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Pure Juice: Fresh & Easy Recipes



Synopsis

When, what, and how to juice Juice may be the magic bullet to healthâ•it packs a huge punch of nutrition in every delicious sip. To get the most from juicing, certain vegetables and fruits are better drunk at different times of day. Pure Juice shows readers how to most effectively juiceâ•with dozens of delicious recipes. From revitalizing morning juices to midday energy shots to restorative nutrient-dense drinks in the evening, these recipes are pure, concentrated, and healthy. 75 color photographs

Book Information

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Customer Reviews

Pure Juice: Fresh & Easy Recipes I have only skimmed through this book. My Lyme disease specialist recommended this book to me. The recipes are easy and look delicious. Now I have to go buy the juicer that was recommended by her as well.

Great pics, good recipes, but only one or 2 recipes per page. More artwork than recipes.

The juices are very practical. The smoothies taste great.

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