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Deborah Gray

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Deborah Gray : 1000 Juices, Green Drinks and Smoothies before purchasing it in order to gage whether or not it would be worth my time, and all praised 1000 Juices, Green Drinks and Smoothies:

0 of 1 people found the following review helpful. Five StarsBy diane cenicolaLots to enjoy!3 of 3 people found the following review helpful. Bring bifocalsBy SuzieQThis is probably a good book, but I gave up trying to use it in the kitchen because the print is way too small - actually tiny!0 of 0 people found the following review helpful. Great book! The downside is the appendixBy prettymommaGreat book! The downside is the appendix, you cannot look up smoothies by vegetables and fruits, it's alphabetized by the creative names of the smoothies which I can barely remember.

An informative and appealing full-color guide for new and devoted juicers alike. 1000 Juices, Green Drinks and Smoothies is the ultimate guide to juicing, with 100 foundation juices and 900 variations. It provides all of the

essential information on equipment, fruit and vegetable ingredients and their health benefits, dairy products and non-dairy alternatives, sugar substitutes, nuts and seeds, flavorings, and supplements and additives. The book contains seven chapters, with each base recipe having at least two variations. There are also handy tips, notes on health benefits and suggestions for special diets. The recipes include: Breakfast Blasts -- Quick, energy-fueling, taste-engaging and filling smoothies for the most important meal of the day, such as Coffee Fix and Granola in a Glass Cleansing Drinks -- Detoxifying and invigorating drinks that are great additions to a regular health regime, such as Pomegranate and Aloe Juice and Vegetarian Special Salad Juice Restorative Drinks -- Restorative drinks with high nutrient content to perk up the skin, combat sluggishness and restore a general sense of well-being, such as Cold-busting Smoothie and Wheatgrass Booster Super Energy Boosters -- Natural sugars, vitamins and minerals to provide the body with an extra energy burst at short notice, such as Herbal Fruit Sports Special and Coconana Protein Milk Thirst Quenchers -- Bright, refreshing flavors combining fruits and vegetables, and sometimes soda water, such as Watermelon and Coconut Smoothie, and Pear Zinger Cooling Shakes -- Ice cold and thoroughly delicious milkshakes full of natural fruit goodness, hidden nutritional supplements and low-fat options, such as Strawberry Smoothie and Mocha Shake Perfect for Parties -- Quick-to-fix party-perfect drinks for all ages, such as Yuletide Punch and Melon and Ginger Daiquiri Fizz Mocktails -- Sassy, alcohol-free drinks, such as Virgin Mary and Egg Nog. 1000 Juices, Green Drinks and Smoothies is the ultimate guide to this national food and health sensation.

"[Big Green Chiller] this wonderful concoction is a farmers' market stall in a glass!" Woman Home "If you are planning on exploring juicing and smoothie making and have a juicer or blender on your wish list this Christmas then a juicing and smoothie book is an essential accompaniment, and this book fits the bill nicely and has earned its spot on my bookshelf." Fuss Free Flavours "Before you dive into the profusion of juicing ideas, the useful chapter on equipment, fruit and ingredients is well worth a read. It describes major fruit, vegetables and other additions such as natural sweeteners, dairy substitutes and flavourings. It gives the best way to prepare the fruit or veg and extract the juice, the calories contained and how much juice to expect per fruit plus the health benefits. The chapters give more evidence that this is worth its shelf space: Breakfast Blends, Cleansing Drinks, Restorative Drinks, Super Energy Boosters, Thirst Quenchers, Milkshakes and Frozen Drinks, Perfect for Parties and Mocktails. It's not all about abstemious self-denial and some recipes include frozen yoghurt, ice cream, coffee, sparkling water and even soda (boo) plus, in the party section, alcohol, but the main thrust of the book is on healthy drinks. Many are just ideas for fruit combinations especially in the juicing section. When preparing a smoothie, I usually just make it up as I go along using what I have on hand. The ideas in this book took me way outside my usual repertoire. I'd never thought of blitzing lemon and garlic into a shot, or adding nuts to bananas, or using stewed fruit from the freezer. And lentils in a smoothie or rosewater with lychees? So much inspiration." My Custard Pie About the Author Deborah Gray is the author of several health-promoting cookbooks, including 500 Vegan Recipes, 500 Quick Meals and 500 Light Meals, as well as numerous family cookbooks. Previously living in America, she now lives with her family in Wiltshire, United Kingdom.