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Jenny James

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worth my time, and all praised Juicing Recipe Guide 101: Includes 70+ Irresistible Fruit Vegetable Juice Recipes To Tempt Your Taste Buds (Fruit Veggies Rock!) (Volume 1):

“Juicing Recipe Guide 101” is the latest project by vegan foodie Jenny James in her “Fruit and Veggies Rock! Series of simple guides to healthier eating. Aimed squarely at people who know little or nothing about what healthy juicing entails, this book answers many of the common questions people have about getting started making real juice. If you are someone who is really interested in getting more natural vitamins and minerals into your daily diet, this book is definitely for you. Basics covered in this book include: • The Complete Guide to Juicing for Beginners • Why Fresh Juices? • What is the Difference between Juices and Smoothies? • Health Benefits of Drinking Fresh Juices • What Fruits Are Commonly Used For Juicing? • Juicing, Detox and Weight Loss • What will I Need to Start Juicing? • How to Select the Best Ingredients • How to Prepare Your Fresh Juices • A Few Additional Juicing Tips and Tricks However, possibly the best part of this really helpful book is the recipe section. Here you will find over 70 nutrient juice recipes that will take no time at all to prepare. The recipes are ordered by main fruit base ingredient, making it simple for you to quickly find a juice in the contents page that is in season and in stock in your pantry! Author Jenny James notes in her book that her books are written to help anyone, even absolute beginners find ways to live a more healthy lifestyle. Juicing Recipe Guide 101 certainly lives up to this expectation.