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Juicing: Quick & Easy, Proven Recipes (New edition)

By Gina Steer

Flame Tree Publishing. Paperback. Book Condition: new. BRAND NEW, Juicing: Quick & Easy, Proven Recipes (New edition), Gina Steer, This is the only drinks book you'll ever need: smoothies and juices, and cocktails too - alcoholic and non-alcoholic; revitalising and detoxing, healthy or indulgent, for daytime or evening, cooling in summertime or warming in winter - there is a drink for every occasion or mood. Handy information on ingredients, equipment and techniques is followed by over 200 easy-to-follow recipes accompanied by serving suggestions and alternative twists. Treat your body or your tastebuds to anything from Fruit Salad Detox Smoothie or Carrot with Apple & Alfafa, to Banana & Chocolate Shake or a classic Long Island Iced Tea.



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