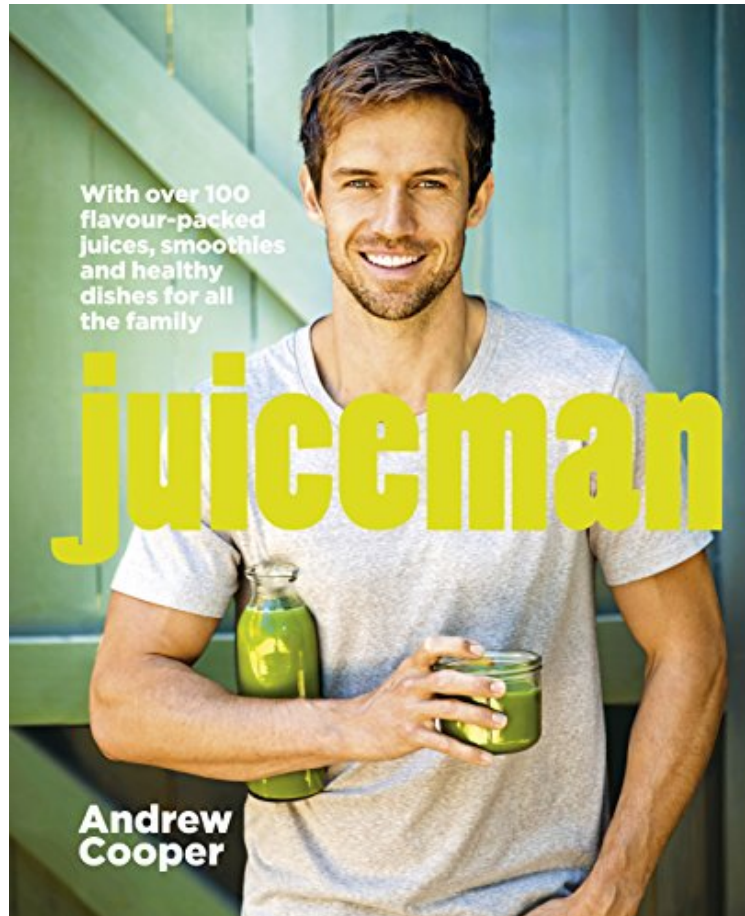


Juiceman

Andrew Cooper

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Andrew Cooper : Juiceman before purchasing it in order to gage whether or not it would be worth my time, and all praised Juiceman:

1 of 1 people found the following review helpful. Gorgeous and tantalising!!By ShonaAwesomely creative and tantalising healthy recipes, I'm having trouble putting it down! I love how it's packed with lots of helpful tips and information on super foods. Plus as I follow a low/no sugar diet I love how there are plenty of low sugar recipes. A visually beautiful book as well! Love it0 of 0 people found the following review helpful. Excellent book. I really recommend this book to all who looking forBy Janis IvanovskisVery good and useful book for all who are looking for or looking at healthy stile of living. Easy to read and manage all recipies in the book. Thank you for the book.

Andrew Cooper's Juiceman 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 retoxing, 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.

About the Author Andrew Cooper is a model and an actor. He has appeared in numerous high-profile print and TV campaigns for brands including Dunhill, Topman, Giorgio Armani, Paul Smith and Diet Coke. His love of juicing began at an early age, thanks to his mum, and has since become a way of life and a business venture, through his range of Juiceman products. Andrew lives in Buckinghamshire with his wife, two children and their American bulldog, Pepper.