



Superfood Juicing (Paperback)

By Tina Haupt

Sterling Publishing Co Inc, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book. From juicing newcomers to seasoned pros, everyone will find something to love in this diverse collection of over 100 superfood juice recipes! Experience the health benefits of superfoods alongside any meal in the form of delicious, nutrient-rich and low-calorie juice recipes! Kale, berries, nuts and citrus fruits abound in this health-boosting collection of over 100 juice recipes packed with essential nutrients that will arm you against disease and illness. Each recipe features fresh ingredients, detailed and easy-to-follow instructions, and full-color photographs. This innovative spiral-bound recipe book will become a fixture on your kitchen counter as your go-to reference for preparing delicious juices for any meal of the day.



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