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Juice It, Blend It, Live It: Over 50 Easy Recipes to Energize, Detox, and Nourish Your Mind and Body

Jamie Graber

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#1075437 in Books Graber Jamie 2015-11-03Original language:EnglishPDF # 1 7.60 x .80 x 7.70l, .0 #File Name: 163450562X192 pagesJuice It Blend It Live It Over 50 Easy Recipes to Energize Detox and Nourish Your Mind and Body | File size: 22.Mb

Jamie Graber : Juice It, Blend It, Live It: Over 50 Easy Recipes to Energize, Detox, and Nourish Your Mind and Body before purchasing it in order to gage whether or not it would be worth my time, and all praised Juice It, Blend It, Live It: Over 50 Easy Recipes to Energize, Detox, and Nourish Your Mind and Body:

1 of 1 people found the following review helpful. My favorite. Period.By CustomerMy boyfriend and I got to Gingersnaps and have tried a few of their cleanses (they've been voted NYC's best for a reason...). The only downside is that it's a trek! So I was soooooo excited that their founder released a book for some DIY action! I love Jamie's recipes, they're so simple and clean, unlike some of the other raw food books I've tried (and I've tried them all), and super well balanced, which I always mess up when juicing. I even ended up ordering one for my mom with the hopes that she'll come around to the evil green side. The almond milk and the basil-green juice are my favorite so far. =]0 of 0 people found the following review helpful. DisappointedBy KCPNot a fan of these recipes... I won't purchase a recipe book online again without being able to see the recipes... I was mostly looking for smoothie recipes and there are only a few in this book. Disappointed... Especially, given all the glowing reviews.0 of 1 people found the following review helpful. Four StarsBy NP;-)

Juice It, Blend It, Live It will teach you how to bring a healthy lifestyle change to your home. This book is a blueprint to making delicious cleanses that will enable you to live a vibrant, energy-filled, healthy life. Jamie teaches you not only how to make the juices, smoothies, soups, and nut milks she enjoys, but you can tailor her recipes to your own taste buds and preferences. Filled with colorful photos and inspiration, Jamie shares everything from the medicinal value of superfoods that can add health value to your diet to smoothies kids will love! Juice it, Blend It, Live It is jam-packed with yummy and revitalizing recipes, including:

- Nut Seed Milks: Almond Milk, Brazil Nut Milk, Hemp Milk
- Green Juices: Amazing Greens, Blissfully Basil
- Root Juices: Beet Me, Sweetie Pie
- Smoothies: Beauty Tonic, Mint Chocolate Chip
- Soups: Classic Kale, Avocado Kick
- Detox Juices: Lemon Lime Detox, Master Cleanse Tea

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About the Author Jamie Graber is the owner of Gingersnap's Organic. She is a certified yoga teacher and an Institute of Integrative Nutrition life coach. She lives in New York City with her chef-husband.