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The Moon Juice Cookbook: Cosmic Alchemy For A Thriving Body, Beauty, And Consciousness



Synopsis

The founder of L.A.'s hottest wellness boutique, Amanda Chantal Bacon offers the ultimate resource for foodies looking to restore their health the natural way, using functional foods to create seriously healing drinks, snacks, and sweet treats. Since Amanda Chantal Bacon founded Moon Juice in 2011, it has evolved into one of the nation's fastest growing wellness brands, and in The Moon Juice Cookbook, she artfully distills her powerful approach to healthy living, sharing over 75 recipes for the brand's most popular healing beverages and provisions. Amanda's recipes harness the healing properties of adaptogenic herbs, raw foods, and alkalizing ingredients to create potent drinks, snacks, and sweets that deliver a multitude of benefits, including sparked libido, glowing skin, and boosted immunity. She begins by guiding readers through the fundamentals of the Moon Juice kitchen, teaching them how to stock the larder with milks, juices, cultured foods, and a œunbakery• doughs and crÃˆmes"all of which can be mixed and matched to create nutritionally turbo-charged meals with minimal effort"and the essential time- and money-saving strategies they'll need to make their new kitchen practices stick. With recipes for healthful, delectable indulgences like Strawberry Rose Geranium Bars, Hot Sex Milk, Savory Tart with Cheese and Tomato Filling, Pulp Brownies with Salted Caramel Sauce, Yam Julius Milk, and Chocolate Chaga Donuts, The Moon Juice Cookbook is the stylish yet pragmatic roadmap readers need to achieve optimal wellness in a natural and delicious way.

Book Information

Hardcover: 256 pages

Publisher: Pam Krauss/Avery (October 25, 2016)

Language: English

ISBN-10: 0804188203

ISBN-13: 978-0804188203

Product Dimensions: 7.4 x 0.6 x 10 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Best Sellers Rank: #39,779 in Books (See Top 100 in Books) #17 in Books > Cookbooks, Food & Wine > Cooking Methods > Raw #42 in Books > Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies #98 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Natural Foods

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