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Natalie Savona

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101 FANTASTIC JUICES AND SMOOTHIES



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Feeling lethargic lately? Skin looking dull? Guts in a tumble? Perhaps you need a big squeeze mdash; of juice that is! Invigorate your body and mind with fresh, delicious, and healthy drinks offered in the new 101 FANTastic Juices and Smoothies. It features the following.bull; Easy-to-follow recipes appear in a unique fan format, on colorful wipe-clean cards that fold comfortably into the palm of your hand. The book, itself, folds neatly back into its slim plastic case when finished.bull; There are 101 mouthwatering recipes for fresh-made beverages, organized by juices, smoothies, and quenchers.bull; These recipes don't only taste great, but have healthy, rejuvenating properties. Wake up with a tangy Orange Aniseed Twist, repent a wild night with a Hangover Soother, or quench your thirst with a sip of Paw Paw Sharp!bull; Each recipe lists the vitamins, minerals and nutrients contained in a serving, with a special 5-star rating system to highlight particular benefits like 'energy boosting,' 'detoxing,' and 'immunity boosting.'bull; Tantalizing photographs, a nutrient chart, essential equipment guide, tips for storage, and advice on how to choose and prepare ingredients are included.101 Fantastic Juices and Smoothies is a FANTastic addition to every health-conscious cook's library.