

100 Best Juices Smoothies And Healthy Snacks Easy Recipes For Natural Energy Weight Control The Healthy Way

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.”

Whether you’re craving something truly or decadent, The Ultimate Juices and Smoothies Encyclopedia has a drink for everyone! From veggie juice recipes to fruit smoothies, The Ultimate Juices and Smoothies Encyclopedia has it all! With over 300 pages of recipes, this encyclopedia contains the perfect recipe for whatever mood you are in. Whether you are seeking a juice remedy for a migraine, cleansers for a juice fast, a protein smoothie, or a chocolate truffle smoothie—you can find it in The Ultimate Juices and Smoothies Encyclopedia.

The Juice Lady, Cherie Calbon, provides all of her most popular recipes for juicing, smoothies, shakes, soups, and sauces, in one complete volume.

Enjoy refreshing smoothies and juices boosted with health benefits with this sneak peek of recipes from Smoothies & Juices: Prevention Healing Kitchen. The nutrition experts at Prevention have collected their very favorite and healthy smoothie and juice recipes. They all use nutrient-rich ingredients such as whole fruits and vegetables along with nutritious add ins that promote your overall health. See for yourself how easy and delicious it can be to promote gut health, glowing skin, heart health, and strong muscles and reduce inflammation. With smart health advice, a selection of recipes from the original book, and a primer on protein powders this sampler will make you want to power up your blender now!

The Smoothie And Juice Recipe Book gives you 100+ delicious smoothie and juice recipes to help you cleanse your body and lose weight! Smoothies are naturally packed with superfoods and antioxidants from fresh fruits and vegetables, making them the easiest and tastiest way to improve your health, and get glowing skin and hair while Juices are one of the quickest way to get nutrients into your body quickly! Juices are easily digested and they feed our body’s cells efficiently. They usually taste amazing too! Fruit juices tend to supply the body with more vitamins, whereas vegetables tend to supply the body with more minerals. This Smoothie and Juice Recipe Book will make it easy to start enjoying smoothies with Juices on a daily basis and to get an extra boost of vitamins, nutrients, and antioxidants so that you can start losing weight right away! You Will Find Smoothies For:
• Energizing your mornings and power through your afternoons with recipes that take seconds to prepare and minutes to consume for lasting energy.
• Beautiful glowing younger looking skin, one of these smoothies every couple of days will turn back the hands of time for your skin!
• Increasing your Immunity, fight off disease and prevent cold and flu viruses. Don’t get sick when everyone else is!
• Making smoothies are the easiest and most 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.”

• Lose Weight faster! Decrease those sugar cravings, increase your Metabolism to burn off those extra pounds.
• Improve muscle strength and athletic performance. Advantages of Juices? Juices are the best way to get direct nutrients, minerals, iron, and essential acids and even glucose.
• Juices don’t only mean fruit juices. Vegetable juices are also the best way to refresh your inner body without having to trouble the digestive organs.
• Juices are also perfectly made for those people who want to stay fit and healthy. Most of them are essential to our body growth, for our daily diet as well as to oxidize the inner portion of the body.
• Juices expand your vitality and are delicious! If you want to lose a few extra pounds or get that beach body ready for summer then get this Smoothie and Juice Recipes book and join thousands of people that already use these recipes to lose weight and live healthy lives. Today only, get this book for \$0.99 before the price goes back up to \$9.99!

365 Vegan Smoothies

500 Juices & Smoothies

Mae + Harvey No Ordinary Juice Book

100 Easy, Nutritious Recipes for Lifelong Health

100+ Nutrient-Packed Recipes Using Nature’s Hidden Power to Help You Feel Your Best

Smoothies & Juices: Prevention Healing Kitchen Free 11-Recipe Sampler

"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—notjust 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 to "sneak" produce into a kid's diet in a way that the kid 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 icecops. 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!"

100 Best Juices, Smoothies and Healthy SnacksEasy Recipes For Natural Energy & Weight Control The Healthy WayMacmillan Booked with the author Weston A. Price, the author of the bestselling Organic Cafe, 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 lifting a reset button during seasonal and major life transitions: Juice cleanse Raw/Alfredo-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.

Natasha Mae Sayliss, founder of London-based juice company Mae + Harvey, is about to shake up the juicing world. Her new book offers a refreshing alternative to detox and diet juicing with a selection of over 100 eminently practical, pleasing and seasonal recipes for juices, smoothies, nut milks and more. Natasha puts fantastic flavours and fresh ingredients at the centre of her recipes. Guided by the seasons, the book is divided into four main chapters – Spring, Summer, Autumn and Winter. Alongside classic juice combinations and Mae + Harvey favourites such as carrot, clementine and ginger juice, you'll also find ideas for smoothies, nut milks, mocktails and cocktails. The winter chapter also boasts a selection of tempting hot juices for the colder months. To ensure no fresh ingredients ever go to waste, a selection of clever food recipes have been included for using up leftovers – make the most of homemade cake mix with Natasha's recipe for porridge with rhubarb compote, or ensure a glug of cucumbers for summer juices don't go to waste with the perfect pickle recipe. The recipes can be made with any domestic appliance whether it be a juicer, a bullet blender or a food processor. A paperback package featuring a boarded double cover and a combination of vibrant illustrations, gorgeous recipe photography and a fresh, funky design, the book will inject new life into the juice book market.

This book is packed with sweet and savory recipes to suit all tastes using all kinds of fruit and vegetables. In the wake of the smoothie’s sensational acclaim, homemade juices are enjoying a revival with fabulous and sophisticated combinations of fruit, herbs, and spices.

Over 100 recipes for juices, smoothies, nut milks and so much more

Boost Your Health With a Rainbow of Fruits and Veggies

The Juicing Book

100 Best Smoothies and Juices

The Everything Giant Book of Juicing

An Un-cookbook for Raw, Gluten-Free, Vegan, Beautiful and Sinfully Sweet Cookies, Cakes, Bars & Cupcakes

Best 100 Juices for Kids

Nourish and Heal with the Delicious Power of Superfoods Emily von Euw, bestselling author of the Rawsome cookbook series, is back with a comprehensive collection of over 100 delicious recipes to help you eat your way to wellness. Incorporate nutrient-rich superfoods into your diet with everyday staples like berries for antioxidants, cinnamon and turmeric for their anti-inflammatory benefits, and chia, acai and spirulina to improve energy and increase immunity—plus so much more! With raw, soy-free and nut-free options, these approachable plant-based dishes will change the way you nourish yourself and your family. Garlicky Greens with Baked Sweet Potato, Pecans, Sesame Oil +

Quinoa is quick to throw together and packed with vitamins A, K and C. The umami-rich Creamy Shitake Mushroom Pasta with Kale delivers antioxidants and anti-cancer properties. To boost your spirits without the sugar crash, try a cup of Good Mood Hot Chocolate. Full of invigorating juices, immune-boosting smoothies, flavor-packed

drinks and satisfying mains, this book has everything you need to enjoy the benefits of superfoods in easy, everyday meals. 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 fruits in a healthy, balanced diet. So whip up some juice, raise a glass, and make a toast—to your health!

Make Undeniably Delicious and Eye-Catching Raw, Vegan and Gluten-Free Treats Emily Von Euw, creator of the popular blog This Rawsome Vegan Life, makes treats that are so phenomenal and so stunning they should be considered masterpieces. Oh yeah, and they're raw, vegan AND gluten-free. So whether you're a vegetarian, a raw vegan or even a meat-lover just looking for something healthy, new and delicious, this book has something for you. Emily's popular blog won the Vegan Woman's 2013 Vegan Food Blog Award, was named one of the Top 50 Raw Food Blogs of 2012 and is nominated for "Favorite Blog" for the 2013 VegNews Veggie Awards. Every recipe is accompanied by a photograph so you can see each brilliant sweet before you eat. Emily's beautiful and easy-to-make recipes, like her Peppermint Chocolate Molten Lava Cakes, S'mores Cupcakes and Go-Nuts Donuts with Frosting & Fruit Sprinkles, are so tasty that you won't even realize they're vegan. Quite simply, Rawsome Vegan Baking will wow your taste buds and impress your friends and family with new great tastes in dessert.

The quick and easy way to stay healthy . . . Andrew Cooper's juicy 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 detoxing, 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.

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.

The Ultimate Ingredients for Healthy Living Including 100 Revitalizing Recipes

Energize, Cleanse, and Find Your Glow with 100 Refreshing Juices and Smoothies

Top 100 Juices

A Complete Guide to the Juicing of Fruits and Vegetables for Maximum Health

Superfood Juices & Smoothies

Rawsome Superfoods

The Juice Lady's Big Book of Juices and Green Smoothies

Refreshed with vitamins and nutrients, smoothies and juices are a delicious way to eat well. Featuring a variety of fruits and vegetables, 100 Best Smoothies & Juices is a vibrant, picture-filled guide to eating well with little more than fresh produce and a blender. Perfect as starters, complete meals, or rich yet healthy desserts, these juices and smoothies will help to keep you looking and feeling your best.

When you need a quick, brain-powering meal or a delicious way to repair and relax, blend up one of these 40 nutrient-rich smoothies to boost your day. There's nothing easier than whipping up a delicious smoothie. It's a foolproof way to get the vital nutrients your body needs in a drinkable, no-fuss meal. This colorful book takes a casual approach to smoothies—there's no need to buy supplements, powders, or mixes. Every smoothie recipe in this book relies on the magical flavors and health benefits of ingredients you can find in any grocery store or specialty market. From perfect breakfast boosts to relaxing tropical blends, post-workout cooling drinks, and treat-yourself desserts without the guilt, there are endless ways to sip your way to feeling good. Each recipe has a little badge that notes its main benefit: Digestion, Relax, Energy, Immunity, and more. You'll also find a handy guide to the main ingredients found in this collection so you can build up your blending skills and imagine up your own drinks. CREATIVE RECIPES: You'll find a variety of tasty flavor combinations and unique recipes, like Matcha Avocado Frappe, Mango Turmeric Lassi, and Blueberry Cheesecake. EASY TO MAKE: Included is a smoothie making guide and helpful prep and storage tips so you can make the best drinks again and again. COLORFUL GIFT: A beautiful package with dynamic illustrations throughout makes this a fun gift for smoothie lovers, those looking for easy breakfast ideas, college grads, and anyone interested in healthy eating. Perfect for:
• Fans of smoothies
• Health food shoppers
• People interested in easy self-improvement
• Healthy-ish readers
• Busy people looking for easy recipes

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 avocado, 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.

"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!"---

Lose weight and feel great with juicing and smoothies For those of us who don't have time to cut up or cook fruits and vegetables with every meal, juices and smoothies are a fast and easy way to consume them at home or on the go. Packed with over 100 recipes, Juicing & Smoothies For Dummies comes with everything you need to sip your way to a healthier, happier you. There are many health benefits to drinking freshly juiced fruits and vegetables. These tasty and nutrition-packed beverages can help protect you against cardiovascular disease, cancer, cellular damage, and various inflammatory diseases, such as rheumatoid arthritis. Plus, it's great for weight loss because juices and smoothies have hunger-reducing properties, on top of being filling. In this friendly and accessible guide, you'll find expert guidance on how to use juices and smoothies to reap all of these excellent rewards, while getting the recommended daily amount of fruits and vegetables—in a glass! Concoct more than 120 juicing and smoothie recipes using the hottest, most nutritious ingredients Find the best juicers and blenders for the job Ward off colds and migraines, promote longevity, and shed pounds Get a month's worth of grocery items to have on hand to make healthy juices and smoothies in minutes Whether you want to lose weight, cleanse, or simply add more healthy fruits and veggies to your diet, Juicing & Smoothies For Dummies makes it easy.

Smoothie and Juice Recipes

Healing Tonics, Juices, and Smoothies

Crazy Sexy Juice

Superfood Smoothies

Healthy Quick & Easy Smoothies

Simple Green Smoothies

The Juice Generation

Standout Healthy and Satisfying Juices, Smoothies and Snacks Juices and smoothies are packed with the vitamins and nutrients you need to nourish your body. And Emily von Euw, creator of thisrawsomeveganlife.com, has recipes that are so delicious you'll be drinking to your health every day. Recipes include:
• Lime and Apple Aura?
• Watermelon Wake Me Up
• Carrot Ginger Sipper?
• Apple Cinnamon Delight
• Banana Spinach Almond Dream
• Pineapple Berry Mixer
• Vanilla Melon Magic
• Strawberry Mylkshake
• Dark Chocolate Chip, Oat and Hemp Cookies
• Dare to Date Squares
• Hippie Hemp Hummus
• Cheezy Garlic Kale Chips Each sip will boost your metabolism, detox your body, strengthen your immune system and help you get your daily recommended intake of fruits and vegetables. Plus, swapping in some of these healthy drinks and quick snacks will help control your weight and save you time in the kitchen. With recipes that are not only good for you and easy to make, but tasty and portable as well, you'll be clinging to this healthy living companion with both hands. 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.

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 color photography to accompany each recipe

We all know how important it is to give our kids a healthy, balanced diet. But how best to make sure they are getting all the vitamins and nutrients they need when fruits and vegetables are some of the least favorite items on their plate? Popular food writer, blogger and mother of three Deborah Harroun has the answer in 100 delightfully flavorful and nutritious recipes for kid-friendly smoothies. Her newest cookbook, BEST 100 SMOOTHIES FOR KIDS offers up kid-test and kid-approved recipes that are sure to please everyone in the family. The book includes recipes for fruit- and vegetable-based juices, as well as a variety that combine fruits and veggies or get their flavor and nutrients from things other than produce. The chapters include Breakfast Smoothies, Lunch and Lunchbox Smoothies, Snacktime Smoothies, Smoothies for Dinner, and Dessert Smoothies. Two special chapters cover Holiday Smoothies, such as pumpkin-flavored smoothies for Thanksgiving or Christmas, and Bedtime Smoothies, made with tryptophan-rich milk bases and with soothing ingredients like chamomile, cinnamon, vanilla, and lemon. What's better than a well-fed and happy child who falls asleep easily after a busy day? Harroun also provides a variety of different options for creating the perfect smoothie, with recipes that include milk- and yogurt-based smoothies as well as dairy-free options made from juice, water, rice milk, almond milk, and soy milk. There are even numerous gluten-free and vegan options as well. Harroun serves up a hundred bright and colorful, healthy and satisfying drinks in this new four-color and photo-rich cookbook. The emphasis throughout is on providing a wide range of flavors, colors, and nutrients, guaranteed to broaden the horizons of any child who thinks carrots or apples are the only acceptable items from the supermarket's produce section. Parents - and doctors and dentists - can take heart in the fact that Harroun uses no processed or white sugar for sweetening her smoothies. With all these options for creating inspired smoothies, parents no longer have to worry about making sure their children are getting all the nutrition they need. The only challenge is figuring out which of these delicious recipes to try first!

Jim Hansard and Jadah Sellner are on a fresh path to health and happiness—deprivation not included. In their book, Simple Green Smoothies, these two friends invite you into a sane and tasty approach to health that will inspire and energize you on your own journey toward a happier life. The Simple Green Smoothies' lifestyle doesn't involve counting calories or eliminating an entire food group. Instead, it encourages you to make one simple change: drink one green smoothie a day. Simple Green Smoothies includes a 10-day green smoothie kick-start to welcome you into the plant-powered lifestyle, with shopping lists included. Follow it up with 100+ delicious recipes that address everything from weight loss to glowing skin to kid-friendly options. Hansard and Sellner are two moms raising their own families on healthy, whole-food recipes. They've seen the amazing health benefits of green smoothies firsthand—from losing 27 pounds to getting more energy. Their wildly popular website has changed the lives of over 1 million people and made them the #1 green smoothie online resource.

Simple Green Smoothies will empower you to take control of your health in a fun, sustainable way that can transform you from the inside out. Ready to join the plant-powered party?

The Ultimate Ingredients For Healthy Living Including 100 Revitalizing Recipes

Medical Medium Celery Juice

A Balance of Raw and Lightly-Cooked, Gluten-Free Plant-Based Meals for Healthy Living

100+ Elixirs to Nurture Body and Soul

Smoothies & Juices: Prevention Healing Kitchen

Easy Recipes for Natural Energy and Delicious, Plant-Based Nutrition

Best 100 Smoothies for Kids

An in-depth approach to smoothie making for kids with a variety of flavors, ingredients and taste combinations to appeal to kids and adults alike.

Provides over two hundred healthy drink alternatives for kids, including such beverages as blackberry banana blast, pineapple tangenee twist, and green veggie goodness.

"Whether you're a vegetarian, a raw vegan, avoiding dairy, a meat-lover just looking for something new and delicious or you want to lose weight and increase, Emily von Euw, author of the bestselling Rawsome Vegan Baking and newly released 100 Best Juices, Smoothies and Healthy Snacks, has creative recipes for savory, mouthwatering main dishes and meals. Emily's balance of raw and lightly-cooked savory recipes range from Veggie Wraps with Miso Mustard Gravy to Raw Pizza with Spinach Pesto and Yam Burgers with Daikon Fries and Ketchup. They deliver the comfort and complexity sometimes missed in vegan diets and they're eye-catching to boot. Readers will be left feeling stuffed and satisfied. Emily's popular blog, This Rawsome Vegan Life, won the Vegan Woman's Vegan Food Blog Award and was named one of the Top 50 Raw Food Blogs. Her tempting vegan eats paired with her spectacular photography mesmerizes a strong following. "--Amazon.com.

Satisfy your anytime cravings with a smoothie! On a summer day, after an intense workout, or on a lazy afternoon, nothing refreshes better than a cold smoothie. Unfortunately, it can often take a lot of time and effort to make and enjoy them. But not the smoothie recipes in Healthy, Quick & Easy Smoothies. You won't need more than 10 minutes and no more than 5 ingredients to make any smoothie in this book-and they're all under 300 calories! Healthy, Quick & Easy Smoothies includes these features: 100 mouthwatering recipes for tropical fruit, berry, combination, and green smoothies Complete nutritional data to help with your weight loss goals Expert information from Dana Angelo White, nutritionist for the Food Network, on why smoothies are better than juices and how to best make smoothies Every recipe contains complete nutritional data to help you plan your meals and meet your daily dietary needs. Many recipes also offer modifications you can make-but the healthy, quick, and easy promises never change. And because you have so many delicious smoothies to choose from, your blender is sure to occupy a permanent place on your countertop! Complete guide to using juices to maximize health and vitality. Offers up-to-date information on the value of juices in relation to the body's needs. Included are comprehensive charts, delicious recipes and instructions on using various juicing equipment.

100 Recipes for Fresh Juices and Superfood Smoothies

100+ Delicious Recipes for Optimal Wellness

4-Ingredient Smoothies + Juices

Easy Recipes For Natural Energy & Weight Control The Healthy Way

Enjoy 100 + Smoothies and Juice Recipes Including Smoothies for Good Health and Weight Loss

More Than 400 Simple, Delicious Recipes!

Juicing and Smoothies For Dummies

With 100,000 Twitter followers and a blog that receives half a million unique visitors a month, food writer Kathy Patalsky loves sharing her passion for healthy, vegan cuisine. With 365 Vegan Smoothies, she makes it possible for everyone to enjoy this daily diet enhancement that is free of animal products (even honey) and the saturated fats, chemicals, and hormones that often accompany them. From her feisty "Reach for the Sky" to green smoothies such as her revitalizing "Green with Energy," Patalsky's innovative smoothie recipes are built around themes such as brain boosters, weight loss, healthy digestion, and detoxification. She also includes mood toners, such as the "Cheerful Chocolate Chia," with B-complex vitamins and omega fatty acids to boost serotonin levels. Featuring vibrant color photographs and simple steps to stock a healthier pantry, 365 Vegan Smoothies serves up the perfect blend for everyone.

Mom always told you, áæoDrink your juice!áæ? But letâ€Œs face it!â€ 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 oil, and cacao!DINever heard of things like sachâ€ inchi or yacon? Not to worry!áæ? 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!d/dVJuices 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!div

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.

*Refreshed with vitamins and nutrients, smoothies and juices are a delicious way to eat well. Featuring a variety of fruits and vegetables, 100 Best Smoothies & Juices is a vibrant, picture-filled guide to eating well with little more than fresh produce and a blender. Perfect as starters, complete meals, or rich yet healthy desserts, these juices and smoothies will help to keep you looking and feeling your best. When you need a quick, brain-powering meal or a delicious way to repair and relax, blend up one of these 40 nutrient-rich smoothies to boost your day. There's nothing easier than whipping up a delicious smoothie. It's a foolproof way to get the vital nutrients your body needs in a drinkable, no-fuss meal. This colorful book takes a casual approach to smoothies—there's no need to buy supplements, powders, or mixes. Every smoothie recipe in this book relies on the magical flavors and health benefits of ingredients you can find in any grocery store or specialty market. From perfect breakfast boosts to relaxing tropical blends, post-workout cooling drinks, and treat-yourself desserts without the guilt, there are endless ways to sip your way to feeling good. Each recipe has a little badge that notes its main benefit: Digestion, Relax, Energy, Immunity, and more. You'll also find a handy guide to the main ingredients found in this collection so you can build up your blending skills and imagine up your own drinks. CREATIVE RECIPES: You'll find a variety of tasty flavor combinations and unique recipes, like Matcha Avocado Frappe, Mango Turmeric Lassi, and Blueberry Cheesecake. EASY TO MAKE: Included is a smoothie making guide and helpful prep and storage tips so you can make the best drinks again and again. COLORFUL GIFT: A beautiful package with dynamic illustrations throughout makes this a fun gift for smoothie lovers, those looking for easy breakfast ideas, college grads, and anyone interested in healthy eating. Perfect for:
• Fans of smoothies
• Health food shoppers
• People interested in easy self-improvement
• Healthy-ish readers
• Busy people looking for easy recipes*

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 avocado, 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.

"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!"---

100 Recipes & SMOOTHIES

Juice + Nourish

Juiceman

Includes Vegetable Super Juice, Mango Pear Punch, Ginger Zinger, Super Immunity Booster, Blueberry Citrus Juice and hundreds more!

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

Incredibly Nutritious and Totally Delicious No-Sugar-Added Smoothies for Any Time of Day

The Most Powerful Medicine of Our Time Healing Millions Worldwide

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.

It's time to go green! Discover more than 100 invigorating drinks that can help cleanse your body, increase your energy, boost your immune system, and aid in weight loss and digestion. Green juices and smoothies are more than just healthy, they're also irresistible. Start your day with a Superfoods Smoothie, chock-full of spinach and kale. Or enjoy an afternoon pick-me-up with a Mojo Mojito, a refreshing blend of cucumber, pear, mint and lime juice. Whatever you choose, you'll find that adding a little green to your life is a quick, easy and delicious way to help you feel great. More than 60 beautiful photos. Hardcover concealed spiral book

Glow from the inside out with delicious juices and smoothies! In Juice + Nourish, model-turned-nutritionist Rosemary Ferguson shares 100 refreshing recipes that will help you pack vital nutrients into your busy day—from the Turmeric Dream, with crisp apples, celery and lemon, to the Life Is Peachy, with antioxidant-rich peaches and spinach.

Harness the power of plants and reap their many benefits: Cleanse the liver Heal the gut Aid sleep Balance blood sugar Improve heart health Jump-start the immune system Glow with healthy hair and skin Promote weight loss and workout recovery You'll also find easy 1-day, 2-day, and 3-day cleanses—plus an in-depth glossary with nutritional info on every plant ingredient. Now, go juice-and-nourish your body!

Refreshed with vitamins and nutrients, smoothies and juices are a delicious way to eat well. Featuring a variety of fruits and vegetables, 100 Best Smoothies & Juices is a vibrant, picture-filled guide to eating well with little more than fresh produce and a blender. Perfect as starters, complete meals, or rich yet healthy desserts, these juices and smoothies will help to keep you looking and feeling your best. When you need a quick, brain-powering meal or a delicious way to repair and relax, blend up one of these 40 nutrient-rich smoothies to boost your day. There's nothing easier than whipping up a delicious smoothie. It's a foolproof way to get the vital nutrients your body needs in a drinkable, no-fuss meal. This colorful book takes a casual approach to smoothies—there's no need to buy supplements, powders, or mixes. Every smoothie recipe in this book relies on the magical flavors and health benefits of ingredients you can find in any grocery store or specialty market. From perfect breakfast boosts to relaxing tropical blends, post-workout cooling drinks, and treat-yourself desserts without the guilt, there are endless ways to sip your way to feeling good. Each recipe has a little badge that notes its main benefit: Digestion, Relax, Energy, Immunity, and more. You'll also find a handy guide to the main ingredients found in this collection so you can build up your blending skills and imagine up your own drinks. CREATIVE RECIPES: You'll find a variety of tasty flavor combinations and unique recipes, like Matcha Avocado Frappe, Mango Turmeric Lassi, and Blueberry Cheesecake. EASY TO MAKE: Included is a smoothie making guide and helpful prep and storage tips so you can make the best drinks again and