

The Joy of Juicing

Completely Revised and Updated.

The Joy of Juicing

Creative Cooking with Your Juicer



150 imaginative, healthful juicing recipes
for drinks, soups, salads,
sauces, entrées, and desserts

Gary Null, Ph.D.

author of Gary Null's Ultimate Lifetime Diet and Gary Null's Ultimate Anti-Aging Program

and Shelly Null

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A creative collection of juicing recipes from award-winning broadcast journalist and bestselling author Gary Null.

The Joy of Juicing is an all-new collection of fifty scrumptious and healthy recipes that utilize juicers for an imaginative array of dishes—from drinks, sauces, dips, and salads to soups, entrees, and desserts.

Juicers are now more popular and affordable than ever, and this new edition will help Null's millions of fans incorporate power foods into every meal. His versatile recipes frequently incorporate juice pulp (often discarded in recipes in other books), which is high in vitamins, minerals, and antioxidants and can be used in many different types of recipes beyond drinks. This book is rounded out by Gary Null's Seven-Day Menu Plan for a healthier lifestyle, and by his Natural Living Weight Loss Program. Index.

作者介绍:

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