

1. Record Nr.	UNINA9910148569703321
Autore	Simkins Vanessa
Titolo	The juice lover's big book of juices : 425 recipes for super nutritious and crazy delicious juices // Vanessa Simkins
Pubbl/distr/stampa	Beverly, Massachusetts : , : Harvard Common Press, , 2016 ©2016
ISBN	0-7603-5300-X
Descrizione fisica	1 online resource (355 pages) : color illustrations, photographs
Disciplina	663.63
Soggetti	Fruit juices Vegetable juices
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes index.
Nota di contenuto	Juicing basics -- Vegetables -- Fruits -- Specialty juices -- Especially for health -- And more.
Sommario/riassunto	"Filled with 425 recipes, The Juice Lover's Big Book of Juices is the ultimate juicing resource. Try as we might, it can be difficult to fit in the recommended six to eight servings of fruit and vegetables every day. Juicing makes it easy! Author and juicing expert Vanessa Simkins provides you with fresh, raw recipes you can juice everyday. Accessible to both experienced juicers and those looking to get started, The Juice Lover's Big Book of Juices is packed with fun, colorful photos and information on the preventative and curative health benefits of juicing. In addition to lots of recipes for detox juices and green juices, you'll find recipes using ingredients hard to find in other juicing books, such as nut milks and chia, as well as newer juicing trends, like juice shots and nightcap juices. Drink up!"--provided by Amazon.com.