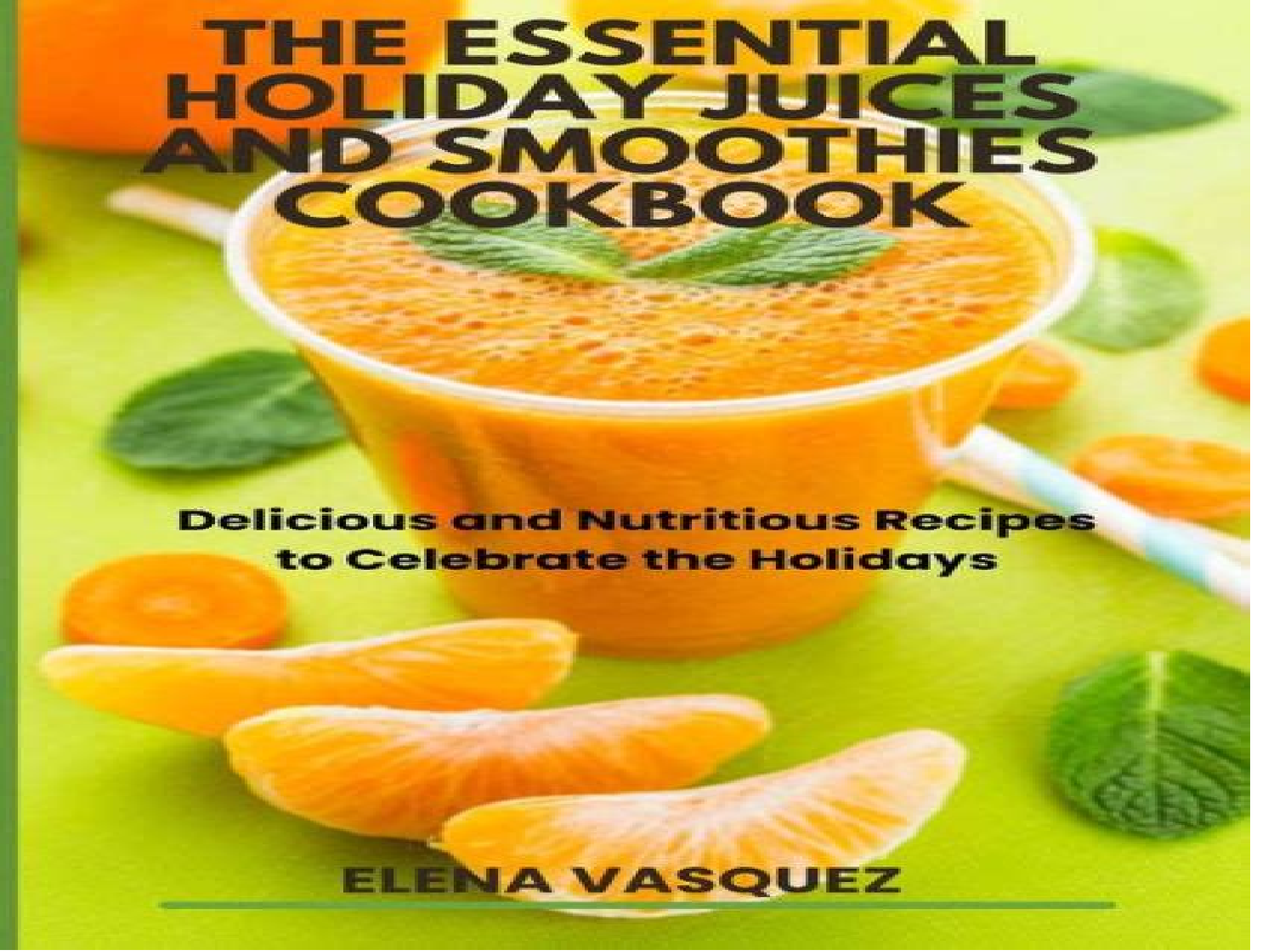




THE ESSENTIAL HOLIDAY JUICES AND SMOOTHIES COOKBOOK

**Delicious and Nutritious Recipes
to Celebrate the Holidays**

ELENA VASQUEZ

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Mendocino Press



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Lola Berry's Little Book of Smoothies and Juices Lola Berry, 2015-10-27 A collection of easy and delicious recipes from Lola Berry author of *The 20/20 Diet* and *The Happy Cookbook*. Too busy to eat healthy? Not any more! This little book is packed with delicious and nourishing smoothie and juice recipes that you can whip up in a jiffy. All recipes are free of gluten, dairy, and refined sugars. Drink your way through the rainbow from antioxidising greens and potassium-rich yellows to luscious pinks and purples chock full of vitamin C. Drink your way to energy, radiance, and good health. This is a specially formatted, fixed layout ebook that retains the look and feel of the print book. **Juicing / Smoothies Low Carb Recipes**

Lisa Shea, 2014-01-15 We know the value of eating fresh, healthy food. We know how wonderful it is to pluck a fresh apple off a tree and to eat it without pesticides, without processing, and without added sugar. The philosophy of juicing and smoothies is to appreciate those natural flavors that exist all around us. Draw in the bounty of the nutrients and fiber that our world provides for our sustenance. It's good both to incorporate natural foods into your daily diet and also to occasionally do a cleanse. A cleanse allows your body to free itself of allergens and toxins and to start fresh. It's like rebooting your computer to cleanse out any memory issues which may have cropped up. Version Note: This is an early release of this smoothie juicing ebook. It currently has 19 recipes in it. Please email me and let me know your favorite fruits and veggies. I will then create custom recipes using those flavors. I'll both email them to you and add them to the book. *The Big Book of Healthy Smoothies and Juices*

Adams Media, 2014-05-14 Hundreds of delicious smoothies and juices right at your fingertips. Need a quick burst of energy and nutrition? With this cookbook, you'll learn how to combine fresh fruits and vegetables into hundreds of tasty drinks that will keep you feeling full throughout the day. Featuring step-by-step instructions and nutritional data for each flavorful drink, *The Big Book of Healthy Smoothies and Juices* offers more than 500 easy-to-make recipes such as Strawberry breakfast smoothie, Cabbage-kale cleanse, Green lemonade smoothie, Apple-melon cooler, Chocolate banana blitz smoothie. Whether you're interested in cleansing your body or just looking to incorporate more wholesome foods into your diet, you'll find all you need to indulge in the vitamin-packed drinks you love in *The Big Book of Healthy Smoothies and Juices*.

Best Juicer Recipes: Fruit & Vegetable Juicer & Smoothie Blender Recipes Book Juliana Baldec, 2014-04-01 This is a 4-in-1 box set compilation of 4 books. This compilation includes Juliana Baldec's 4 titles: Book 1: *Juicing To Lose Weight*; Book 2: *11 Healthy Smoothies*; Book 3: *21 Amazing Weight Loss Smoothie Recipes*; Book 4: *Smoothies Are Just Like You*. Book 1: 2/3 When Juliana got started with smoothies, she was able to shed 20 pounds during a period of 2 months. Since then, she has been able to keep that weight off. Her secret? She turned these nutritious, satisfying drinks into a way of life. Combining smoothies, juices, her secret morning elixir, included a light meal plan, has helped her not only lose 20 pounds within 60 days, but she was also able to get rid of her nasty breathing asthma problems at the same time. People who have achieved similar results like Baldec by consuming smoothies, juices, and an apple-cider-vinegar-honey morning elixir in combination.

with a light daily meal plan all agree This is the most natural way to nourish your body brain while getting amazing results Inside you will find the same recipes that helped Juliana achieve these results Papaya Ginger Smoothie Honeydew Kiwi Smoothie Agave Banana Smoothie Leafy Green Superfood Immune Booster and many more you can choose from 46 scrumptious tasting recipes Book 4 Smoothies Are Like You is an extremely fun quick easy to read little rhyming book about the amazing Smoothie Lifestyle It is for everyone no matter if you are looking for information about the Smoothie diet for beginners or if you are an advanced Smoothie consumer This inspirational smoothie poem a day book will cheer you up and keep you motivated to stick to this happy healthy smoothie lifestyle in a fun inspirational and rhyming way In the end you ll know exactly why Smoothies are like you Live a happy healthy lifestyle and double your life today **The Illustrated Cook's Book of Ingredients** DK,2010-10-18 The ultimate show and tell reference to ingredients from around the globe The Cook s Book of Ingredients showcases fresh food and explains how to get the best out of it Get expert information that tells you which varieties of ingredients are best and how to buy store and eat them Flavor Pairings give you a helping hand by listing complementary ingredients and more than 250 Simple Classic key ingredient recipes such as Peach Melba and Pesto complete the journey from field to plate The Cook s Book of Ingredients stimulates readers to try new foods and more about their favorites This is an invaluable reference for food lovers and cooks intent on making the most of all the ingredients available today **50 Fat Busting Juicing Recipes** Amy Zulpa,2014-09-22 If you are looking for a great solution that will not only help you to lose weight but also to make the transition to a better way of eating then you must get a copy of 50 Fat Busting Juicing Recipes This book provides you with all the information you need to understand exactly what juicing is and to be able to start using the process Instead of opting for junk foods you can simply have some nutritious juice Contrary to popular belief a glass of well made juice is extremely filling and can help to minimize the cravings that so many people seem to have every day If you have heard talk about juicing you might find yourself wondering if it is something you should be looking into but are afraid that it will take a lot of work or cost a lot of money Neither is true And once you learn what it is all about you may well get more than just a little interested **Supercharged Green Juice & Smoothie Diet** Christine Bailey,2015-12-29 Green juices and smoothies are the go to drink of the moment They are fantastically healthy packed with vitamins minerals and phytonutrients And they re also much better for you in terms of sugar content and balanced energy levels Christine Bailey takes green juicing to a whole new level Supercharged Green Juice Smoothie Diet is an amazing collection of feel good drinks using the latest range of superfoods to nourish and revitalize your body Packed with nutrient rich health boosting ingredients each juice or smoothie contains at least one supercharged ingredient These boosters include superfood powders such as acai berry powder one of the most concentrated sources of antioxidants or collagen powder supplement brilliant for your skin sea vegetables seeds bee products berries herbs and tinctures Use the handy reference section at the back to quickly find recipes that will help you to lose weight maximize energy levels boost the immune system

combat ageing and look amazing There is also a 2 day power charged Superfood Juice Diet plan to set you on your way to looking fabulous as well as feeling great Nutritionist and best selling author Christine Bailey shows you how easy it is to make daily juices and smoothies and explains the benefits of using green juices and supercharged ingredients for extra weight loss and health giving properties **The Green Smoothie Recipe Book** Mendocino Press,2013-12-13 Looking for a fast and easy way to boost your health Go green Green smoothies are flavorful drinks packed with disease fighting vitamins and antioxidants With The Green Smoothie Recipe Book you ll be able to improve the way you look and feel by replacing unhealthy high calorie foods with nutrient packed green smoothies Just by adding a regular green smoothie to your diet you ll be able to lose weight fight disease and increase your energy The Green Smoothie Recipe Book will show you how to optimize your health with over 100 fast and easy green smoothie recipes The Green Smoothie Recipe Book will make it easy to make green smoothies a part of your healthy routine with 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 Whether you want to improve your health lose weight or detox your system The Green Smoothie Recipe Book will make it easy to reach your goals **Smoothie-Licious** Jenna Helwig,2015 Collects recipes for seventy five smoothies juices and treats made from superfoods including kiwi kale cooler apple walnut spinach and cantaloupe blackberry breeze juice

Bodybuilding Blender Recipes Marylyn Meyers RD,2023-06-12 Are you looking to build muscle and gain a healthy weight Are you tired of fad diets and complicated meal plans Look no further Introducing Bodybuilding Blender recipes the ultimate guide to fueling your body with delicious and nutritious recipes explicitly designed to support your muscle building goals In this comprehensive book you will find a collection of 50 carefully curated blender recipes that are not only easy to prepare but also packed with the essential nutrients your body needs to build lean muscle and gain a healthy weight From protein packed shakes to nutrient dense smoothies each recipe has been expertly crafted to optimize muscle growth and recovery Imagine waking up daily knowing you have a wide range of mouthwatering recipes at your fingertips specifically tailored to support your muscle building journey With Bodybuilding Blender recipes you can finally say goodbye to monotonous meal plans and hello to variety and flavor These recipes will nourish your body and excite your taste buds making your muscle building journey enjoyable and sustainable Don t miss out on the opportunity to transform your body and achieve your muscle building and healthy weight gain goals So why wait Invest in yourself today and order your copy of Bodybuilding Blender Recipes Make this excellent resource that you now desire yours With its straightforward expert guidance and ideal pricing this book is sure to be a valuable addition to your library Click on the Buy Now button and make this book yours your

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