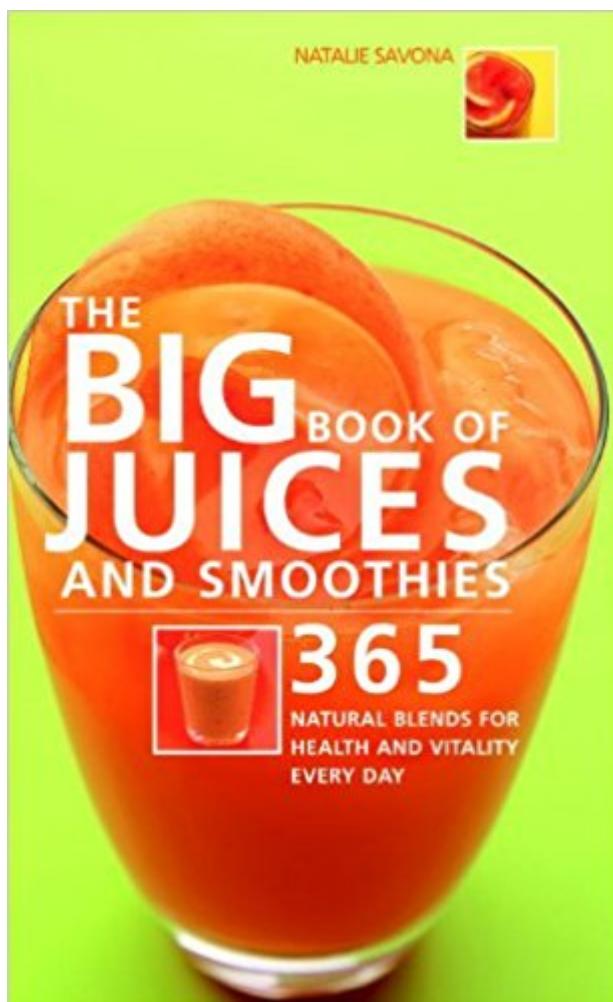


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# The Big Book Of Juices And Smoothies: 365 Natural Blends For Health And Vitality Every Day (The Big Book Of...Series)



## **Synopsis**

Juice bars are all the rage, but making the drinks at home is an easy&#151;and less expensive&#151;way to sustain a smoothie habit. The Big Book of Juices and Smoothies features 365 healthy, delicious recipes, many of which can be prepared with nothing more than a blender. Each drink is rated for its energy/immune boosting properties, detoxifying qualities, and skin enhancing abilities, while an at-a-glance nutrient profile lists vitamins, minerals, and phytonutrients. Juice plans, such as a &#147;detox weekendÃ¢ ¬Â• or an &#147;immune-boosting weekÃ¢ ¬Â• round out the book.

## **Book Information**

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## **Customer Reviews**

Natalie Savona trained as a nutritionist at the acclaimed Institute for Optimum Nutrition in London. She runs two nutritional practices based in London and EnglandÃ¢ ¬â„¢s West Country which specialize in the link between diet and mental well-being. A member of the expert panel for Healthy magazine, Natalie has also written features for several newspapers, including The Times, Observer, and Evening Standard.

This book as everyone else said has lots of good tasting juices and very easy to follow and easy to use. I however am looking for a book of juices that are healthy as a primary factor and then good tasting as a second, while all of these are not bad for you they are mainly fruit with very little veggie

juices. Sure most of them have a veggie or two but not what you would expect by its title. If I just wanted a good book about store bought alternative juices then this is excellent...Kale, the worlds super food is hardly used in any of these, with it being as good as it is you would think there would be a chapter with this in it, no! there are a few chapters with veggies but far less than fruits. I have two other books that have many more good "Green" recipes but not nearly as easy to use, they are complete books with data, facts nutrition info (including calories) one is called Juicing by Michael T Murray, the other Juice Fasting and Detoxification. These have lots of good recipes, BUT these books are not just for that so there are not nearly as many as in the book I'm reviewing here. So all in all it is a good book if you just want some pop or store bought alternatives, but not if you want to go on a health kick or juice diet.

Since I just recently bought my first juicer, I wanted a simple book to help me get started. I think this is a great book for beginners. It lists some wonderful combinations and some not so great ones (I am NOT a fan of drinking watercress, and much rather prefer parsley, lol). It's all about learning though, right? The recipes are organized well focusing on a main ingredient for a few pages. The glossary in the front is very informative and the index in the back helps you find juices made with your favorite fruits or veggies. I also like how under each recipe it is rated 1 to 5 stars for: Energy, Detox, Immunity, Digestion and Skin. This is really helpful if you are trying to go for something more than the other, and also to warn you not to drink too many "detox" ones by accident ;) I didn't use a lot of the smoothie recipes since I was using the book mainly for my new juicer but the ones I did try were very straight forward and easy to create, as well as yummy! Great book for starting out, nothing too complicated, informative, and well organized.

Its a great book, organized nicely and lots of recipes. I was hoping it had less fruit smoothies though, and more green ideas. It is a fantastic juice book. Just be careful of how much fruit you add, due to the sugar content. Another good suggestion would be if it had caloric data for the recipes. None the less, a great book for juicing and smoothies, tea ideas too. Just wasnt exactly what I was hoping for.

I bought this book as a step to start juicing more. Every book I find on juicing may contain helpful info but the organization is always lacking. Most recipes in these books are organized by your ailment, not here. The book has a great spiral spine so you can lay it flat while you follow a recipe. I have tried many recipes in this book and almost all of them have been really yummy even when I

may not have all the ingredients on hand. The very best part of this book is the organization. If you have a ton of apples or oranges in the fruit bowl, this book is organized by fruit. It has these great little icons in the middle of the outside edge and you flip through quickly to see what recipe you want. The pages are shiny and colorful which most book lovers like to see. Even though this book is not organized by illness, it does have an index on what to drink for a certain problem. After looking at lots of juicing books, this seemed the best for me. Further these recipes are simple and have ingredients most people have on hand. Some juicing books have exotic recipes and when you are just starting out, it is easier to juice when it is simple and you have it on hand.

Is a lifesaver. From getting so overwhelmed with the exotic concoctions in the juice/smoothie books which sit on my shelf, I happened to pick this one up at the local juice bar. The girl there apologetically said it wasn't for sale, but from what I read whilst standing there, I have to say I have never had a book impress me so much in so few seconds. I ordered one, and the rest is history. 1. Brilliant, logical layout 2. Non overwhelming recipes (for those of us who don't want to live in the kitchen) 3. Surprisingly informative, from the basic fruit/ veg nutritional facts at the start to the 1 to 5 star rating after each recipe. Brilliant. I love this book. It is my favourite, and as a raw foodist, I have stacks of books. If you buy it, you'll see what I mean.

So, I read a good amount of reviews before purchasing this book and then thought I'd buy it anyway because I am a novice juicer. It is a very elementary book with just combinations of fruits and veggies that go together well, BUT that is exactly what I was looking for. It does talk about how different combos can cleanse your skin, immune system, digestion, and energy levels. I would recommend this book for beginners, such as myself, that are trying to get into juicing (and smoothies). Thank you for reading.

This book is amazing and has changed my juicing so much. I've actually sent it to friends that commented on the juices I made and wanted to try it. It makes juicing fun and so far all the juices have tasted amazing while still getting all the benefits of juicing. I strongly, highly, beg you to buy this book with your juicer. I promise you will LOVE it!!! I just got a new juicer, the Breville 800JEXL Juice Fountain Elite 1000-Watt Juice Extractor after years of juicing the combination of an awesome juicer and this book has been a great delight! I'll be gifting this for sure. I love to share things that are worth the money. Thanks for all the great reviews on , they lead and direct me to buying things that are worth the money and time!!!

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