



Juice it! Blend it!: Transform Your Health One Drink at a Time (Paperback)

By Lisa Craven

Exisle Publishing, Australia, 2015. Paperback. Condition: New. Language: English . Brand New Book. The complete reference guide to incorporating plant foods into your everyday diet, Juice It! Blend It! will transform your health one drink at a time! Juice enthusiast Lisa Craven clearly and simply outlines the six Ws of juicing: who should juice, what you should put in your juice, where you should juice, when you should juice, why you should juice, and which type of juicer or blender to purchase. Each chapter combines facts and fun tips with fabulous recipes designed to target specific needs, ranging from afternoon pick-me-ups and immune boosters to stress busters and deep cleansers. In addition, Lisa includes numerous family-friendly recipes that will see kids gulping down their veggies without even knowing it! Beautifully designed, with colour photography throughout, this is the ideal reference to keep in your kitchen.



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