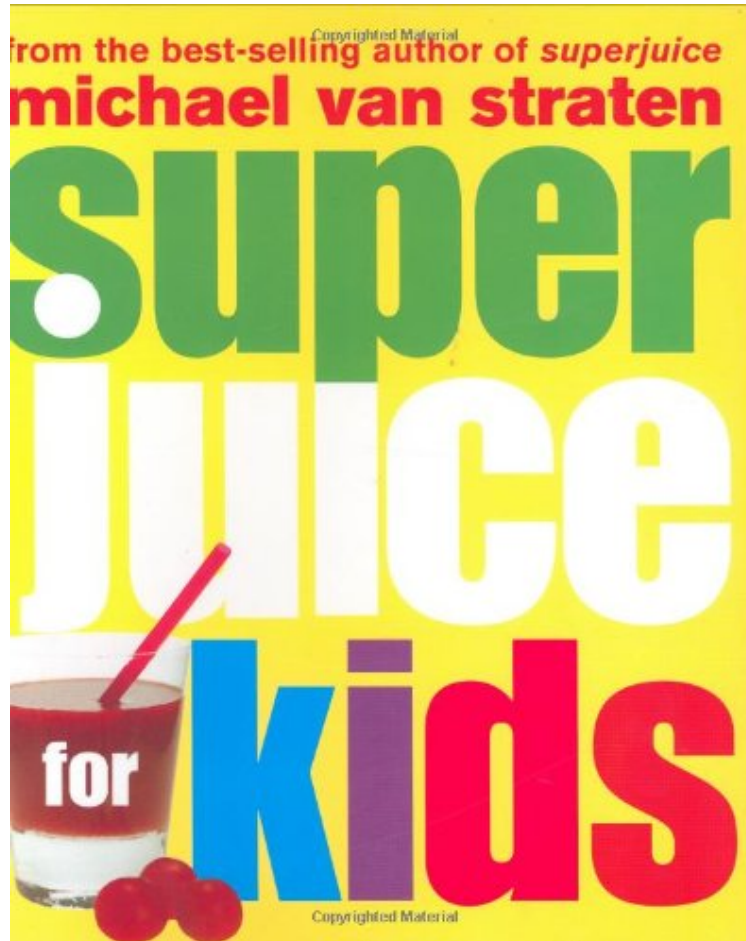


[Read download] Superjuice for Kids (Superfoods)

## Superjuice for Kids (Superfoods)

*Michael Straten*

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#5568178 in Books Whitecap Books Ltd. 2007-02-16 2007-02-16 Original language: English PDF # 1 9.25 x .50 x 7.50l, .93 #File Name: 1552858707128 pages | File size: 62.Mb

**Michael Straten : Superjuice for Kids (Superfoods)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Superjuice for Kids (Superfoods):

0 of 0 people found the following review helpful. Great ideasBy D. StrojanReally good ideas for juicing along with simple ingredients. I've found that often juicing books have all kinds of strange ingredients that you'd need to find in a specialty store...Not this one! We have our favorite recipes and my kids often ask for them...a step in the right direction!

A simple and delicious way to encourage kids to enjoy fruits and vegetables.Michael van Straten, a leading expert in complementary medicine, has devised more than 70 simple juice recipes that provide children with a range of health and lifestyle benefits. Superjuice for Kids is packed with recipes for juices to boost energy, memory, immunity and healing. There are juices to protect against stress and others to encourage a good night's sleep or improve a sports

performance. Each recipe includes vital statistics on specific ingredients, with descriptions of their health benefits. Kids will enjoy such favorites as: \* Peanut butter special: milk, peanut butter, vanilla ice cream and maple syrup \* Barbie bright: raspberries and pink grapefruit \* Muscle saver: sweet potato, carrots, celery stalks, tomatoes and parsley \* Exam special: peach, apricots, strawberries, yogurt and flax seeds \* Zitzapper: apple, celery, carrots, beet and parsley \* Flintstone fancy: blueberries, blackberries, cranberries, raspberries, strawberries, yogurt and honey

About the Author Michael van Straten