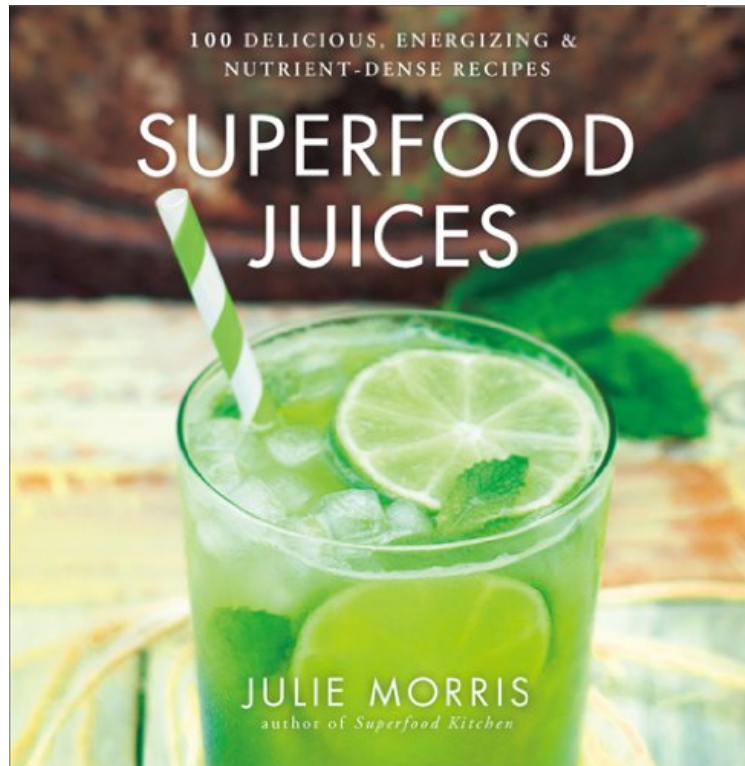


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## Superfood Juices: 100 Delicious, Energizing Nutrient-Dense Recipes (Julie Morris's Superfoods)

Julie Morris

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**Julie Morris : Superfood Juices: 100 Delicious, Energizing Nutrient-Dense Recipes (Julie Morris's Superfoods)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Superfood Juices: 100 Delicious, Energizing Nutrient-Dense Recipes (Julie Morris's Superfoods):

53 of 54 people found the following review helpful. A Great Addition to Any Juicing Book CollectionBy Kyleigh“Superfood Juices” is a book I was looking forward to purchasing for a long time. I love juicing, and try to juice daily, but sometimes you can get really bored with the routine, and tired of the same old same old. I feel that way about smoothies too, which Is why I loved Morris’s “Superfood Smoothies” book so much, I was hoping based on that book, that “Juices” would be just as good and I wasn’t disappointed.This is a cute little book with the same easy style of “Superfood Smoothies” lots of full color photographs, and lots of information about juicing from what you can juice, ratios for juicing, substitutions and even what the best juicer is. The first third or so of the book deals with all the practicalities, and even includes fasting menu plans for achieving various goals - whether it’s health, weight loss, or beauty. I love how much time and effort Morris put into this book, and it’s quite clear how passionate she is for Superfoods, unique recipes and health.Of course, when I say unique I truly mean unique. If you’re looking for a basic, straight-forward juicing book that gives you pure veggie or fruit juice recipes or half and half combinations then this is

not the book for you. This book deals more with the exotic, it uses superfoods, and some of the recipes aren't strict juices as they require you to make a juice and then to blend it with cashews say or add chia seeds. Ingredients like Acai berry, Maca, Sea Buckthorn Juice, Lucuma, Chlorella, and wheatgrass are also used and though these are easy enough to find online or in health food stores some people may not be interested in going out of their way to acquire them. Though in my opinion doing so is worth it. The book also doesn't contain nutritional or calorie information which some feel is important, so you may want to take these things into consideration before purchasing the book.

.When I did a juice fast in May I used a lot of recipes from this book, with great success. Though I haven't made near as many as I'd like to, so far I've tried, Strawberry Orange - Loved it Grapefruit Fennel - Loved it Watermelon Goji - Loved it Citrus Apple - Loved it Superberry Kiwi - Loved it Cacao Pear - Pretty good Green Apple Kale - Loved it Cooling Kale - Loved it Grapefruit Mint - Pretty good Ginger Greens - Loved it Celery Greens - Loved it Lemon Chard - Pretty good Fennel Mint - Not for me Coconut Spirulina - Pretty good Ginger Apple Broccoli - Pretty good Sea Buckthorn Beet - Loved it Carrot Goji - Pretty good Carrot Maca - Loved it Maca Yam - Pretty good Carrot Dill - Good in Small Doses, a bit much to take as a full recipe Lucuma Carrot - Pretty good Russian Sea Buckthorn - Loved it Electrolyte Chia Lemonade - Loved it Mandarin Ginger Kombucha Spritzer - Loved it Maqui Grapefruit Kombucha Spritzer - Loved it As far as I'm concerned though it's a really fantastic addition to any juicing collection, and is especially wonderful if you're looking for something just a little bit different to change up your routine

13 of 15 people found the following review helpful. Gotta love these juices By gluten free gall've made 4 recipes from this book so far and they are all winners! There are 100 different juicing recipes!! I appreciate how the author explains the benefits of specific superfood foods, but note these are not needed to make great tasting juices. There is info on juice fasts and benefits of such. Ideas to reduce costs too. I've just begun building up a superfood arsenal. So far I've made the: grapefruit fennel juice (minus the sea buckthorn berry juice)- wonderful! Our family's fav so far Super berry kiwi - my husband says it tastes like healthy snapple ( again I didn't use the superfood but juiced a pineapple core instead) Spectrum juice perfect green veggie juice with roots, fruits and greens! Tomato celery - this stuff tastes similar to v8 but way less salty/processed (creamy and satisfying with hemp seeds) I can't wait to try many many more of the juices. This book also includes chia frescas, frozen treats, and adults beverages.

0 of 0 people found the following review helpful. Five Stars By Mitten DGLots of great recipes and ideas!

Juice it up, and start glowing—inside and out! Julie Morris, author of the bestselling *Superfood Smoothies*, serves up a fresh, ultra-healthy take on juicing with 100 flavorful recipes. Incorporating antioxidant- and vitamin-rich powerhouses such as açai, chia, ginger, and kale, these drinks cleanse, energize, and rejuvenate with every sip. Learn countless secrets that will take your juicing to the next level, with more healthy benefits and delicious rewards!

**About the Author** Julie Morris is a Los Angeles-based author, natural food chef, and advocate of whole, plant-based foods and superfoods. She has worked in the natural food industry for close to a decade as a recipe developer, writer, cooking show host, and spokesperson, and is the executive chef for Navitas Naturals, a fair-trade company that specializes in 100% organic superfoods. Her mission is simple: to share recipes and nutrition tips that make a vibrantly healthy lifestyle both easy to achieve and delicious to follow. To learn more about Morris and superfoods, visit [juliemorris.net](http://juliemorris.net).