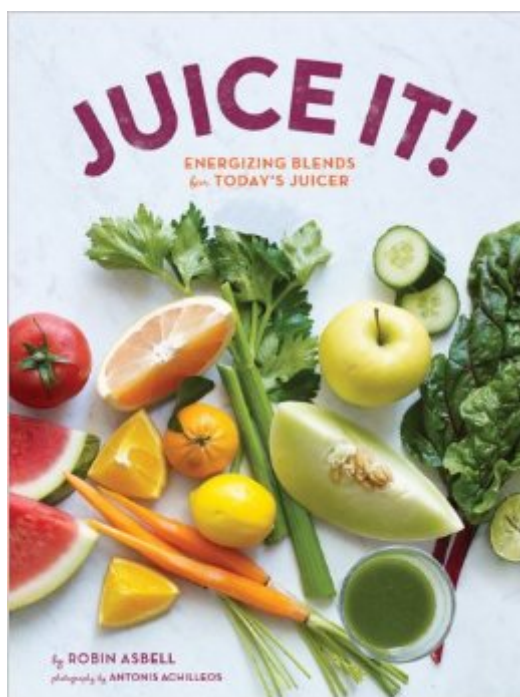


The book was found

# Juice It!: Energizing Blends For Today's Juicers



## Synopsis

Juicing is cold off the press! Filled with 65 vibrant recipes for turning fresh fruits and vegetables into delicious and healthful juices, this refreshing cookbook offers essential guidance for utilizing the increasing number of juicers and high-performance blenders popping up in home kitchens. From perky blends such as Mango Green Tea Booster and Ginger Jolt to quiet soothers like Berry Melon and Grape Night's Sleep, these inspired beverages guarantee invigorating flavor combinations and prove the power of drinking your vitamins and loving it too. Whether the goal is weight loss, cleansing, increased nutrition, or more energy, Juice It! makes it easy to whip up blends that taste great.

## Book Information

Paperback: 132 pages

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Product Dimensions: 6.2 x 0.5 x 8.2 inches

Shipping Weight: 10.6 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (14 customer reviews)

Best Sellers Rank: #602,369 in Books (See Top 100 in Books) #82 in [Books > Cookbooks, Food & Wine > Kitchen Appliances > Juicers](#) #239 in [Books > Cookbooks, Food & Wine > Cooking by Ingredient > Fruits](#) #459 in [Books > Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies](#)

## Customer Reviews

I found the recipes to be "too green" unless you like your juices to be straight up kale, spinach, and carrots look for other books that blend in fruits and veggies to make a delicious drink. Green Juices should not be undrinkable. A lot of these recipes are absolutely dreadful. E.g Sleepy Salad Recipe (this is a drink mind you) 1 head romain lettuce 2 tbs dill 1 large cucumber. BLECH. E.g Clear Head Recipe 4 celery ribs 2 radishes 1 garlic clove 2 Roma tomatoes Double BLECH

This book is a wonderful and creative selection of juices organized by their different flavors and needs (relaxing, energizing, etc) - and best of all, it has introduced me to some flavor combinations and health boosters I never would have thought of! Wonderful book, highly recommended.

A great variety of recipes

Great recipes!

Great book to get you going on juicing.

Easy to use recipes. Delicious combinations. Great for everyday or even for someone looking for a health boost!

Looking forward to a long, wonderful relationship with this book!

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Juice It!: Energizing Blends for Today's Juicers Crazy Sexy Juice: 100+ Simple Juice, Smoothie & Nut Milk Recipes to Supercharge Your Health Juicing Recipes for Rapid Weight Loss: 50 Delicious, Quick & Easy Recipes to Help Melt Your Damn Stubborn Fat Away! (Juice Cleanse, Juice Diet, ... Juicing Books, Juicing Recipes) (Volume 1) Complete Vitamix Blender Cookbook:: Over 350 All-Natural Recipes For Total Health Rejuvenation, Weight Loss, Detox, Superfood Smoothies, Spice Blends, ... More (Vitamix Blender Recipes) (Volume 1) Sneaky Blends: Supercharge Your Health with More Than 100 Recipes Using the Power of Purees Superfood Soups: 100 Delicious, Energizing & Plant-based Recipes The Essential Oils Book: Creating Personal Blends for Mind & Body 30 Minute Seder: The Haggadah That Blends Brevity With Tradition Why Motivating People Doesn't Work . . . and What Does: The New Science of Leading, Energizing, and Engaging The Big Book of Icebreakers: Quick, Fun Activities for Energizing Meetings and Workshops Change the Culture, Change the Game: The Breakthrough Strategy for Energizing Your Organization and Creating Accountability for Results The Juice Box Bully: Empowering Kids to Stand Up for Others Smoothies For Kids: 80+ Recipes, Whole Foods Diet, Heart Healthy Diet, Natural Foods, Blender Recipes, Detox Cleanse Juice, Smoothies for Weight ... loss - detox smoothie recipes) (Volume 40) Sky Juice and Flying Fish: Traditional Caribbean Cooking The Moon Juice Cookbook: Cosmic Alchemy for a Thriving Body, Beauty, and Consciousness 500 Smoothies & Juices: The Only Smoothie & Juice Compendium You'll Ever Need (500 Cooking (Sellers)) Juice It, Blend It, Live It: Over 50 Easy Recipes to Energize, Detox, and Nourish Your Mind and Body Cold Press Juice Bible: 300 Delicious, Nutritious, All-Natural Recipes for Your Masticating Juicer The Juiceman's Power of Juicing: Delicious Juice Recipes for Energy, Health, Weight Loss, and Relief from Scores

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