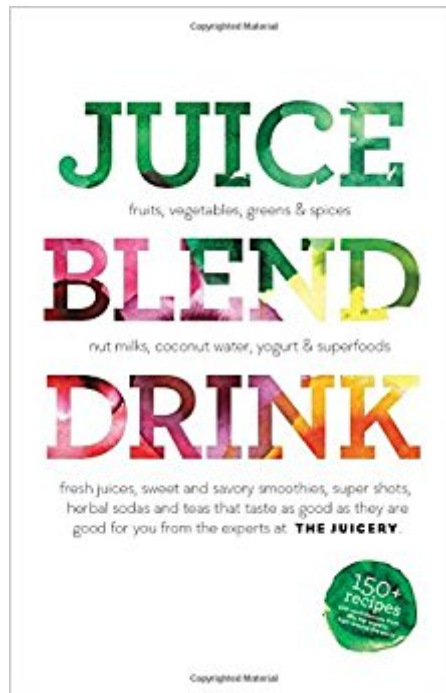




The book was found

Juice. Blend. Taste.: 150+ Recipes By Experts From Around The World



Synopsis

150 recipes for drinks that taste as good as they are good for you. The innovative international juice bar and café concept The Juicery teams up with more than fifty leading global experts in the fields of nutrition and integrative medicine (doctors, nutritionists, personal trainers, naturopaths, estheticians, spa owners, and chefs) to inspire healthier eating and greater consumption of seasonal produce by incorporating nutritious and delicious drinks into everyday life. This book features tasty recipes for fruit and vegetable juices, booster shots, smoothies, soups, nut milks, herbal sodas, and teas. There are options for everyone: fitness enthusiasts can enjoy pre- and post-workout drinks, moms will appreciate the ways to sneak greens into their kids' diets, and foodies will find recipes to impress brunch guests with creative flavor combinations. The book includes tips on selecting kitchen equipment, ingredients and superfood boosters, a flavor combination guide, and a useful ingredients glossary. Beautifully designed with color illustrations throughout, *Juice. Blend. Drink.* will inspire you to try daring experiments with your juicer and blender.

Book Information

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Customer Reviews

"This is a great resource for anyone looking to make more juices and smoothies at home." -CHERRY BOMBE MAGAZINE

Cindy Palusamy is the founder of The Juicery and boutique consulting firm CP Strategy. For over ten years, she has been an adviser and strategist to leading global hospitality, beauty, and wellness

businesses, collaborating with top experts in health, nutrition, and beauty. In October 2012, she launched The Juicery, an innovative juice bar and café concept with a signature "expert goodness" menu and a location in London.

This book has great juice recipes and beautiful watercolor illustrations by Jessie Kanelos Weiner.

I Love It.

The recipes in here are amazing for great health and nutrition. I have found so many recipes that I use at least once a day as a meal replacement. Awesome book!

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