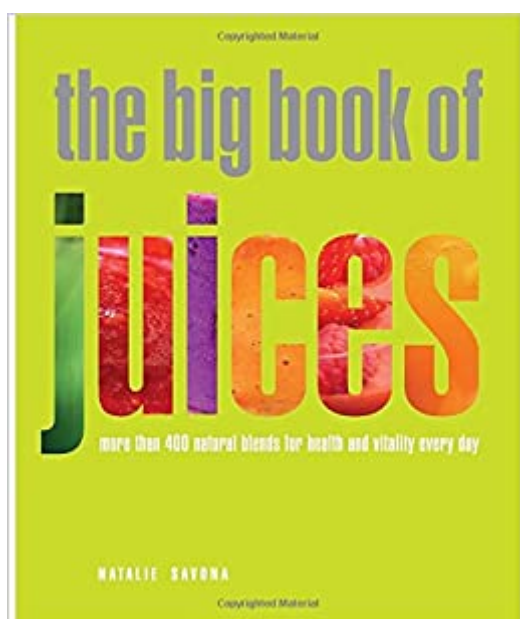


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# The Big Book Of Juices: More Than 400 Natural Blends For Health And Vitality Every Day



## Synopsis

With some 405 recipes for fruit and vegetable juices, smoothies, and quenchers, this newly updated and expanded edition of Natalie Savona's essential kitchen guide to juicing now offers health-conscious readers even more. A clever indexing system sorts the juices by key ingredients, by nutrients, and by health benefits. Plus, a simple five-star system rates the effectiveness of the drinks in boosting energy and detoxifying the body, as well as potential benefits for the immune system, digestion, and even skin quality.

## Book Information

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## Customer Reviews

"Natalie Savona's inspiring, practical approach to balanced eating and simple, tasty recipes have made her one of Britain's leading nutritionists. She is the author of six books, including The Big Book of Juices & Smoothies, Wonderfoods and Wonderfoods for Kids. Natalie trained at The Institute for Optimum Nutrition, having previously graduated from Cambridge and City Universities. She regularly features as an expert in the national press, on radio and television and has presented two television series for the BBC. For more information visit [www.nataliesavona.com](http://www.nataliesavona.com)"

If you are a juicer you must add this book to your collection! This book is filled with so many juice and smoothie recipes. I like that it also helps you select juices or smooties for specific illnesses such as motion sickness, acne, bladder issues, angina and so on. The book also proves a guide that explains what benefits you get from eating specific fruits and vegetables to live a healthier life. Most recipes include nutrients and a star ratings for the level of energy, detox, immunity, digestion and

skin benefit you will receive from that beverage on the bottom of the page. I've made several of the juices and smoothies from this book as you can see from the bookmarks in the picture I've included. Most of them are so good, but there were a few that weren't not for me.

Better than the Juice Bible IMHO as far as accessibility. Gives you details on which veggies do what pretty simply and how to pick a good item at the produce section. There are tons of recipes easily mapped out by vegetable. there are also teas and spritzers as well. You will not be disappointed. I like the fact that the Index is by vegetable/fruit not recipe so its really easy to look up different ones with what you have handy.

In the past few months I've read quite a few books on juicing. "The Big Book of Juices" is one of the most creative books I've seen so far. The fruit and vegetable blends are especially delicious. Who would have thought that grapefruit would go so well with carrots and celery. I've also never seen anyone blend broccoli with pears. Yet these all seem to work well. I especially enjoyed making the juice with passionfruit, orange juice and seltzer. While you need a juicer for most of the recipes there are also some recipes for your blender. If you are feeling adventurous you might enjoy making a spicy drink made from chai tea, peaches, vanilla and yogurt. Most of the smoothie recipes use yogurt. The only thing you have to do first is to juice some of the fruit before you add it to the blender with the yogurt. Other fruits like mango and papaya are better just added to the blender as they don't juice as well. Specific instructions are not given on each recipe so you have to read the instructions at the start of the book and at the start of each chapter. Instead of instructions the author just gives a few sentences to inspire you to make the drink. This works well for individuals who have already been juicing for a few months but is not as helpful for someone new to juicing. From my own experience I learned to peel most fruits, especially citrus fruits. You will also want to peel mangoes, pineapple and papaya. The last section in the book contains some recipes using sparkling mineral water. There are also some recipes for teas made with fresh herbs. There is an interesting tea made with licorice and mint. If you are looking for something to calm you at the end of the day there is a tea made with lemongrass, cardamom, orange zest, chamomile and mint. Unlike the other recipes, instructions are given for most of the recipes in the "Thirst Quenchers" section. The recipes using lime sorbet are perfect for the summer if you don't mind a little sugar with your fruit drinks. For the most part all the drinks are sweetened with the natural fruit juice combinations. Quite a few of the drinks are flavored with ginger. You can always add a packet of stevia which is a natural sweetener. This is a book you will use day after day! The pictures of the

juices are beautiful and you might be intrigued by all the different shaped glasses the author found to display the juices in. If you have been juicing at least a few months then you will love this book. If you are just starting your juicing journey, try a few of the books listed at the end of this review - they were very helpful to me when I started juicing. If you want to freeze some of the smoothie recipes try these: Kidco Healthy Snack Frozen Treat Trays Other books you might enjoy - these books will teach you the basics of juicing: Juiceman's Power of Juicing Ultimate Juicing: Delicious Recipes for Over 125 of the Best Fruit & Vegetable Juice Combinations The Juice Lady's Juicing for High Level Wellness and Vibrant Good Looks Juicing for Health The Juicing Bible ~ The Rebecca Review

I've tried about 8 recipes so far, and about 5 of them I find DELICIOUS and good enough to confidently serve (mainstream American) guests (as well as myself, who prefers more whole, vegan, healthy foods). I'm a vegan who wants to drink vegetables, too, so I love that many of the recipes mix fruit & vegetables, and only a small minority (looks like towards the back of the book) utilize dairy (which I suppose could be substituted out with non-dairy, creamy alternatives). The photos make the book thick & cumbersome (literally 1.75" thick: many or most recipes have a 2 page spread) but, on the other hand, the beautiful images make reading the recipe a pleasure. (Given the choice, I might've chosen a thinner, simple, no-photos list of black-text-on-white-paper option, but I wasn't given the choice. That said, the photos are BEAUTIFUL.) Big kudos on the index. I often have 1 ingredient in mind when I go to my cookbooks to find a recipe (so that the search is usually "which mushroom recipe do I want to make?") so I typically search for recipes via the index in the back (rather than flipping through "soups," "salads" type sections). In this book every ingredient in every recipe is listed in the index: it's like culinary heaven. For example, I just now tried "pear basic" which I found Very Good. So I circled page 207 in the index 4 times: once for each of its 4 ingredients (pear, apple, carrot, ginger). If I had only 1 juice/smoothie recipe book, this would fit the bill magnificently.

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