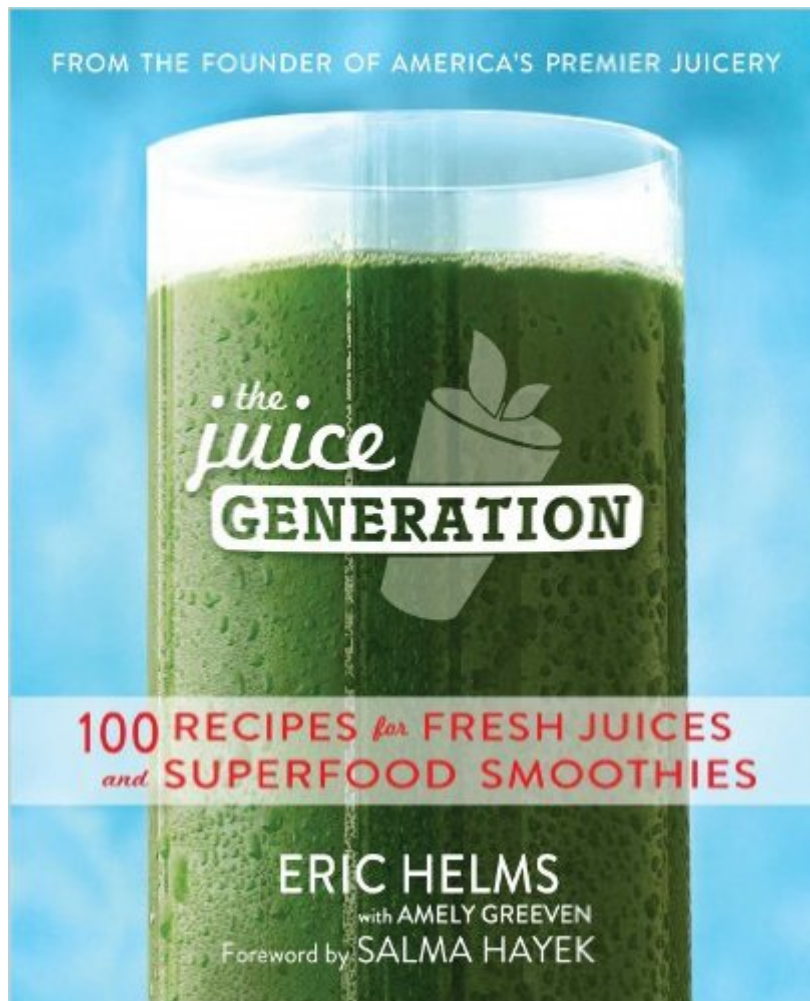


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# The Juice Generation: 100 Recipes For Fresh Juices And Superfood Smoothies



## Synopsis

From one of America's foremost and pioneering juicing companies comes a beautifully illustrated guide to creating restorative and energizing juices and smoothies; as well as preparing nutrition-rich, blended superfoods. > > Get ready to live juicy with >. Fresh juices and superfood smoothies will help you feel energized and invigorated with glowing skin and a clear mind. The revitalizing recipes and tips will make you feel lighter and brighter, inside and out. > > offers practical, down-to-earth instructions for making restorative and great-tasting vegetable and fruit juices, smoothies, and tonics. > Whether you're newly juice curious, or already an old pro, >'s plan will lead you to the endless benefits and possibilities of squeezing, crushing, and grinding, and help you integrate the joys of juicing and blending into your busy life. > > includes detoxing cleanses as well as flu-fighting elixirs and plenty of recipes and great advice from some of its biggest supporters, including Blake Lively, Michelle Williams, Edward Norton, Jason Bateman, and Martha Stewart.

## Book Information

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## Customer Reviews

I've juiced sporadically over the years, but after reading the Juice Generation I was convinced (and empowered!) to make it a regular part of my diet. The delicious recipes are accompanied by nutritional information, inspiring testimonials and gorgeous photography that make the juices so tantalizing you'll want to make one right away. It's a great guide for people who don't have experience juicing, as well as for those who consider it essential to their lifestyle.

If you're interested in starting to juice, you might be thinking you can get away with improvising. But I've found that particularly when it comes to the green juices, it's easy to wind up with icky, bitter messes. I'm really glad I took the leap and bought this book. The handful of recipes I've tried so far have been absolutely delicious, and I feel clearer and more energetic already.

I tried wholeheartedly to drink green smoothies with Green Smoothie Girl because there was no waste but I never benefited from the drinks because I never felt good like I do with plain juicing, which removes all that fiber. I do have SIBO/IBS, so I assume I was not absorbing the vitamins and minerals because the fiber had to be digested. Also the taste of greens was not that good and while I dutifully swallowed it, it was not really tasty, but this book has given me a green drink that I ENJOY drinking. I cannot believe how good the juices taste and it opens up your own creativity once you realize it can be done. Like the book says, if you don't like celery, then you aren't going to like it in your drink. Although I like celery, I don't like much, so I just added a bit less celery. I have a LOT of health books and while there is not much new in the beginning of the book for me, the recipes are wonderful and the book is inspiring. I've drank more juice since the book arrived than I could've imagined, and even my teenage daughter is drinking them with me this time and not hiding. haha And there are also other drinks, like ginger-pineapple-celery or orange-pineapple-beet drinks. Yum! He calls pureed fiber drinks "blended" drinks, not smoothies. Juices are made into smoothies by adding in coconut milk, banana or avocado, etc.

I've been juicing off and on for a number of years, and was looking for something to help me make tasty green juices that aren't so high in sugar. This is it! He takes you on a green journey, starting with lighter green and progressing to darker green in three phases. (There are also some non-green juices and smoothies, but the primary focus is on getting green.) He also does a really nice, simple job of explaining "why we love..." [carrots, kale, limes, etc.] in various sections of the book, and then features a handful of recipes with the spotlighted ingredient. I enjoyed reading those as a reminder of all the good stuff happening in my body as a result of drinking the juices. There is also some good info about "superfood" ingredients like goji berries, maca powder, etc. All-in-all, an excellent juicing and smoothie book. We've tried probably 20 or more of the recipes, and so far they are all quite good.

I bought the book in hopes of juice suggestions for losing weight. I got it! I have lost 15 pounds and

still working on it. A little each week with goal of 70 pounds in 7 or 8 months. Loved the mixtures and it was so helpful and filled with useful information.

I don't juice, but I do use my Vitamix for blended drinks. This book, although largely focused on juicing, still offers plenty of great recipes & tips for those who blend. In fact, it is by far my favorite book of its kind. As I said, there are so many great tips and informational items not only about the "food" but also about shopping, composting, cleanses, etc. And, I will often take the same ingredients listed for one of the juice recipes and just blend instead. The pictures are beautiful as well (bonus). This book offers phases... To bring the reader from sweeter drinks to healthier "greener" ones. I already run the gamut in terms of these drinks... But I think they'd be very helpful for those newer to juicing & blending.

I have thrown out my other juice/ smoothie recipe books that I haven't used in years, and thus gave up on juicing/ smoothie making therefor letting my juicer and nutra- bullet collect dust - until I gave The Juice Generation a chance. These are fantastic recipes! I used to get free juice recipes from wherever and a few were complicated, or required quite a few ingredients that never ended up tasting good. Each recipe in The Juice Generation was easy to follow with a clear description of what you were to expect to taste. Many of the vegetables and fruits that were required in each recipe are to be reused in many other recipes, each with very different and delicious tastes and textures, so that you don't just use collard greens in just one juice or smoothie recipe, but in many, without dull or bland tasting results. This juice and smoothie recipe book deserves an award. Your money will be well spent on this book no doubt, you will not be disappointed. I haven't.

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