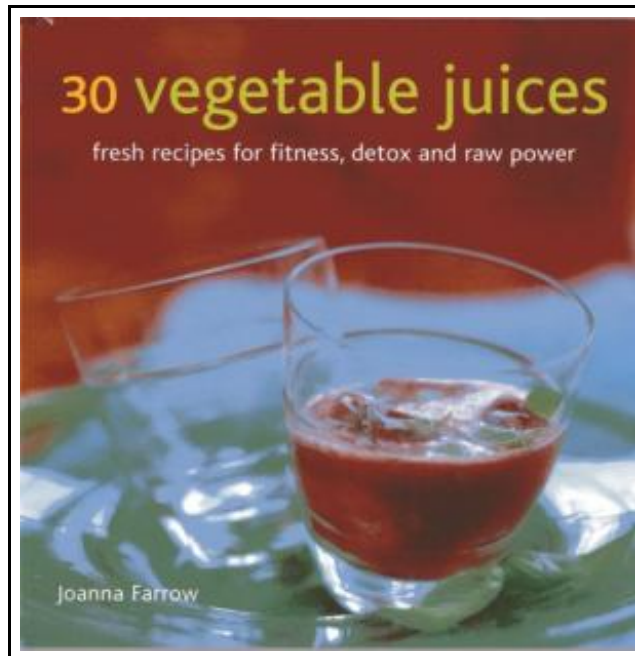


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30 VEGETABLE JUICES: FRESH RECIPES FOR FITNESS, DETOX AND RAW POWER

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Anness Publishing. Hardback. Book Condition: new. BRAND NEW, 30 Vegetable Juices: Fresh Recipes for Fitness, Detox and Raw Power, Joanna Farrow, This title offers fresh recipes for fitness, detox and raw power. This title presents fantastically fresh ways to serve up vegetable vitality in a glass, from healthy detox juices to delectable fruit-and-vegetable fusions or classic coolers. You can energize first thing with Carrot and Ginger Crush or Fennel Fusion, and enjoy daytime delights including Ruby Roots, Mixed Salad Soother or Avocado Cleanser. You can relax at night with chilled-out treats such as Spicy Bloody Mary, Cinnamon Squash or Cucumber, Kiwi and Stem Ginger Spritzer. It offers full advice on choosing and preparing ingredients, and how to use different juicing and blending equipment, plus expert tips on boosting nutritional value, maximizing taste and serving drinks with style. 150 photographs accompany the step-by-step techniques. Nutritional information is provided for every drink. With juice bars springing up on every corner, it seems the demand for all-natural, high-energy drinks has never been greater. Raw vegetable juices score highly for being low in sugar and packed with nutrients. Amazingly versatile, these blends can be made from almost any vegetable you can think of. This superb collection makes the very best of a wide variety of vegetables, from tomatoes, carrots and squashes to fresh greens and shoots. Leafy herbs and spices add taste and zing, while firmed-bodied fruits and the odd squeeze of citrus make perfect partners for many of the vegetables. There are ideas here for breakfast boosters, midday medleys and inspired evening blends. Some of these classic coolers will make excellent non-alcoholic alternatives for dinner parties and outdoor gatherings. Step-by-step techniques are accompanied by 150 photographs, and there are plenty of tips and variations to help and inspire you.

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