

100 Best Juices Smoothies And Healthy Snacks Easy Recipes For Natural Energy Weight Control The Healthy Way

Provides over two hundred healthy drink alternatives for kids, including such beverages as blackberry banana blast, pineapple tangerine twister, and green veggie goodness.

*The Smoothie And Juice Recipe Book gives you 100+ delicious smoothie and juice recipes to help you cleanse your body and lose weight! Smoothies are naturally packed with superfoods and antioxidants from fresh fruits and vegetables, making them the easiest and tastiest way to improve your health, and get glowing skin and hair while Juices are one of the quickest way to get nutrients into your body quickly! Juices are easily digested and they feed our body's cells efficiently. They usually taste amazing too! Fruit juices tend to supply the body with more vitamins, whereas vegetables tend to supply the body with more minerals. This Smoothie and Juice Recipe Book will make it easy to start enjoying smoothies with Juices on a daily basis and to get an extra boost of vitamins, nutrients, and antioxidants so that you can start losing weight right away! You Will Find Smoothies For: * Energizing your mornings and power through your afternoons with recipes that take seconds to prepare and minutes to consume for lasting energy. * Beautiful glowing younger looking skin, one of these smoothies every couple of days will turn back the hands of time for your skin. * Increasing your Immunity, fight off disease and prevent cold and flu viruses. Don't get sick when everyone else is. * Making smoothies are the easiest and most effective way for your body to absorb all the nutrients fast. Bounce out of bed in the morning full of energy to take on the day. Advantages of Smoothies: * Lots of fruit and vegetables easily digestible keeping you fuller for longer. * Large amounts of vitamins and minerals to keep your immune and gut healthy wards off disease and any other problems. * Easy and Fast to make, just get all the ingredients ready the night before, throw them in the blender and Presto! Your nutrient rich smoothie ready for drinking! * Lose Weight faster! Decrease those sugar cravings, Increase your Metabolism to burn off those extra pounds. * Improve muscle strength and athletic performance. Advantages of Juices:* Juices are the best way to get direct nutrients, minerals, iron, and essential acids and even glucose. * Juices don't only mean fruit juices. Vegetable juices are also the best way to refresh your inner body without having to trouble the digestive organs. * Juices are also perfectly made for those people who want to stay fit and healthy. Most of them are essential to our body growth, for our daily diet as well as to oxidize the inner portion of the body. * Juices expand your vitality and are delicious If you want to lose a few extra pounds or get that beach body ready for summer then get this Smoothie and Juice Recipes book and join thousands of people that already use these recipes to lose weight and live healthy lives. Today only, get this book for \$0.99 before the price goes back up to \$9.99!*

The No.1 bestselling juicing author Jason Vale is back with his ultimate book of juices and smoothies. His complete recipe book contains recipes for over 100 easy and delicious juices and smoothies to help you lose weight, get healthy and feel fantastic.

The Juice Lady, Cherie Calbom, provides all of her most popular recipes for juicing, smoothies, shakes, soups, and sauces, in one complete volume.

Over 100 fast, fresh juices and smoothies

Smoothies and Juices

A Complete Guide to the Juicing of Fruits and Vegetables for Maximum Health

Crazy Sexy Juice

100 Juices to Turbo-charge Your Body with Vitamins and Minerals

125 Best Juices, Smoothies and Healthy Snacks

Cleanse. Heal. Revitalize: 100 nourishing recipes and simple juice fasts

Nothing beats the flavour of a freshly made juice...and they are so much more economical and wholesome than the brands that line the supermarket shelves. But once the initial enthusiasm for your juicer wears off, it can be easy to get into a rut and lose the benefits that homemade juices and smoothies can offer. With over 100 brilliantly varied recipes, Natalie Savona's innovative ingredient combinations will reignite your love of your juicer. Simple recipes bring out the health and taste benefits, divided into chapters of Delicious Detoxers, Energy Boosters, Soothers, Immunity Helpers and Skin Savers, to help you find the right drink for any occasion. And an easy-to-use symbol system highlights each juice's suitability for special diets of all types. Packed with photographs and nutritional information, this is the perfect kitchen companion to unlock all the benefits that your juicer has to offer.

Complete guide to using juices to maximize health and vitality. Offers up-to-date information on the value of juices in relation to the body's needs. Included are comprehensive charts, delicious recipes and instructions on using various juicing equipment.

With 100,000 Twitter followers and a blog that receives half a million unique visitors a month, food writer Kathy Patalsky loves sharing her passion for healthy, vegan cuisine. With 365 Vegan Smoothies, she makes it possible for everyone to enjoy this daily diet enhancement that is free of animal products (even honey) and the saturated fats, chemicals, and hormones that often accompany them. From her frosty sweet "Peach Pick-Me-Up" to green smoothies such as her revitalizing "Green with Energy," Patalsky's innovative smoothie recipes are built around themes such as brain boosters, weight loss, healthy digestion, and detoxification. She also includes mood tapers, such as the "Cheerful Chocolate Chia," with B-complex vitamins and omega fatty acids to boost serotonin levels. Featuring vibrant color photographs and simple steps to stock a healthier pantry, 365 Vegan Smoothies serves up the perfect blend for everyone.

Get a quick start with your Magic Bullet Blender and meet your goals for better health and delicious meals! This book shows you exactly how to get the most out of your Magic Bullet so you can create delicious soups, shakes, sauces, breads, smoothies, desserts and even mixed drinks like a pro! No other book contains such an assortment of helpful, specific instructions and delicious choices for how to use your Magic Bullet blender, with 100 of some of the most popular recipes, this book is truly the perfect companion for anyone who owns a Magic Bullet! LEARN HOW TO: - use your Magic Bullet to make soups - milkshakes and protein shakes - use your blender as a food processor - make sauces and dressings - make baked foods, breads, nut butters - make entrees such as burgers - make incredible desserts from cheesecake to ice cream! - Don't forget the tantalizing smoothies!! Do you own a Magic Bullet? Then this is your book. All of our recipes and "how to" information is designed specifically for your Bullet blender, and to help you with your lifestyle and health goals. Grab it today! MONEY-BACK GUARANTEE!! Free shipping for Prime members

Smoothies & Juices: Prevention Healing Kitchen

Healthy Quick & Easy Smoothies

100 Refreshing Juices and Smoothies to Promote Health, Energy, and Beauty

Incredibly Nutritious and Totally Delicious No-Sugar-Added Smoothies for Any Time of Day

100 Best Smoothies and Juices

The Juice Lady's Big Book of Juices and Green Smoothies

100 Easy, Nutritious Recipes for Lifelong Health

Over 100 green smoothie recipes packed with vitamins, minerals, superfoods, and antioxidants Green smoothie recipes for weight loss, energy, detoxing, improving digestion, beauty, and more Step-by-step instructions for purchasing a blender, preparing produce and blending your own green smoothie ingredients A guide to shopping for produce, and when to buy organic Smoothies for all seasons and occasions, including Berry Basket Breakfast Smoothie, Banana-Walnut Wonder, Cucumber-Melon Cooler, and kid-friendly recipes like Chocolate-Covered Cherry

Standout Healthy and Satisfying Juices, Smoothies and Snacks Juices and smoothies are packed with the vitamins and nutrients you need to nourish your body. And Emily von Euw, creator of thisrawsomeveganlife.com, has recipes that are so delicious you'll be drinking to your health every day. Recipes include: ☐ Lime and Apple Aura? ☐ Watermelon Wake Me Up ☐ Carrot Ginger Sipper? ☐ Apple Cinnamon Delight ☐ Banana Spinach Almond Dream ☐ Pineapple Berry Mixer ☐ Vanilla Melon Magic ☐ Strawberry Mylkshake ☐ Dark Chocolate Chip, Oat and Hemp Cookies ☐ Dare to Date Squares ☐ Hippie Hemp Hummus? ☐ Cheezy Garlic Kale Chips Each sip will boost your metabolism, detox your body, strengthen your immune system and help you get your daily-recommended intake of fruits and vegetables. Plus, swapping in some of these healthy drinks and quick snacks will help control your weight and save you time in the kitchen. With recipes that are not only good for you and easy to make, but tasty and portable as well, you'll be clinging to this healthy living companion with both hands.

"Juicing machines, and books about how to get the most from them, are selling in tremendous numbers. Best 100 Juices for Kids brings the juicing revolution home for everyone in the family--not just mom and dad. Jessica Fisher's imaginative and tasty recipes give parents terrific and super-nutritious alternatives both to cheap juices loaded with high fructose corn syrup, on one hand, and to healthy but very pricey store-bought gourmet juices on the other. For fruit- and vegetable-averse kids, they also offer a way to "sneak" produce into a kid's diet in a way that the child actually will enjoy. Older kids and teens, too, will have fun trying out the juicing machine in the kitchen, using these recipes as a starting point. Seventy of the 100 recipes are for juices, with about 45 fruit-based and 25 vegetable-based. Half of the remaining 30 are luscious and creamy smoothies, including several dairy-free vegan options. "Sparklies," which are club soda-based carbonated drinks, give parents great ways to replace artificially flavored soda pop, full of processed sugar, with homemade pop made with natural sweeteners. For the hot summer months, when kids are most likely to reach for sugary drinks, there are recipes for icy slushies and refreshing juice-based ice pops. Throughout, Fisher tested the recipes on both low-end and high-end juicers, and she provides expert guidance on how readers can get the best results from whatever model of machine they own"--

Juice bars are all the rage, but making the drinks at home is an easy--and less expensive--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 effectiveness in boosting energy and the immune system, detoxifying the body's organs, and improving the state and quality of our skin. An at-a-glance nutrient profile lists vitamins, minerals, and phytonutrients, while juice plans, such as a "Detox Weekend" or an "Immune-Boosting Week" complement the book beautifully.

Easy Juicing

Eat Well for Less

100 Recipes for Fresh Juices and Superfood Smoothies

Easy Recipes For Natural Energy & Weight Control the Healthy Way

365 Natural Blends for Health and Vitality Every Day

The Juicing Book

The blender now has a permanent spot on kitchen counters in no small part due to the rise of smoothies as a snack fave. Strawberry is the most popular smoothie flavor, while chocolate is the milkshake fave. Although most smoothies share banana as a common ingredient, for milkshakes, it's, well, milk! (Though that milk might be in the form of ice cream.) Whether you're having your smoothie as part of breakfast or as a snack, and whether your shake is a treat or a dessert, grab a straw and enjoy.

Enjoy 100+ refreshing smoothies and juices that promote gut health, glowing skin, heart health, strong muscles, and reduce inflammation from the trusted editors at Prevention. Smoothies and juices are a delicious and easy way to add more fruit and vegetables into your diet and satisfy cravings between meals. Organized by principal health benefit--gut health, heart health, silky skin, post-workout recovery, and reducing inflammation--every recipe includes a detailed explanation about why it's so good for you. Plus, nutrient-rich ingredients include whole fruits and vegetables like avocados, berries, and kale; fresh herbs like mint, basil, and cilantro; as well as healthy add-ins like collagen peptides, bone broth, celery juice, alternative milks, chia seeds, flax seeds, and hemp seeds, apple cider vinegar, filling proteins like nut butter and protein powders, and prebiotics and probiotics to support your microbiome. Smoothies & Juices: Prevention Healing Kitchen includes: · 100+ healthy and delicious recipes such as Carrot-Coconut Smoothie, Pear-Almond Smoothie, Peaches ‘N’ Cream Oatmeal Smoothie, Citrus-Pineapple Smoothie, Pumpkin Detox Smoothie, Berry, Chia, and Mint Smoothie, Turmeric Twist, Celery Juice, Banana-Avocado Zinger, Blueberry Cobbler Smoothie Bowl, and more! · No additional equipment needed! All juices as well as smoothies can be made in your blender · Tips and tricks from the test kitchen for easy preparation · Recipes clearly labeled as high in fiber, protein, and calcium, as well as vegan and good for meals on-the-go · Nutritional values for every recipe · Lie-flat binding for easy use So power up your blenders! A healthier way of eating is only one tasty smoothie away.

The quick and easy way to stay healthy . . . 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.

A Smoothie a Day Keeps the Doctor Away A better, healthier you is only a few ingredients and a sip away with Green Smoothie Gourmet founder Dee Dine's nutritious array of 100 smoothies, juices and wellness shots! Dee makes creating these wholesome drinks a breeze by limiting your shopping to just 4 ingredients or less and incorporating pantry staples and other items that you already have on hand. Dee also organizes her drinks into 10 different nutritional benefit categories to better suit your needs. Each smoothie, juice or shot contains ingredients known to boost your energy, increase the fiber or protein in your diet, help you manage your mood, weight or stress levels, or better your brain, sleep, immunity or beauty--and many drinks give more than one nutritional benefit at the same time! *Get your greens and boost your skin's glow with a sweet Spinach Avocado smoothie *Fight off colds with a Strawberry-Beet Juice or Orange-Turmeric Shot *Boost your brain power with a Blackberry-Zucchini Splash smoothie or a Matcha-Mint Shot *De-stress with a Lavender Lemonade smoothie or pump up your energy with a Pomegranate Frosty *Get plenty of protein and indulge in a tasty treat at the same time with a Coconut-Chocolate Cream smoothie, Cookie Dough Crumble shake or Peanut Butter S'more smoothie Or better yet, try them all! With all these incredible recipes to choose from, you'll be sure to find an option that tastes great and provides the nutrients you're looking for. Create positive change in your health and lifestyle by making these nutritional powerhouses a part of your daily diet.

Enjoy 100 + Smoothies and Juice Recipes Including Smoothies for Good Health and Weight Loss

The Best 100 Juices, Crushes, Smoothies, Coolers and Quenchers

Top 100 Juices

Juice

The best smoothie recipes for increased energy, weight loss, cleansing and more!

Totally Yummy, Awesomely Healthy, & Naturally Sweetened Homemade Alternatives to Soda Pop, Sports Drinks, and Expensive Bottled Juices

The Green Smoothie Recipe Book

100 Best Juices, Smoothies and Healthy SnacksEasy Recipes For Natural Energy & Weight Control the Healthy WayPage Street Publishing

Do you find it difficult to budget for your weekly shop? Are you tempted by impulse buys and special deals? Do you make the same meals week in, week out? Eat Well for Less shows you how to create more nutritious dishes for your family while spending less on your supermarket shop. As well as 80 delicious recipes, you will find a meal-planning guide, help on freezing and storing food, a family budget planner and lots of ideas to get kids cooking. Learn how to use your leftovers, make savvy swaps and add more fruit and veg to your diet without spending extra time in the kitchen. With tasty food, sample shopping lists and practical tips from Gregg, Chris and the experts from the hit BBC show, this is your essential guide to eating well for less.

Are you eager to boost the healthiness of your diet and make the most out of your blender or juicer? Then take a look at these 100 easy and energizing recipes for smoothies and juices in 100 Best Smoothies & Juices. The sweet and not-so-sweet recipes cater for every taste, using all kinds of fruits and vegetables from bananas, berries, peaches, and pineapple to oranges, carrots, beets, and cucumbers. So if you want to quench your thirst, raise your energy levels, feel refreshed, revitalized uplifted, and inspired, then here are 100 delicious practical solutions. Perfect as starters, complete meals, or rich yet healthy desserts, these juices and smoothies will help to keep you looking and feeling your best.

Juice Master to the stars and number 1 best-selling author Jason Vale has squeezed over 100 funky 'n' fresh juice and smoothie recipes into this latest book. There's something for Gym Bunnies and a Kids Corner, as well as a Dr. Juice section covering various health conditions and giving specific juices and smoothies for: high blood pressure, asthma, hay fever, psoriasis, arthritis, diabetes, digestion and, many more. Warm up your juicer, dust off your blender and brace your taste buds for the most mouth-wateringly tantalizing fruit and veggie fusions ever created. This book includes a special 'Celebrity Juice' section, with juice and smoothie concoctions from Katie Price, Beverley Knight and other 'celebrity juicers'.

My Fussy Eater

Top 100 Amazing Recipes Milkshakes and Smoothie

4-Ingredient Smoothies + Juices

Over 100 Healthy Green Smoothie Recipes to Look and Feel Amazing

365 Vegan Smoothies

500 Juices & Smoothies

The Only Healthy Drink Compendium You'll Ever Need

Do you want to lose weight and have more energy while improving your health? Adding healthy smoothies to your diet can dramatically change the way you look and feel today! We all know we should eat more fruits and vegetables. From dramatically lowering the risk of disease to having healthier looking skin to losing weight the benefits healthy diet are endless. However, due to our fast paced lifestyles many of us skip meals and wind up grabbing readily available junk food as opposed to finding a carrot or an apple. Another factor is that a lot of people just don't like the taste and texture of certain fruits and vegetables, no matter how healthy and beneficial they are. What to? This is why people all over the world are increasingly turning to smoothies. Smoothies may be the quickest, easiest, and tastiest way for you to consume the daily dosage of fruits and vegetables that your body needs. How can adding smoothies to your diet help you? Let me count the ways: Help you lose weight and prevent fat accumulation Increase your energy levels naturally without the need for artificial stimulants Rejuvenate your body and help prevent disease Your skin and hair will acquire a healthy, youthful glow that people will notice Aid digestion while purifying your blood and boosting your immune system My book of Smoothie Recipes is filled with delicious smoothie ideas that will benefit you. From low carb to diary free to vegan it's all here in a form that anyone can make, including you! Your health is the foundation on which you build a productive and joyful life. When you have your health your have everything, without it you have nothing. The power to look better, feel better and better is within your grasp. Grab this book and get started down the road to a healthier and more dynamic you today!

From one of America's foremost and pioneering juicing companies comes a beautifully illustrated guide to creating restorative and energizing juices and smoothies; as well as preparing nutrition-rich, blended superfoods. Welcome to the Juice Generation ! Refresh, Restore, and Rejuvenate Get ready to live juicy with The Juice Generation.

Fresh juices and superfood smoothies will help you feel energized and invigorated with glowing skin and a clear mind. The revitalizing recipes and tips will make you feel lighter and brighter, inside and out. Featuring more than 100 refreshing, health-boosting, spirit-lifting recipes The Juice Generation offers practical, down-to-earth instructions for making restorative and great-tasting vegetable and fruit juices, smoothies, and tonics. Get on the Green Curve and move confidently from smoothies to green drinks Whether you're newly juice curious, or already an old pro, The Juice Generation's plan will lead you to the endless benefits and possibilities of squeezing, crushing, and grinding, and help you integrate the joys of juicing and blending into your busy life. Juicing Tools for Detoxing and Healing The Juice Generation includes detoxing cleanses as well as flu-fighting elixirs and plenty of recipes and great advice from some of its biggest supporters, including Blake Lively, Michelle Williams, Edward Norton, Jason Bateman, and Martha Stewart.

Featuring 100 sensational recipes for both the juice enthusiast and the absolute beginner, here you'll find classic juice blends rubbing shoulders with more exotic concoctions. Armed with just a blender or food processor (or ideally a juice extractor) this book will help you produce a dazzling array of juice-based drinks in a flash! A helpful guide to the basics (Let's Get Juicing) is followed by a recipe collection organized into the following sections: Juices and Crushes, Smoothies and Blends; Coolers and Quenchers; Pick-me-ups and Revivers; and Tipples (juices with a little extra something...) Whether you're in need of breakfast bevvy with a nutritional punch, a speedy lunch in a glass or a mid-afternoon battery re-charge or even a naughty-but-nice evening treat, "Easy Juicing" has exactly the recipe you've been looking for.

Do you feel overweight? Tired? Stressed-out? The remedy could be in a simple glass of juice. Jam-packed with nutrients, juices and smoothies possess amazing therapeutic properties, which help with detoxifying, energizing, immunity-boosting and stress-relieving, and can enable you to lose weight, protect against the effects of ageing, and enhance your energy and vitality. This collection incorporates everything from the humble apple to more exotic ingredients such as goji berry. Each entry gives the low-down on the health benefits of a particular juice, as well as nutritional information, practical tips and, of course, a perfect recipe - from the age-defying apple, blackcurrant & acai berry juice to the stress-relieving banana, coconut milk and lemongrass smoothie, you'll discover new and exciting ways to enjoy the wonderful advantages of juicing.

Best 100 Smoothies for Kids

The Funky Fresh Juice Book

Best 100 Juices for Kids

The Juice Generation

100 Best Smoothies & Juices

I Love My Juicer

Superfood Smoothies

"Everyone loves smoothies. Everyone! With an infinite number of delicious, natural flavors, colors, and health benefits to mix and match, smoothies are the easiest way to embrace a healthy lifestyle on a daily basis. Now you can give your smoothie-blending routine a boost when you use the most antioxidant-, vitamin-, and mineral-packed foods! This book offers 100 nutrient-dense recipes plus innovative culinary methods to get the most health benefits and pack in the maximum amount of nutrition into every incredible drop of these satisfying drinks. You'll discover which superfoods are the best for smoothies; find out which ingredients to avoid; and learn countless secrets to making your smoothies anything you could buy in the store. From athletes to kids to fast-paced executives, and to anyone seeking a gentle cleanse, Superfood Smoothies will upgrade your nutrition, energize your day, and inspire you to power up your blender now!"--

"Before I started juicing, I was overweight and on medication to treat an autoimmune disease. By drinking only fresh vegetable and fruit juices while making my film, Fat, Sick & Nearly Dead, I lost the weight, got off those drugs and started feeling better than ever! To keep healthy and happy today, I drink a lot of juice and eat a balanced diet centered on fruits and vegetables. You feel great too!" JOE CROSS The Reboot with Joe Juice Diet Recipe Book includes healthy inspiration for your kitchen with Joe's favourite Reboot recipes to help you feel more energised than ever. Includes recipes for - Juices - Smoothies - Salads - Soups - Snacks - Main dishes A Reboot diet - a time of drinking and eating only fruits and vegetables and lose weight, increase your energy levels and think more clearly. And when you consume juice, your system is flooded with an abundance of vitamins, minerals and nutrients to help your body stay strong and fight disease. Take control of your diet and improve your health with The Reboot with Joe Juice Diet Recipe Book.

This book covers all the essential blending techniques, and has information on buying, using and maintaining juicers and blenders. There are also troubleshooting tips, advice on choosing the perfect ingredients, decorating and garnishing drinks, followed by 500 fabulous recipes. It is the only guide to juices and blended drinks that you will ever need.

"Kris Carr's Crazy Sexy Juice is a completely original, up-to-date, and colorful (of course!) guide to the wonderful world of fruit and vegetable elixirs. 100+ all-new recipes--developed especially for this book--contain superpowers ranging from immunity boosters, inflammation fighters, happiness helpers, longevity leaders, mood fixers, and booty energizers. Fruity and refreshing potions are organized by function, including The Cleansers, The Healers, The Boosters, and The Beautifiers. Fiber-rich superfood smoothies are likewise categorized, as star pH Warriors, Body Boosters, Age Defiers, and Superheroes. A section on Nut Milks helps you get your protein power on. Not only are there enough recipes for every season, but Kris also addresses every concern you may have about juicing and blending. From selecting the right equipment for your needs and budget, to choosing and storing the most nutritious produce, she takes you through every aspect of the process--and helps make it a habit that sticks for life. Whether you're an old pro at making smoothies or a newbie, this book is your go-to guide for experience juicing and blending as a fun and delicious journey into the healing powers of fresh, raw fruits and vegetables, as well as nuts and seeds. Here's what else you can expect from this essential, concise (crazy, sexy) reference: Flavor combinations that tantalize your palate; Tips for blending and juicing on the go; Handy lists of helpful kitchen tools; and more!

important: A pick of the crop nutrient guide Handy substitutions for food sensitivities; Hints on handling mental and emotional hurdles that come with change; Plus an easy 3-day cleanse and so much more. Drink your veggies. Change your life. Join Kris Carr on yet another adventure in health, happiness, and the delicious food that can make a perfect meal. Cheers!"--

More Than 400 Simple, Delicious Recipes!

100 Delicious, Energizing & Nutrient-dense Recipes

100 No-Fuss Recipes Under 300 Calories You Can Make with 5 Ingredients

The Ultimate Ingredients for Healthy Living Including 100 Revitalizing Recipes

Boost Your Health With a Rainbow of Fruits and Veggies

Over 100 flavour-packed juices, smoothies and healthy dishes for all the family

Healthy Juices & Smoothies

Standout Healthy and Satisfying Juices, Smoothies and Snacks Juices and smoothies are packed with the vitamins and nutrients you need to nourish your body. And in this updated version of 100 Best Juices, Smoothies and Healthy Snacks, you'll receive 25 all-new recipes for delicious green smoothies and juices. Recipes include: • Superpowered Matcha Latte • All the Greens Juice • Savory Veggie Juice • Spirulina Vanilla Mylkshake • Banana Spinach Almond Dream • Pineapple Berry Mixer • Vanilla Melon Magic • Strawberry Mylkshake • Dark Chocolate Chip, Oat and Hemp Cookies • Dare to Date Squares • Hippy Hemp Hummus • Cheezy Garlic Kale Chips Each sip or bite will boost your metabolism, strengthen your immune system and help you get your daily-recommended intake of fruits and vegetables. With recipes that are not only good for you and easy to make, but tasty and portable as well, you'll be clinging to this healthy living companion with both hands.

Simple, inspired recipes to cleanse, heal, and revitalize—plus realistic detox plans and expert guidance on eating for good health “Busy” is a way of life for Rosemary Ferguson: She’s traveled the world as one of Britain’s top models, and today is a professional nutritionist and mother of three. For her, juices and smoothies are anything but a fad—they’re a way to pack vital nutrients into your day. By upping your intake of simple, natural ingredients like blueberries, ginger, and kale, you can overhaul your health from the inside out! As Rosemary discovered, “skin complaints, headaches, fatigue, and stress can be dramatically improved.” Handily arranged by need, the recipes in Juice + Nourish will help anyone: Detox & Heal (rehydration, liver cleansers, gut health) Rest & De-stress (mood boosters, sleep aids, stress relievers) Care & Preserve (anti-aging, healthy skin and hair, weight loss) Protect & Strengthen (immunity boosters, cold and cough soothers, anti-inflammatories), and more!

This book is packed with sweet and savory recipes to suit all tastes using all kinds of fruit and vegetables. In the wake of the smoothie's sensational acclaim, homemade juices are enjoying a revival with fabulous and sophisticated combinations of fruit, herbs, and spices.

DETOX * HEAL * RESTORE * REST * DE-STRESS * RELAX * PROTECT * BALANCE * CALM * CARE * ENERGIZE Spring-clean your system and boost your health with Rosemary's nourishing recipes. By simply consuming the right natural ingredients you can change the way you look and feel. Naturopathic nutritionist Rosemary Ferguson has created 100 powerful recipes to overhaul your health from the inside out. Whizz up one of Rosemary's juices or smoothies for an instant boost or follow her simple detox plans for 1, 2 or 3 days to tackle your health head on. Learn about the power of plants so you can create personalised combinations to suit your tastebuds and revitalise your body.

100+ Delicious Recipes for Optimal Wellness

Smoothie and Juice Recipes

Juice Bar

from the UK's number 1 food blog a real mum's 100 easy everyday recipes for the whole family

Big Book of Juices and Smoothies

100 Amazing Smoothies, Juices, Shakes, Sauces and Foods for Your Magic Bullet Personal Blender

Fresh, Wholesome, No-Sugar-Added Drinks Your Child Will Love

Satisfy your anytime cravings with a smoothie! On a summer day, after an intense workout, or on a lazy afternoon, nothing refreshes better than a cold smoothie. Unfortunately, it can often take a lot of time and effort to make and enjoy them. But not the smoothie recipes in Healthy, Quick & Easy Smoothies. You won't need more than 10 minutes and no more than 5 ingredients to make any smoothie in this book-and they're all under 300 calories! Healthy, Quick & Easy Smoothies includes these features: 100 mouthwatering recipes for tropical fruit, berry, combination, and green smoothies Complete nutritional data to help with your weight loss goals Expert information from Dana Angelo White, nutritionist for the Food Network, on why smoothies are better than juices and how to best make smoothies Every recipe contains complete nutritional data to help you plan your meals and meet your daily dietary needs. Many recipes also offer modifications you can make-but the healthy, quick, and easy promises never change. And because you have so many delicious smoothies to choose from, your blender is sure to occupy a permanent place on your countertop!

NEVER COOK SEPARATE MEALS AGAIN! 100 yummy recipes from the UK's number 1 food blog. Most parents have to deal with the fateful 'Fussy Eater' at some point in their lives - let My Fussy Eater show you the easy way to get your children eating a variety of healthy, delicious foods. Packed full of family-friendly recipes, entire meal plans and the all-important tips on dealing with fussy eaters, you'll be guided every step of the way. You'll no longer need to cook separate meals for you and your children - saving time, money and stress. The never-seen-before recipes will take 30 minutes or less to prepare and cook, using simple, everyday ingredients. Make in bulk for easy meal times, and get your fussy eaters finally eating fruit and vegetables! My Fussy Eater provides practical, easy and delicious solutions for fussy eaters the whole family can enjoy!

*The ultimate guide featuring 100 fantastic recipes for smoothies & juices *Informative introduction, which includes, fruit directory, hints and tips and essential equipment *Delicious and exciting new recipe ideas *Full colour photography to accompany each recipe*

Drinking a smoothie, juice or shake makes it easy to consume your 5 portions of fruit and vegetables a day. With little equipment you can make the most delicious and revitalising drinks. This title features interesting fruit combinations, recipes for health, dairy-free ideas and indulgent party drinks to make for friends and family.

Juice + Nourish

100 Best Juices, Smoothies and Healthy Snacks

Juice Master Keeping It Simple: Over 100 Delicious Juices and Smoothies

The Ultimate Ingredients For Healthy Living Including 100 Revitalizing Recipes

Juiceman

The Reboot with Joe Juice Diet Recipe Book: Over 100 recipes inspired by the film 'Fat, Sick & Nearly Dead'

My Ultimate Magic Bullet Blender Recipe Book

We all know how important it is to give our kids a healthy, balanced diet. But how best to make sure they are getting all the vitamins and nutrients they need when fruits and vegetables are some of the least favorite items on their plate? Popular food writer, blogger and mother of three Deborah Harroun has the answer in 100 delightfully flavorful and nutritious recipes for kid-friendly smoothies. Her newest cookbook, BEST 100 SMOOTHIES FOR KIDS offers up kid-test and kid-approved recipes that are sure to please everyone in the family. The book includes recipes for fruit- and vegetable-based juices, as well as a variety that combine fruits and veggies or get their flavor and nutrients from things other than produce. The chapters include Breakfast Smoothies, Lunch and Lunchbox Smoothies, Snacktime Smoothies, Smoothies for Dinner, and Dessert Smoothies. Two special chapters cover Holiday Smoothies, such as pumpkin-flavored smoothies for Thanksgiving or Christmas, and Bedtime Smoothies, made with tryptophan-rich milk bases and with soothing ingredients like chamomile, cinnamon, vanilla, and lemon. What's better than a well-fed and happy child who falls asleep easily after a busy day? Harroun also provides a variety of different options for creating the perfect smoothie, with recipes that include milk- and yogurt-based smoothies as well as dairy-free options made from juice, water, rice milk, almond milk, and soy milk. There are even numerous gluten-free and vegan options as well. Harroun serves up a hundred bright and colorful, healthy and satisfying drinks in this new four-color and photo-rich cookbook. The emphasis throughout is on providing a wide range of flavors, colors, and nutrients, guaranteed to broaden the horizons of any child who thinks carrots or apples are the only acceptable items from the supermarket's produce section. Parents - and doctors and dentists - can take heart in the fact that Harroun uses no processed or white sugar for sweetening her smoothies. With all these options for creating inspired smoothies, parents no longer have to worry about making sure their children are getting all the nutrition they need. The only challenge is figuring out which of these delicious recipes to try first!

Enjoy all the great flavors, refreshment, and health benefits of a juice bar--right in your own kitchen! With a juicer and a blender, it's quick and easy to create invigorating and irresistible drinks that can increase your energy, boost your immune system and help cleanse your body. More than 90 refreshing recipes and tantalizing photos. Juice Bar contains recipes perfect for breakfast, lunch or an anytime snack. These juices and smoothies are bursting with vitamins and minerals and can be an integral part of a healthy lifestyle. Includes plenty of classic fruit juice and smoothie recipes, along with options for paleo, green and extra protein blends. Hardcover, 192 pages

Packed with vitamins and nutrients, smoothies and juices are a delicious way to eat well. Featuring a variety of fruits and vegetables, 100 Best Smoothies & Juices is a vibrant, picture-filled guide to eating well with little more than fresh produce and a blender. Perfect as starters, complete meals, or rich yet healthy desserts, these juices and smoothies will help to keep you looking and feeling your best.

Smoothie Recipes

201 Healthy Smoothies and Juices for Kids

100 Fresh and Nutritious Recipes to Keep You Feeling Healthy and Energized

100+ Simple Juice, Smoothie & Nut Milk Recipes to Supercharge Your Health

Easy Recipes for Natural Energy and Delicious, Plant-Based Nutrition