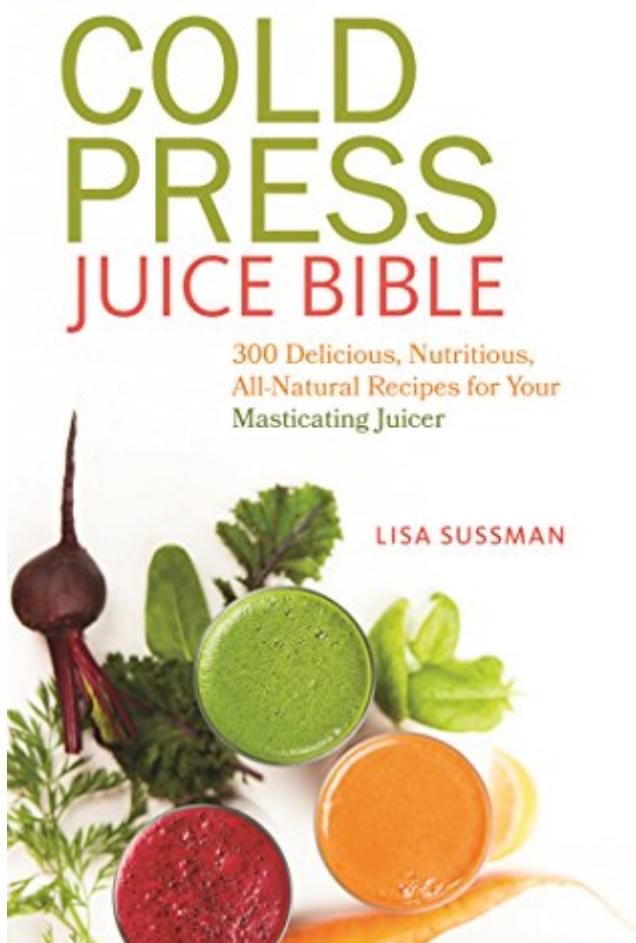


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# Cold Press Juice Bible: 300 Delicious, Nutritious, All-Natural Recipes For Your Masticating Juicer



## **Synopsis**

THE COMPLETE GUIDE TO JUICING, DIETING AND CLEANSING USING A SLOW-MASTICATING JUICER Masticating juicers are the best way to get all the vitamins, minerals and antioxidants you need in one delicious drink. But don't settle for the same boring juice every day. With The Cold Press Juice Bible you have 300 flavorful and unique blends to choose from! Chock-full of vibrant green, fruit-filled, nutritious root and protein-rich, nutty recipes, this book will leave you revitalized and energized. Mix up your daily routine and have fun with: • 200-calorie, healthy blends • Cold press tips and tricks • Vitamin- and antioxidant-rich recipes • Cleanse programs for body detox and weight loss • Specific juices for breakfast, lunch, snack time and more

## **Book Information**

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## **Customer Reviews**

Great recipes if you are looking to jazz things up. I usually juice what's in the fridge.

great book for beginners looking to build their knowledge of juicing.

Great information and recipes.

I am very happy with my purchase of the Cold Press Juice Bible! I have been interested in juicing for a long time now but didn't know where to start. Lisa Sussman covers everything you need to know from beginning to end. She writes about the right kind of juice machine to buy, sugar, decoding labels, different fruits/veggies, the best time to juice, cleansing, meals to eat around cleansing, and everything in between. I have tried many of the recipes and I am excited to try more! My favorite is the HIPPY-DIPPY Lunch and I also love GOIN'NUTZ! I was definitely unsure but curious about juicing before I read this book. After reading Cold Press Juice Bible, I have become a Juicing Maniac! I give this book five stars and would recommend it to everyone!

Not impress and just too much information. I like quick and to the point. And it looks so out of date.

The author lost me when it started comparing juicers to boybands

Very informative. Some recipes have odd ingredients that I wouldn't normally buy.

This book has a lot of great information about juicing as a lifestyle, tips & tricks etc. I enjoyed Lisa's sass and how her personality comes across. However, this book has some downsides :- Most all the Juice recipes are very complicated and not something I would make daily (many have 7-10 ingredients). Not at all what I expected. I am an avid home cook and I have a stocked pantry. However, when I took up juicing I wanted to juice vegetables & fruits. I did not want to be incorporating nut milk, seeds, powders or spices. I wanted simple juice recipes where I could taste the fresh veggies and fruits. - the non juice recipes had a lot of short cuts. I make my own kombucha and nut milks. I found the recipes provided were very short and would be utterly un-followable if you did not already know how to make the end result. - the format and quality of the book is very lacking. Although there is a lot of great information about how to get into juicing, the layout is at times confusing and the quality of the paper makes flipping back and forth difficult. There are no pictures, no clear section breaks (color coding etc) and it's all grey with black text. I found this to be less than inspiring. All in all, I thought this book had some good information but I don't think I will keep it. I am planning on trying to find some other juicing sources that are more visually appealing and with simple recipes that I can make in the morning.

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