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Juice It, Blend It, Live It: Over 50 Easy Recipes To Energize, Detox, And Nourish Your Mind And Body



Synopsis

Juice It, Blend It, Live It will teach you how to bring a healthy lifestyle change to your home. This book is a blueprint to making delicious cleanses that will enable you to live a vibrant, energy-filled, healthy life. Jamie teaches you not only how to make the juices, smoothies, soups, and nut milks she enjoys, but you can tailor her recipes to your own taste buds and preferences. Filled with colorful photos and inspiration, Jamie shares everything from the medicinal value of superfoods that can add health value to your diet to smoothies kids will love! Juice it, Blend It, Live It is jam-packed with yummy and revitalizing recipes, including: Nut & Seed Milks: Almond Milk, Brazil Nut Milk, Hemp Milk; Green Juices: Amazing Greens, Blissfully Basil; Root Juices: Beet Me, Sweetie Pie; Smoothies: Beauty Tonic, Mint Chocolate Chip; Soups: Classic Kale, Avocado Kick; Detox Juices: Lemon Lime Detox, Master Cleanse Tea. Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

Book Information

Hardcover: 192 pages

Publisher: Skyhorse Publishing (November 3, 2015)

Language: English

ISBN-10: 163450562X

ISBN-13: 978-1634505628

Product Dimensions: 7.7 x 0.8 x 7.6 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars See all reviews (14 customer reviews)

Best Sellers Rank: #431,812 in Books (See Top 100 in Books) #80 in Books > Cookbooks, Food & Wine > Kitchen Appliances > Blenders #268 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Vegetarian #341 in Books > Cookbooks, Food & Wine > Beverages & Wine >

Customer Reviews

Jamie's new book is incredible. The juices, smoothies and cleanses are delicious and easy to make, and Jamie has poured so much love into this book! She's owned a successful organic juice bar/cafe in New York City for years, it's my favorite place in the city to get healthy food and juices - and her experience with helping people become healthier through these recipes really shows in the book. I'm so glad she created it so I can have access to all of her delicious recipes even when I'm not in New York. :) Favorite part is that she has a whole chapter of green juices without fruit, as well as savory soups. YUM. Not to mention gorgeous photos. Nice work Jamie!!!!

Eating healthy, juicing, and cleansing are things that a lot of people find really intimidating and confusing. This book has soo much information in it- its like everything you would ever google about being healthy. There are so many recipes for juices, smoothies, nut milks, and soups, and everything is so delicious...plus, its so fun that there are tips about how to design your own cleanse. Overall I would definitely recommend this book to anyone with any type of interest in health and wellness- which should be everyone!

i've been making green smoothies for 8 years and was so happy to find an entire section on green drinks without fruit. i feel a lot of people capitalize on starter green smoothies/juices that might not even be that healthy in the long run. this book has legitimate recipes that are healthy even to the most cynical food critic.

I LOVE THIS BOOK!!! More than anything I am a foodie at heart and I have always struggled with making my juices and smoothies not just taste good but AMAZING. I love how Jamie includes unusual ingredients and combinations. Plus the recipes are easy to follow, the pics are gorgeous and everything I've made from this book is totally foodie approved. I highly recommend this book for anyone looking for creative juice, smoothie and cleanse recipes (I mean the juice recipe that has parsnips in it alone was LIFE CHANGING!).

I love this book so much! Jamie brings such a grounded, realistic approach to healthy living that will inspire you to try her recipes while giving helpful guidance to create your own. I really appreciate that she has a section devoted to green juices without fruit but also explains how to add fruit if that is

your preference. This is my third juice/smoothie book but BY FAR, my favorite! The book is also aesthetically beautiful! Highly recommend it!!

I absolutely loved this book, so much so that I will def be gifting it to a few fortunate friends this holiday season - something this amazing needs to be shared. Jamie's book is beautifully illustrated and provides easy-to-follow recipes that can be tweaked to your liking. Juice It, Blend It, Live It continues to help me find optimal health and healing through the power of fruits and veggies.

Not a fan of these recipes... I won't purchase a recipe book online again without being able to see the recipes... I was mostly looking for smoothie recipes and there are only a few in this book. Disappointed... Especially, given all the glowing reviews.

My boyfriend and I got to Gingersnaps and have tried a few of their cleanses (they've been voted NYC's best for a reason...). The only downside is that it's a trek! So I was soooooo excited that their founder released a book for some DIY action! I love Jamie's recipes, they're so simple and clean, unlike some of the other raw food books I've tried (and I've tried them all), and super well balanced, which I always mess up when juicing. I even ended up ordering one for my mom with the hopes that she'll come around to the evil green side. The almond milk and the basil-green juice are my favorite so far. =]

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