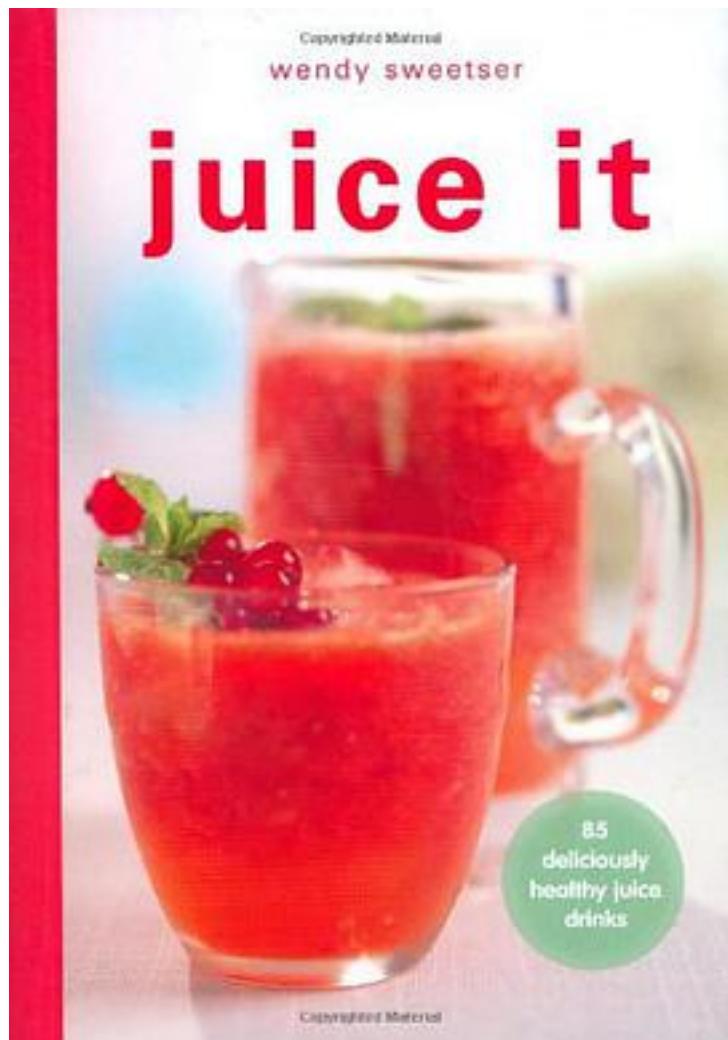


Juice It



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This book is for anyone who wants to make quick and easy juice recipes that taste delicious. Drinking juice is a quick and very tasty way to take in valuable nutrients, vitamins and goodness. There are 85 recipes divided into six chapters: Energy boosters, Super soothers, Instant revivers, Liquid snacks on the go, and Let's celebrate and Time to detox. All ingredients are readily available and the exciting combinations means you'll never get bored! Guidance is given on the kind of equipment needed, as well as valuable information on the ingredients used in the juice recipes.

作者介绍:

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