

The Everything Giant Book Of Juicing: Includes Vegetable Super Juice, Mango Pear Punch, Ginger Zinger, Super Immunity Booster, Blueberry Citrus Juice - Teresa Kennedy

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Juice your way to better health! Millions of Americans don't get the recommended daily amounts of fruits and vegetables in their diets. If you want to try an easy way to drink some of these fruits and vegetables, you'll find all you need in The Everything Giant Book of Juicing. It's packed with 300 recipes for fresh, delicious, and easy juices for nutrition on the run, including: Boost juice Grapeberry cocktail Carrot mango cup Tropical treat Mint shake Adding fresh juices to your diet can help ward off colds and migraines, promote longevity, shed excess pounds, and prevent serious diseases. And this all-new collection includes recipes for smoothies, frozen drinks, and ice pops for more fun ways to include vitamin-rich foods in a healthy, balanced diet. So whip up some juice, raise a glass, and make a toast--to your health! Author: Kennedy, Teresa Publisher: Adams Media Illustration: N Language: ENG Title: The Everything Giant Book of Juicing: Includes Vegetable Super Juice, Mango Pear Punch, Ginger Zinger, Super Immunity Booster, Blueberry Citrus Juice Pages: 00304 (Unencrypted EPUB) On Sale: 2013-03-18 SKU-13/ISBN: 9781440557859 Category: Cooking : Beverages - Non-Alcoholic

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