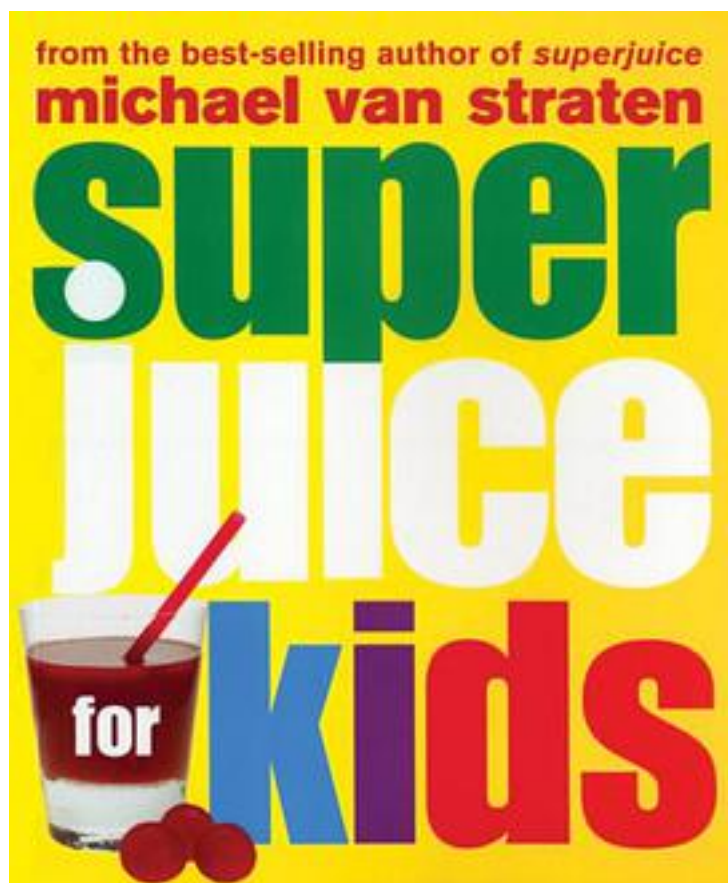


Superjuice for Kids



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著者:Van Straten, Michael

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"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 Slumbertime: carrots, apples, rice milk and nutmeg. Superjuice for Kids follows the Superjuice philosophy, adding quality and vigor to the daily lives of children of all ages.

作者介绍:

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