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# The Juicing And Smoothie Recipe Book: The Complete Guide To Healthy Juices & Smoothies – Easy Recipes For Weight Loss & Cleanses – Suitable For The Nutribullet, ... Ninja And Vitamix (Juicing For Beginners)





## Synopsis

Juicing & Smoothie Made Easy Learn how to make the Healthiest & most Delicious Juices & Smoothies! \_\_\_\_\_ Juicing doesn't have to be boring! Everyone knows that fresh fruits and vegetables are good for our bodies. They provide essential nutrients and allow us to be healthy and fit. The problem is getting enough of them into our diets. Salads get boring and can lose health value with calorie laden dressings or toppings. Cooked vegetables can also lose nutrients. The best solution to get your servings in without losing all the good stuff? Juicing & Smoothies This method will typically keep the fruits and vegetables raw, free of unhealthy additives, and convenient. The recipes in this book is suitable for the Nutri-Ninja, Nutri Bullet, and also the Vitamix. These blenders allow you to get the most from your ingredients. Fruit juices can be a sweet treat of just what you need to start your day. Vegetable blends can get you the needed greens for your diet without wading through piles of salad. Each recipe includes ingredients that can be easy to find at your local grocery store or produce stand. Some of them take a new twist on old tastes so you're not stuck with a bland and boring drink. If you're tired of bland and boring diet food, this is truly the right book for you. There is nothing boring about these juices. Ready to wake up your taste buds?! Here's just a few things you'll learn about: Quick and easy fruit juices Vegetable juices that can work at home or on the go New kicks to the same old recipes Recipes for all seasons so your produce is always fresh This juicing and smoothie recipe book has something for everyone. Get yourself a copy today and start on the road to better health with fresh juices! Download Your Copy Today! Scroll Up and Buy Now with One Click!

## Book Information

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## Customer Reviews

This book is worth its value! It saved me from listening to my husband complain. He had a bad cold he just couldn't seem to get rid of, so I made him the ginger tea. He was really resistant about drinking it. He was worried about the spiciness and whether it would sting his throat. I added an extra bit of honey and a slice of lemon. He eventually drank it and he said his chest feels less tight. I think that's a good thing, because he stopped complaining.

My husband eats like a child. Often times will go buy pizza or make a TV dinner. He likes to eat a lot of carbs and meats but I find it really hard to make him eat more fruits and vegetables. Lately I have been substituting his soda for a Mango Milkshake, he has surprisingly taken to it. He says it tastes like a creamsicle and reminds him of dessert.

The Blackberry and Orange Juice tastes out of this world. It basically tastes like a mocktail. I was really worried about how tart this recipe would be, but the honey neutralized how sour it was. I recommend adding Blackberry Honey to bring out the Blackberry taste even more.

Very good. My sister recently had gastric bypass surgery and needed to be on a liquid diet for while. I bought this to help change things up so she wouldn't get bored and to keep her spirits up. It helped :)

I love the pictures in the book. It really inspires me to make the recipes because they are so bold and beautiful. The fruits look so fresh and in season. I can't wait to try all the recipes!

Lemon on and Mint Juice is very refreshing on a hot summer day. I would skip the black pepper though. I didn't like the taste of that in the recipe. Add some tonic water and make it bubbly!

There are both the normal and not normal recipes in here. Some of the ones takes you by surprise because it tastes so much better than it sounds.

There's a lot more than just smoothies and juices in here. There's also teas, detox teas and infused waters.

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