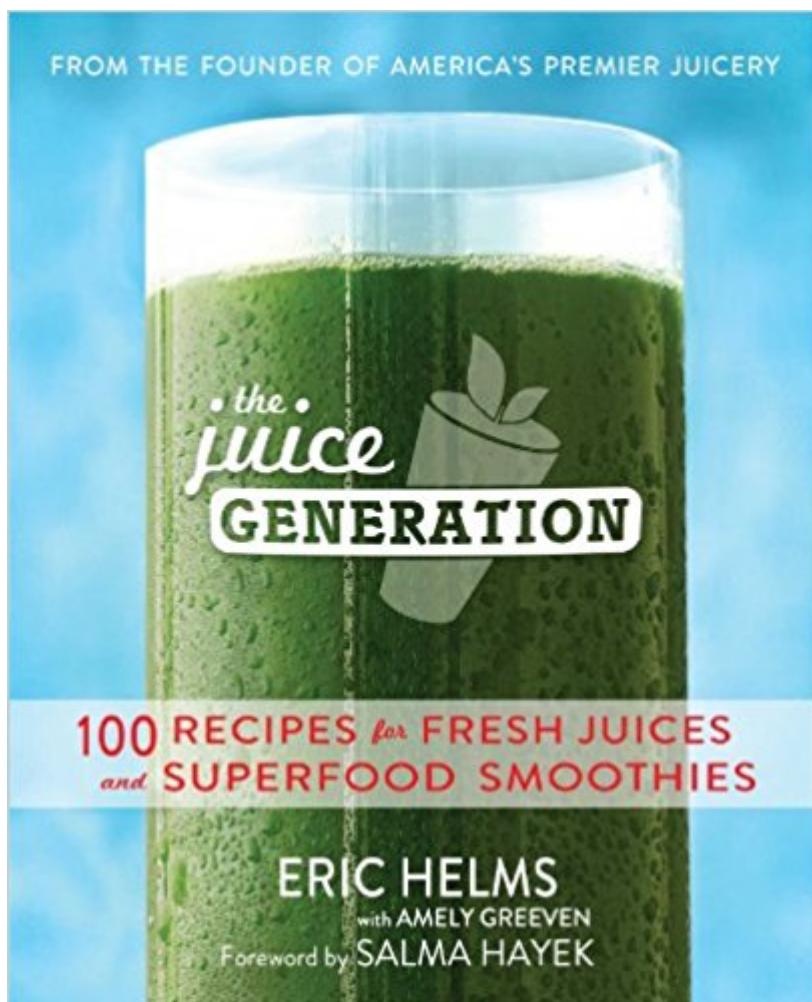


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# The Juice Generation: 100 Recipes For Fresh Juices And Superfood Smoothies



## Synopsis

From one of America's foremost and pioneering juicing companies comes a beautifully illustrated guide to creating restorative and energizing juices and smoothies; as well as preparing nutrition-rich, blended superfoods. Get ready to live juicy with . Fresh juices and superfood smoothies will help you feel energized and invigorated with glowing skin and a clear mind. The revitalizing recipes and tips will make you feel lighter and brighter, inside and out. offers practical, down-to-earth instructions for making restorative and great-tasting vegetable and fruit juices, smoothies, and tonics. Whether you're newly juice curious, or already an old pro, 's plan will lead you to the endless benefits and possibilities of squeezing, crushing, and grinding, and help you integrate the joys of juicing and blending into your busy life. includes detoxing cleanses as well as flu-fighting elixirs and plenty of recipes and great advice from some of its biggest supporters, including Blake Lively, Michelle Williams, Edward Norton, Jason Bateman, and Martha Stewart.

## Book Information

Paperback: 240 pages

Publisher: Touchstone (January 14, 2014)

Language: English

ISBN-10: 1476745684

ISBN-13: 978-1476745688

Product Dimensions: 7.4 x 0.7 x 9.1 inches

Shipping Weight: 10.6 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 50 customer reviews

Best Sellers Rank: #162,885 in Books (See Top 100 in Books) #37 in Books > Cookbooks, Food & Wine > Kitchen Appliances > Blenders #82 in Books > Cookbooks, Food & Wine > Cooking Methods > Raw #123 in Books > Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies

## Customer Reviews

Blake Lively's Intoxicating Detoxification [Click here for a larger image](#) Sweet, bitter, mild, and freshâ "this drink marries many tastes into one beautifully proportioned, and completely addicting, combination. 1 cup kale 2 leaves Swiss chard 1/2 cup parsley 1/2 small beet 1/2 cup pineapple 2 medium green apples 1 sprig fresh mint 1/2 medium lemon, peeled Juice. I fancy myself as a foodie, because man, oh man, do I love to eat. I come from a Southern family, so my taste leans

more towards butter and sugar than veggies; if they're battered in cornmeal and fried, then I'm in! Growing up, I was interested in creative preparations of vegetables that were able to mask their flavor. Then a few years ago, I had a juice that changed it all for me "a mix that's better than any pool boy you'll ever eat. The vegetables in their purest form are refreshing and palate cleansing, while the sweet notes of the fruits and mint make it both quenching and intoxicating. Now I can get my dose of veggies in a delicious way and feel proud doing it. And boy, does it counter the guilt I feel when pulling out the ice cream. "Blake Lively, actor

is driven by the mission of making juicing and blending accessible, exciting, and even more importantly, a long-term, happy green habit. • (Salma Hayek) Juicing helps feed my soul and feed my cells and the carrots help me read the fine print. • (Katie Couric) I come from a Southern family, so my taste leans more towards butter and sugar than veggies. A few years ago, I had a juice that changed it all for me "a mix that's better than any pool boy you'll ever eat. The vegetables in their purest form are refreshing and palate cleansing. • (Blake Lively) I am ruled by my juicer. Anything green that's not nailed down ends up being juiced. If my wife is right and you are what you eat; I'd rather be lean and green than hot and beefy. • (Jason Bateman) I feel like I'm being rewarded with every sip, especially with the green juices, and watching my children drink all those greens is the greatest feeling, knowing they are consuming all the right nutrients. • (Naomi Watts) Juicing is definitely a part of my regular diet. Having fresh juices is mandatory for me, because it makes it easy to get all your veggies down. • (Kristen Bell) Juices are the perfect way to get back on track after you've had a weekend full of consecutive pig-out sessions. They're also just an easy, great way to do something healthy for your body. • (Gayle King) Juicing was the beginning of a deeper understanding of nutrition. I'm pushing myself to go as green as I can with juicing and keep the fruits to a more modest percentage. I feel better and it keeps my energy more even. • (Edward Norton) Making healthy food choices and preparing them takes a great deal of time, often time that I don't have. Juicing takes the work out of the equation. I can't think of anything that makes me feel as good and is as easy to do. • (Michelle Williams) I started a personal juicing program, which has had a profound effect on maintaining high energy levels, clear skin and fast-growing, healthy hair. • (Martha Stewart)

I have thrown out my other juice/ smoothie recipe books that I haven't used in years, and thus gave up on juicing/ smoothie making therefore letting my juicer and nutra-bullet collect dust - until I gave The Juice Generation a chance. These are fantastic recipes! I used to get free juice recipes from

wherever and a few were complicated, or required quite a few ingredients that never ended up tasting good. Each recipe in The Juice Generation was easy to follow with a clear description of what you were to expect to taste. Many of the vegetables and fruits that were required in each recipe are to be reused in many other recipes, each with very different and delicious tastes and textures, so that you don't just use collard greens in just one juice or smoothie recipe, but in many, without dull or bland tasting results. This juice and smoothie recipe book deserves an award. Your money will be well spent on this book no doubt, you will not be disappointed. I haven't.

I tried wholeheartedly to drink green smoothies with Green Smoothie Girl because there was no waste but I never benefited from the drinks because I never felt good like I do with plain juicing, which removes all that fiber. I do have SIBO/IBS, so I assume I was not absorbing the vitamins and minerals because the fiber had to be digested. Also the taste of greens was not that good and while I dutifully swallowed it, it was not really tasty, but this book has given me a green drink that I ENJOY drinking. I cannot believe how good the juices taste and it opens up your own creativity once you realize it can be done. Like the book says, if you don't like celery, then you aren't going to like it in your drink. Although I like celery, I don't like much, so I just added a bit less celery. I have a LOT of health books and while there is not much new in the beginning of the book for me, the recipes are wonderful and the book is inspiring. I've drank more juice since the book arrived than I could've imagined, and even my teenage daughter is drinking them with me this time and not hiding. haha And there are also other drinks, like ginger-pineapple-celery or orange-pineapple-beet drinks. Yum! He calls pureed fiber drinks "blended" drinks, not smoothies. Juices are made into smoothies by adding in coconut milk, banana or avocado, etc.

I've been juicing off and on for a number of years, and was looking for something to help me make tasty green juices that aren't so high in sugar. This is it! He takes you on a green journey, starting with lighter green and progressing to darker green in three phases. (There are also some non-green juices and smoothies, but the primary focus is on getting green.) He also does a really nice, simple job of explaining "why we love..." [carrots, kale, limes, etc.] in various sections of the book, and then features a handful of recipes with the spotlighted ingredient. I enjoyed reading those as a reminder of all the good stuff happening in my body as a result of drinking the juices. There is also some good info about "superfood" ingredients like goji berries, maca powder, etc. All-in-all, an excellent juicing and smoothie book. We've tried probably 20 or more of the recipes, and so far they are all quite good.

Enjoy the combination of juices.

Mostly juice recipes.I thought there would be some smoothie recipes too.

I bought the book in hopes of juice suggestions for loosing weight. I got it! I have lost 15 pounds and still working on it. A little each week with goal of 70 pounds in 7 or 8 months. Loved the mixtures and it was so helpful and filled with useful information.

I dig it! Love Juice Generation and have my morning juice there whenever I'm in NYC for work! I walk/jog 40 blocks from my hotel to start my day with the Professor. Awesome veggie-forward smoothies and juices! happy to support this enterprise ... happy to have purchased the book!

This book explains the benefits of juicing and smoothies as well as many varied recipes that are easy to blend at home. I recommend it as a way to improve or enhance one's health as outlined in the book. It is a great way to consume a lot of vitamins, etc. in a small amount of time. Give it a try and see what it can do for you.

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