

Easy Juicing: The Best 100 Juices, Crushes, Smoothies, Coolers and Quenchers

Nicola Graimes

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100 JUICES,
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JUICING

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Nicola Graimes : Easy Juicing: The Best 100 Juices, Crushes, Smoothies, Coolers and Quenchers before purchasing it in order to gage whether or not it would be worth my time, and all praised Easy Juicing: The Best 100 Juices, Crushes, Smoothies, Coolers and Quenchers:

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Kick-start your day, pep yourself up mid-afternoon, or power-up after a hard workout—Nicola Graimes has gathered recipes for the 100 best beverages you can make in a juicer or blender. Super-quick and ultra-easy to make, each drink is bursting with goodness. From the seriously frivolous Peach Baby to the skin-saving Green Goddess, you can indulge your decadent side and enhance your health at the same time. The chapter on Coolers and Quenchers will help you chill out and recharge on a hot day. The chapter on Pick-Me-Ups and Revivers are packed with vitamins, minerals and antioxidants. These super-juices will rejuvenate your body and mind. Whether you choose cleansing blends to brighten dull skin, want an instant, delicious detox in-a-glass, or need immunity-boosting ingredients to fight colds and combat stress, with Easy Juicing you'll look amazing and feel fabulous all year round. Finally, you'll love Nicola's Tipples, whether you're planning a party, an intimate soiree, or are just in the mood for an adult drink, these recipes are guaranteed to liven things up. Fruity twists on cocktail classics include a gin Bramble, Dolce Vita, or Mango Daiquiri—could be just the thing to give your night that extra edge.

"If you're new to the world of juicing, this book provides easy-to-follow steps, guidelines, and recipes for creating juice blends. It includes what you need to get started, including the notion that you don't need an expensive juicer. Cheaper models and even some blenders can do the trick! Colorful recipes for juices, smoothies, coolers, quenchers, pick-me-ups, and revivers fill the pages of this inspiring book. Blends such as the Cold Zapper, which helps fight off colds, and the Sleepy Head, a sleep-inducing juice for all seasons, are useful for everyday challenges." - Diana Pimer, Taste for Life (August 2014) About the Author Nicola Graimes is an award-winning author of more than 40 cookbooks and a former magazine and book editor. She has a speciality in vegetarian, health, and children's cooking.