

[E-BOOK] Juice. Blend. Taste.: 150+ Recipes By Experts From Around the World

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Cindy Palusamy


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Cindy Palusamy : Juice. Blend. Taste.: 150+ Recipes By Experts From Around the World before purchasing it in order to gage whether or not it would be worth my time, and all praised Juice. Blend. Taste.: 150+ Recipes By Experts From Around the World:

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out of my local library got 50 pages in and knew it would be great and since I then I've found even more drinks since getting the book its worth it 0 of 0 people found the following review helpful. Beautifully illustrated recipes By Betty This book has great juice recipes and beautiful watercolor illustrations by Jessie Kanelos Weiner. 0 of 0 people found the following review helpful. Five Stars By Kerry I Love It.

150 recipes for drinks that taste as good as they are good for you. The innovative international juice bar and cafeacut; concept The Juicery teams up with more than fifty leading global experts in the fields of nutrition and integrative medicine (doctors, nutritionists, personal trainers, naturopaths, estheticians, spa owners, and chefs) to inspire healthier eating and greater consumption of seasonal produce by incorporating nutritious and delicious drinks into everyday life. This book features tasty recipes for fruit and vegetable juices, booster shots, smoothies, soups, nut milks, herbal sodas, and teas. There are options for everyone: fitness enthusiasts can enjoy pre- and post-workout drinks, moms will appreciate the ways to sneak greens into their kids'squo; diets, and foodies will find recipes to impress brunch guests with creative flavor combinations. The book includes tips on selecting kitchen equipment, ingredients and superfood boosters, a flavor combination guide, and a useful ingredients glossary. Beautifully designed with color illustrations throughout, Juice. Blend. Drink. will inspire you to try daring experiments with your juicer and blender.

"This is a great resource for anyone looking to make more juices and smoothies at home." -CHERRY BOMBE MAGAZINE About the Author Cindy Palusamy is the founder of The Juicery and boutique consulting firm CP Strategy. For over ten years, she has been an adviser and strategist to leading global hospitality, beauty, and wellness businesses, collaborating with top experts in health, nutrition, and beauty. In October 2012, she launched The Juicery, an innovative juice bar and cafeacut; concept with a signature "expert goodness" menu and a location in London.