy Recipes For Natural Energy & Weight Control the Healthy Way

Juice Master to the stars and number 1 best-selling author Jason Vale has squeezed over 100 funky 'n' fresh juice and smoothie recipes into this latest book. There's something for Gym Bunnies and a Kids Corner, as well as a Dr. Juice section covering various health conditions and giving specific juices and smoothies for: high blood pressure, asthma, hay fever, psoriasis, arthritis, diabetes, digestion and, many more. Warm up your juicer, dust off your blender and brace your taste buds for the most

mouth-wateringly tantalizing fruit and veggie fusions ever created. This book includes a special 'Celebrity Juice' section, with juice and smoothie concoctions from Katie Price, Beverley Knight and other 'celebrity juicers'.

Did you know that apple juice boosts brain function? Or that wheatgrass can remove toxins from the body? Fresh fruit and vegetable juices are packed with vitamins, minerals, and loads of beneficial phytonutrients that help the body heal itself and prevent or lessen the severity of many common illnesses. And there ' s never been a more accessible guide to juices than this. It covers everything from the juices of commonly found fruits and garden vegetables, to that of exotic fruits from around the world. In addition to color photographs, there are nutritional analyses and countless suggestions for squeezing and blending healthy juices at home, along with smart preparation methods that ensure the benefits of each juice are "squeezed" to their maximum potential.

Kick-start your day, pep yourself up mid-afternoon, or power-up after a hard workout—Nicola Graimes has gathered recipes for the 100 best beverages you can make in a juicer or blender. Super-quick and ultra-easy to make, each drink is bursting with goodness. From the seriously frivolous Peach Baby to the skin-saving Green Goddess, you can indulge your decadent side and enhance your health at the same time. The chapter on Coolers and Quenchers will help you chill out and recharge on a hot day. The chapter on Pick-Me-Ups and Revivers are packed with vitamins, minerals and antioxidants. These super-juices will rejuvenate your body and mind. Whether you choose cleansing blends to brighten dull skin, want an instant, delicious detox in-aglass, or need immunity-boosting ingredients to fight colds and combat stress, with Easy Juicing you ' ll look amazing and feel fabulous all year round. Finally, you ' ll love Nicola ' s Tipples, whether you ' re planning a party, an intimate soir é e, or are just in the mood for an adult drink, these recipes are guaranteed to liven things up. Fruity twists on cocktail classics include a gin Bramble, Dolce Vita, or Mango Daiquiri—could be just the thing to give your night that extra edge.

"Juicing machines, and books about how to get the most from them, are selling in tremendous numbers. Best 100 Juices for Kids brings the juicing revolution home for everyone in the family--not just mom and dad. Jessica Fisher's imaginative and tasty recipes give parents terrific and super-nutritious alternatives both to cheap juices loaded with high fructose corn syrup, on one hand, and to healthy but very pricey store-bought gourmet juices on the other. For fruit- and vegetable-averse kids, they also offer a way to "sneak" produce into a kid's diet in a way that the child actually will enjoy. Older kids and teens, too, will have fun trying out the juicing machine in the kitchen, using these recipes as a starting point. Seventy of the 100 recipes are for juices, with about 45 fruit- based and 25 vegetable-based. Half of the remaining 30 are luscious and creamy smoothies, including several dairy-free vegan options. "Sparklies," which are club soda-based carbonated drinks, give parents great ways to replace artificially flavored soda pop, full of processed sugar, with homemade pop made with natural sweeteners. For the hot summer months, when kids are most likely to reach for sugary drinks, there are recipes for icy slushies and refreshing juice-based ice pops. Throughout, Fisher tested the recipes on both low-end and high-end juicers, and she provides expert guidance on how readers can get the best results from whatever model of machine they own"--

Over 100 Recipes Inspired by the Film 'Fat, Sick and Nearly Dead'

100 Easy, Nutritious Recipes for Lifelong Health

Juice

The Louisiana Planter and Sugar Manufacturer

100 Best Juices, Smoothies and Healthy Snacks

Progress Report

Medical Medium Celery Juice

***From one of America's foremost and pioneering juicing companies comes a beautifully illustrated guide to creating restorative and energizing juices and smoothies; as well as preparing nutrition-rich, blended superfoods. Welcome to the Juice Generation ! Refresh, Restore, and Rejuvenate Get ready to live juicy with The Juice Generation. Fresh juices and superfood smoothies will help you feel energized and invigorated with glowing skin and a clear mind. The revitalizing recipes and tips will make you feel lighter and brighter, inside and out. Featuring more than 100 refreshing, health-boosting, spirit-lifting recipes The Juice Generation offers practical, down-to-earth instructions for making restorative and great-tasting vegetable and fruit juices, smoothies, and tonics. Get on the Green Curve and move confidently from smoothies to green drinks Whether you're newly juice curious, or already an old pro, The Juice Generation's plan will lead you to the endless benefits and possibilities of squeezing, crushing, and grinding, and help you integrate the joys of juicing and blending into your busy life. Juicing Tools for Detoxing and Healing The Juice Generation includes detoxing cleanses as well as flu-fighting elixirs and plenty of recipes and great advice from some of its biggest supporters, including Blake Lively, Michelle Williams, Edward Norton, Jason Bateman, and Martha Stewart.***

***100 fast, fresh juices and smoothies to truly allow you to make the most of your juicer. Nothing beats the flavour of a freshly made juice - and they are so much more economical and wholesome than the brands that line the supermarket shelves. But once the initial enthusiasm for your juicer wears off, it can be easy to get into a rut and lose the benefits that homemade juices and smoothies can offer. With over 100 brilliantly varied recipes, Natalie Savona's innovative ingredient combinations will reignite your love of your juicer. Simple recipes bring out the health and taste benefits, divided into chapters of***

***Delicious Detoxers, Energy Boosters, Gut Soothers, Immunity Helpers and Skin Savers, to help you find the right drink for any occasion. And an easy-to-use symbol system highlights each juice's suitability for special diets of all types. Packed with photographs and nutritional information, this is the perfect kitchen companion to unlock all the benefits that your juicer has to offer.***

***"Kris Carr's Crazy Sexy Juice is a completely original, up-to-date, and colorful (of course!) guide to the wonderful world of fruit and vegetable elixirs. 100+ all-new recipes--developed especially for this book--contain superpowers ranging from immunity boosters, inflammation fighters, happiness helpers, longevity leaders, mood fixers, and booty enhancers. The all-green healthful tonics and fruity and refreshing potions are organized by function, including The Cleansers, The Healers, The Boosters, and The Beautifiers. Fiber-rich superfood smoothies are likewise categorized, as star pH Warriors, Body Boosters, Age Defiers, and Superheroes. A section on Nut Milks helps you get your protein power on. Not only are there enough recipes to keep your juicer and blender busy through every season, but Kris also addresses every concern you may have about juicing and blending. From selecting the right equipment for your needs and budget, to choosing and storing the most nutritious produce, she takes you through every aspect of the process--and helps make it a habit that sticks for life. Whether you're an old pro at making liquid magic or if you're just starting out, you will experience juicing and blending as a fun and delicious journey into the healing powers of fresh, raw fruits and vegetables, as well as nuts and seeds. Here's what else you can expect from this essential, concise (crazy, sexy) reference: Flavor combinations that tantalize your palate; Tips for blending and juicing on the go; Handy lists of helpful kitchen tools; The 411 on alkalinity and why it's important; A pick of the crop nutrient guide Handy substitutions for food sensitivities; Hints on handling mental and emotional hurdles that come with change; Plus an easy 3-day cleanse and so much more. Drink your veggies. Change your life. Join Kris Carr on yet another adventure in health, happiness, and the delicious food that can make a powerful impact on your overall vitality. Cheers!"-- Before I started juicing, I was overweight and on medication to treat an autoimmune disease. By drinking only fresh vegetable and fruit juices while making my film, Fat, Sick & Nearly Dead, I lost the weight, got off those drugs and started feeling better than ever! To keep healthy and happy today, I drink a lot of juice and eat a balanced diet centred on fruits and vegetables -this book will help you feel great too!***

***Juice Master Keeping It Simple: Over 100 Delicious Juices and Smoothies***

***Super Fresh Juices and Smoothies***

***The Planter and Sugar Manufacturer***

***The Ultimate Ingredients for Healthy Living Including 100 Revitalizing Recipes***

***100 Delicious, Energizing & Nutrient-dense Recipes***

***All you need to create delicious juices for your optimum health***

***Sugar Growing and Refining***

**The No.1 bestselling juicing author Jason Vale is back with his ultimate book of juices and smoothies. His complete recipe book contains recipes for over 100 easy and delicious juices and smoothies to help you lose weight, get healthy and feel fantastic.**

**The quick and easy way to stay healthy . . . Andrew Cooper's Juiceman delivers over 100 delicious recipes packed full of goodness. For all the family and for every occasion, there's something for everyone. Promising 100% natural and unprocessed nutrition, Juiceman is brimming with easy, delicious juices, smoothies, teas, tonics and nut milks, as well as energising breakfasts, healthy snacks and ice cream. It even offers some amazing ideas on what to do with waste pulp! Andrew, a juicing expert, has created a diverse range of recipes to help achieve and maintain optimum health. From medicinal juices, which combat dehydration or digestive problems, to smoothies, for detoxing and retoxing, Juiceman is packed with essential recipes, including: Green Ninja Juice Full Cream Cashew and Hemp Milk Blueberry Facial Smoothie Smoothie Breakfast Bowl Ultimate OJ Recovery Shake Immunity Boost Smoothie Skin Shot As well as these delicious and effortless recipes, Andrew provides a juice cleanse plan, exercise tips and advice for keeping fit.**

**Whether you're looking for a potent pick-me-up, an effective detoxifier, a post-workout boost, a weight-loss aid or an anti-ageing rejuvenator, this book shows you how to make flavour-packed juices and smoothies with health-enhancing properties. Along with the nutrients gleaned from fresh fruit and vegetables, these great-tasting drinks contain active super-nutrients such as spirulina, wheatgrass, maca, baobab, lacuma, acai berries, chia seeds and raw cacao. To help those unfamiliar with these super-nutrients, an in-depth list of their numerous health benefits, with information on how to use them. There is no comparison between home-produced juices and mass-produced ones - with homemade drinks you can choose your favourite fresh produce, they are additive-free with no added sugar, and they're not pasteurized, a process which can deplete their nutritional status. Alongside over 100 recipes, this book gives practical advice on getting the most from your fresh produce, plus a guide to buying a juicer or blender.**

**Celery juice is everywhere for a reason: because it's saving lives as it restores people's health one symptom at a time. From celebrities posting about their daily celery juice routines to people from all walks of life sharing pictures and testimonials of their dramatic recovery stories, celery juice is revealing itself to ignite healing when all odds seem against it. What began decades ago as a quiet movement has become a global healing revolution. In Celery Juice: The Most Powerful Medicine of Our Time Healing Millions Worldwide, Anthony**

William, the originator of the global celery juice movement, introduces you to celery juice's incredible ability to create sweeping improvements on every level of our health: • Healing the gut and relieving digestive disorders • Balancing blood sugar, blood pressure, weight, and adrenal function • Neutralizing and flushing toxins from the liver and brain • Restoring health in people who suffer from a vast range of chronic and mystery illnesses and symptoms, among them fatigue, brain fog, acne, eczema, addiction, ADHD, thyroid disorders, diabetes, SIBO, eating disorders, autoimmune disorders, Lyme disease, and eye problems After revealing exactly how celery juice does its anti-inflammatory, alkalizing, life-changing work to provide these benefits and many more, he gives you the powerful, definitive guidelines to do your own celery juice cleanse correctly and successfully. You'll get instructions on how to make the juice, how much to drink, when to drink it, and what to expect as your body begins to detox, plus answers to FAQs such as "Is it safe to drink celery juice while pregnant or breastfeeding?", "Is blending better than juicing?", and "Can I take my medications with it?" Here is everything you need to know--from the original source--to receive the full gift of what Anthony calls "one of the greatest healing tonics of all time."

**100 Juices to Turbo-charge Your Body with Vitamins and Minerals**

**Planter and Sugar Manufacturer**

**The Most Powerful Medicine of Our Time Healing Millions Worldwide**

**Feel Juice 100+ Juice and Smoothie Recipes**

**Over 100 Recipes to Boost Weight Loss, Detox and Energy Using Green Vegetables and Super-Supplements**

**Over 100 flavour-packed juices, smoothies and healthy dishes for all the family**

**Juice Master Keeping It Simple**

You'll love this book, the recipes are easy, the ingredients are easy to get and they don't take long to make. Foodlovers turn to Orange juice Greats for information and inspiration. Everything is in here, from the proverbial soup to nuts: Apricot Fingers, Apricots Poached in Orange Muscat, Arizona Sunset Cheesecake, Artichoke Spice Bread, Tropical Snap-Pumpkin Pudding, Turkey Black Bean Chili With Ancho Vinaigrette, Upside-Down Orange Biscuits W/variation, Veal Scallops with Orange Juice ...and much much more! Orange juice Greats is packed with more information than you could imagine. 100 delicious dishes covering everything, each employing ingredients that should be simple to find and include Orange juice. This cookbook offers great value and would make a fabulous gift. This book will also give you enough inspiration to experiment with different ingredients since you'll find the extensive index to be extremely helpful. Green juices and smoothies are the go-to drink of the moment. They are fantastically healthy, packed with vitamins, minerals and phytonutrients. And they're also much better for you in terms of sugar content and balanced energy levels. Christine Bailey takes green juicing to a whole new level. Supercharged Green Juice & Smoothie Diet is an amazing collection of feel-good drinks using the latest range of superfoods to nourish and revitalize your body. Packed with nutrient-rich, health-boosting ingredients, each juice or smoothie contains at least one supercharged ingredient. These boosters include superfood powders such as acai berry powder (one of the most concentrated sources of antioxidants) or collagen powder supplement (brilliant for your skin), sea vegetables, seeds, bee products, berries, herbs and tinctures. Use the handy reference section at the back to quickly find recipes that will help you to lose weight, maximize energy levels, boost the immune system, combat ageing and look amazing. There is also a 2-day power-charged Superfood Juice Diet plan to set you on your way to looking fabulous as well as feeling great. Nutritionist and best-selling author Christine Bailey shows you how easy it is to make daily juices and smoothies, and explains the benefits of using green juices and supercharged ingredients for extra weight-loss and health-giving properties.

Brought to you by Jessica Jean Weston, Holistic Health Coach and Owner/Executive Chef of Superfresh! Organic Café, Healing Tonics, Juices, and Smoothies provides readers with simple recipes that debunk the fanciful mystery of adaptogens, herbs, superfoods, and fermentation for everyday enjoyment, while still dressing to impress all those who happen to grace your kitchen space. With several staple drinks for day-to-day consumption, medicinal shots for prevention and seasonal wellness, and fermented concoctions for an extra special probiotic-rich kick, there's something for all forms of hydration! As an extra bonus, Weston has included three of her favorite cleanses for detoxing and hitting a reset button during seasonal and major life transitions: Juice cleanse Raw cleanse Ayurvedic-inspired cleanse Along with the recipes, you'll find full-color photographs of the drinks, details on the superfoods that are used to make them, and a comprehensive food glossary.

"Motivational health coach and number-one juicing author Jason Vale (aka Juice Master) is the inspirational king of juice detoxing. In his eagerly awaited new book, Jason shows you how nature's finest liquid-engineering for your body will cleanse your system, take your energy to a new level, clear your mind and keep you slim and healthy forever." -- Back cover.

**Delicious Orange Juice Recipes, the Top 100 Orange Juice Recipes**

**Top 100 Exotic Food Plants**

**100 Recipes for Fresh Juices and Superfood Smoothies**

**Delicious Juice and Smoothie Recipes That Will Give You Burst of Energy and Totally Worth Instagramming About...**

**The Funky Fresh Juice Book**

**Crazy Sexy Juice**

**The Juice Generation**

*Featuring 100 sensational recipes for both the juice enthusiast and the absolute beginner, here you'll find classic juice blends rubbing shoulders with more exotic concoctions. Armed with just a blender or food processor (or ideally a juice extractor) this book will help you produce a dazzling array of juice-based drinks in a flash! A helpful guide to the basics (Let's Get Juicing) is followed by a recipe collection organized into the following sections: Juices and Crushes, Smoothies and Blends; Coolers and Quenchers; Pick-me-ups and Revivers; and Tipples (juices with a little extra something...) Whether you're in need of breakfast bevy with a nutritional punch, a speedy lunch in a glass, a mid-afternoon battery re-charge or even a naughty-but-nice evening treat, "Easy Juicing" has exactly the recipe*

*you've been looking for.*

*The ultimate guide featuring 100 fantastic recipes for smoothies & juices \*Informative introduction, which includes, fruit directory, hints and tips and essential equipment \*Delicious and exciting new recipe ideas \*Full colour photography to accompany each recipe*

*In Cook's Science, the all-new companion to the New York Times-bestselling The Science of Good Cooking, America's Test Kitchen deep dives into the surprising science behind 50 of our favorite ingredients--and uses that science to make them taste their best. From the editors of Cook's Illustrated, and the best-selling The Science of Good Cooking, comes an all-new companion book highlighting 50 of our favorite ingredients and the (sometimes surprising) science behind them: Cook's Science. Each chapter explains the science behind one of the 50 ingredients in a short, informative essay--topics ranging from pork shoulder to apples to quinoa to dark chocolate--before moving onto an original (and sometimes quirky) experiment, performed in our test kitchen and designed to show how the science works. The book includes 50 dynamic, full-page color illustrations, giving in-depth looks at individual ingredients, "family trees" of ingredients, and cooking techniques like sous vide, dehydrating, and fermentation. The 400+ foolproof recipes included take the science into the kitchen, and range from crispy fried chicken wings to meaty-tasting vegetarian chili, coconut layer cake to strawberry rhubarb pie.*

*Don't eat your veggies, drink them! If you're one of the millions of Americans who doesn't get their recommended daily amounts of fruits and vegetables, juicing is the perfect solution! This book is packed with 150 recipes to make consuming fruits and veggies fast, delicious, and fun, including: Asparagus squash medley Grape citrus apple juice Orange lemonade lift-off Broccoli apple carrot with parsley and lemon juice Strawberry patch juice This handy guide explains why millions of people have turned to juicing to help ward off everyday disorders like colds and migraines, promote longevity, shed excess pounds, and prevent and treat serious diseases. Whether you want to get more nutrients, cleanse your body of toxins, or prevent disease and live longer, juicing is the answer!*

*Over 100 Delicious Juices and Smoothies*

*Totally Yummy, Awesomely Healthy, & Naturally Sweetened Homemade Alternatives to Soda Pop, Sports Drinks, and Expensive Bottled Juices*

*I Love My Juicer*

*100+ Delicious Recipes for Optimal Wellness*

*Smoothies & Juices: Prevention Healing Kitchen*

*The Everything Juicing Book*

*How to Unlock Flavor in 50 of our Favorite Ingredients*