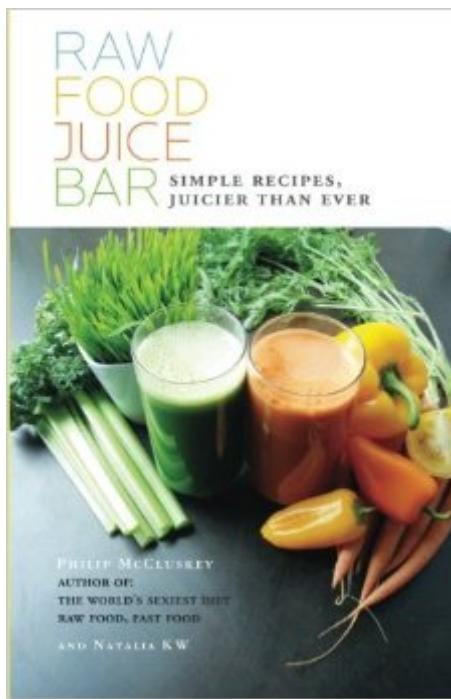


The book was found

Raw Food Juice Bar



Synopsis

Looking for Pure Nutrition to fuel your lifestyle? Juicing is the simple solution! Raw Juices have long been at the forefront of health trends and it is easy to see why. Freshly squeezed fruits and vegetables are full of vitamins, minerals, enzymes and antioxidants, readily absorbed by the body. This perfect liquid nourishment provides us with energy, promotes cleansing and gives our skin that coveted raw glow. Author and Motivational Speaker Philip McCluskey and pure food chef Natalia KW have joined forces to give you the inside scoop on creating the freshest, healthiest and most delicious juices you have experienced. With their vibrant and creative recipes, juicing has never tasted so good. From nutrient dense green juices to sweet, superfood spiked nectars, the luscious flavor combinations in Raw Food Juice Bar are sure to keep you coming back for more. hit the farmers market, pull out your juicer and let's get juicy! In mere minutes, you will see and feel the extraordinary benefits when you treat your body this good.

Book Information

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Customer Reviews

The recipes are great! They ARE vibrant and creative" recipes! Simple and easy to make , and very explanatory! I have not juiced a recipe yet that I did not like! YaY for RAW!!!

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