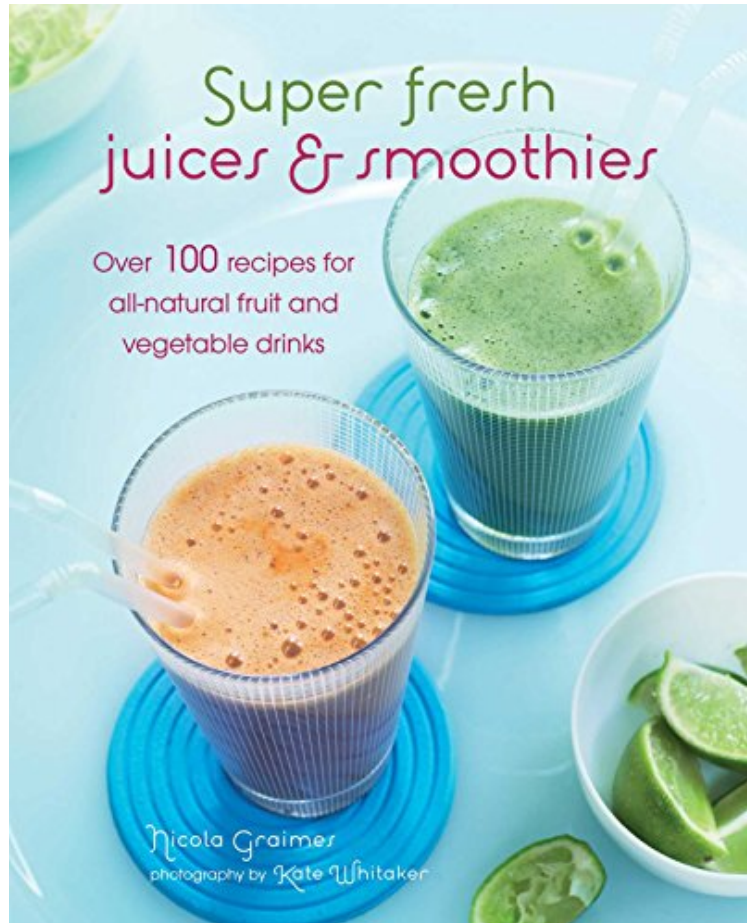


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## Super Fresh Juices and Smoothies

*Nicola Graimes*

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#2368537 in Books Ryland Peters 2014-02-01 2014-02-13Original language:EnglishPDF # 1 .90 x 7.60 x 9.30l, 1.45 #File Name: 1849754934144 pagesSuper Fresh Juices and Smoothies Cookbook | File size: 53.Mb

**Nicola Graimes : Super Fresh Juices and Smoothies** before purchasing it in order to gage whether or not it would be worth my time, and all praised Super Fresh Juices and Smoothies:

1 of 2 people found the following review helpful. Awesome!By CameronThis book really takes the guess work out of fruit/veggie combinations! I love how there are sections for beauty and detox. There are some ingredients that may be hard to find, especially if you live in a location where a health food store would be uncommon. Overall, I am very impressed with this book - I have three other smoothie books but this one stands out with its beautiful pictures and healthy added ingredients! I definitely recommend it!!!

Along with the nutrients gleaned from fresh fruit and vegetables, these great-tasting drinks contain the added benefit of active super-nutrients such as spirulina, wheatgrass, maca, baobab, lacuma, acai berries, chia seeds, and raw cacao among many others. To help those unfamiliar with these super-nutrients, an in-depth list with a detailed explanation of

their numerous health benefits is featured as well as information on how to use them. There is no comparison between home-produced juices and storebought ones from a health point of view; with homemade drinks you know what you're getting, you can choose your favorite fresh produce and they are additive-free with no added sugar and they're not pasteurized, a process which can deplete their nutritional status. Alongside over 100 recipes, this book gives valuable practical advice on getting the most from your fresh produce, including shopping tips, covering seasonality and foraging, plus a guide to buying a juicer or blender that best suits your needs.

About the Author Nicola Graimes is an award-winning writer specializing in nutritional health, vegetarian cookery, and food for children. A former editor of *Vegetarian Living* magazine, she has written more than 25 books, including *Great Healthy Food for Vegetarian Kids*, which won Best Vegetarian Cookbook in the World Gourmand Awards 2002. Nicola is a member of the prestigious Guild of Food Writers and lives in the coastal town of Brighton in the UK.