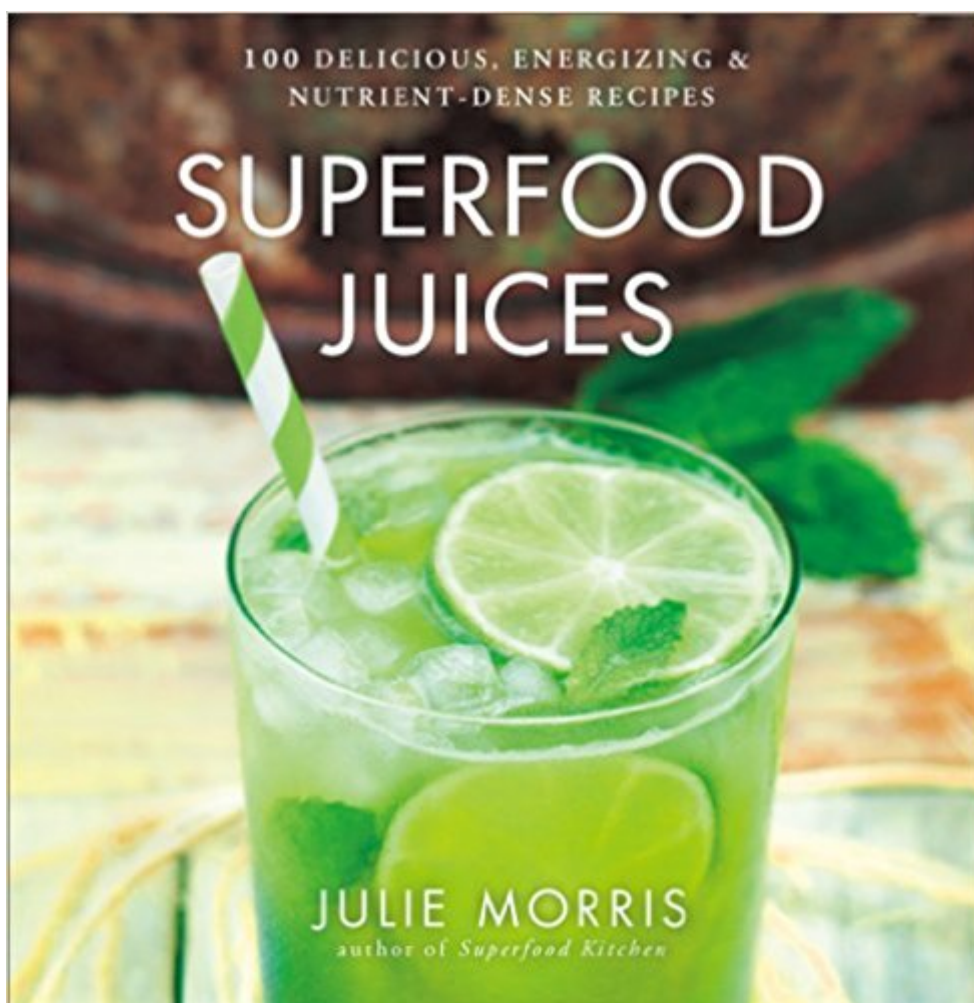


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Superfood Juices: 100 Delicious, Energizing & Nutrient-Dense Recipes (Julie Morris's Superfoods)



Synopsis

Juice it up, and start glowing – inside and out! Julie Morris, author of the bestselling Superfood Smoothies, serves up a fresh, ultra-healthy take on juicing with 100 flavorful recipes. Incorporating antioxidant- and vitamin-rich powerhouses such as aïfâşai, chia, ginger, and kale, these drinks cleanse, energize, and rejuvenate with every sip. Learn countless secrets that will take your juicing to the next level, with more healthy benefits and delicious rewards!Â Â

Book Information

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Customer Reviews

Julie Morris is a Los Angeles-based author, natural food chef, and advocate of whole, plant-based foods and superfoods. She has worked in the natural food industry for close to a decade as a recipe developer, writer, cooking show host, and spokesperson, and is the executive chef for Navitas Naturals, a fair-trade company that specializes in 100% organic superfoods. Her mission is simple: to share recipes and nutrition tips that make a vibrantly healthy lifestyle both easy to achieve and delicious to follow. To learn more about Morris and superfoods, visit juliemorris.net.Â Â

OMG ! I bought plenty of books for juicing and this is the best so far ! It describes in detail all the superfoods , it has 5 different 5 day cleanses, and it has effective and easy to make recipes ! I love it ! THANKS !

“Superfood Juices” is a book I was looking forward to purchasing for a long time. I love juicing, and try to juice daily, but sometimes you can get really bored with the routine, and tired of the same old same old. I feel that way about smoothies too, which is why I loved Morris’ “Superfood Smoothies” book so much, I was hoping based on that book, that “Juices” would be just as good and I wasn’t disappointed. This is a cute little book with the same easy style of “Superfood Smoothies” lots of full color photographs, and lots of information about juicing from what you can juice, ratios for juicing, substitutions and even what the best juicer is. The first third or so of the book deals with all the practicalities, and even includes fasting menu plans for achieving various goals - whether it’s health, weight loss, or beauty. I love how much time and effort Morris put into this book, and it’s quite clear how passionate she is for Superfoods, unique recipes and health. Of course, when I say unique I truly mean unique. If you’re looking for a basic, straight-forward juicing book that gives you pure veggie or fruit juice recipes or half and half combinations then this is not the book for you. This book deals more with the exotic, it uses superfoods, and some of the recipes aren’t strict juices as they require you to make a juice and then to blend it with cashews say or add chia seeds. Ingredients like Acai berry, Maca, Sea Buckthorn Juice, Lucuma, Chlorella, and wheatgrass are also used and though these are easy enough to find online or in health food stores some people may not be interested in going out of their way to acquire them. Though in my opinion doing so is worth it. The book also doesn’t contain nutritional or calorie information which some feel is important, so you may want to take these things into consideration before purchasing the book. When I did a juice fast in May I used a lot of recipes from this book, with great success. Though I haven’t made near as many as I’d like to, so far I’ve tried, Strawberry Orange - Loved it Grapefruit Fennel - Loved it Watermelon Goji - Loved it Citrus Apple - Loved it Superberry Kiwi - Loved it Cacao Pear - Pretty good Green Apple Kale - Loved it Cooling Kale - Loved it Grapefruit Mint - Pretty good Ginger Greens - Loved it Celery Greens - Loved it Lemon Chard - Pretty good Fennel Mint - Not for me Coconut Spirulina - Pretty good Ginger Apple Broccoli - Pretty good Sea Buckthorn Beet - Loved it Carrot Goji - Pretty good Carrot Maca - Loved it Maca Yam - Pretty good Carrot Dill - Good in Small Doses, a bit much to take as a full recipe Lucuma Carrot - Pretty good Russian Sea Buckthorn - Loved it Electrolyte Chia Lemonade - Loved it Mandarin Ginger Kombucha Spritzer - Loved it Maqui Grapefruit Kombucha Spritzer - Loved it As far as I’m concerned though it’s a really

fantastic addition to any juicing collection, and is especially wonderful if you're looking for something just a little bit different to change up your routine

I've made 4 recipes from this book so far and they are all winners! There are 100 different juicing recipes!!! I appreciate how the author explains the benefits of specific superfood foods, but note these are not needed to make great tasting juices. There is info on juice fasts and benefits of such. Ideas to reduce costs too. I've just begun building up a superfood arsenal. So far I've made the: grapefruit fennel juice (minus the sea buckthorn berry juice)- wonderful! Our family's fav so far Super berry kiwi - my husband says it tastes like healthy snapple (again I didn't use the superfood but juiced a pineapple core instead) Spectrum juice perfect green veggie juice with roots, fruits and greens! Tomato celery - this stuff tastes similar to v8 but way less salty/processed (creamy and satisfying with hemp seeds) I can't wait to try many many more of the juices. This book also includes chia frescas, frozen treats, and adults beverages.

Awesome...!!!

It will change your life in so many great ways ... I have bought at least a dozen of all three of her Superfood books - given them as set gifts, individual gifts, etc. I purchase all the Navitas brand products on subscribe and save, and have a superfood smoothie everyday. I alter the menu based on which farm fresh to table is available. Some you'll love, some you'll never repeat. But get all the books and READ THE INFORMATION in the beginning. I never do and on her books I was riveted to the information. No cooking peeps, get the smoothie book. I freeze a lot, I am learning to dehydrate stuff. But, where I can I buy it fresh from my local Fresh, or GoodEggs.com farm to table delivery.

I have read Ms Morris' other book, Superfood Smoothies. This book delivers lots of great recipes to try out. Not all are winners, but many are. The descriptions are helpful, there are nice pics to show the finished products, and it encourages you to try new and healthy juices.

I expected lots of recipes - which it has. I didn't expect it would be such a good read. Nor did I necessarily expect it would serve as such a thorough primer into the juicing - the "why", and "how much", "how often" along with the "how".

I've done some juicing in the past, but nothing ever prepared me for what I've tasted in the past few days in Superfood Juices! These juices are amazing... incredibly balanced in terms of flavor; and the superfood additions take everything to new heights. I feel fabulous.... so full of "clean energy." This book has really given me the motivation (and the knowledge) to make juicing a more regular part of my life. I've been using many of these superfoods already, thanks to Julie Morris' Superfood Smoothies (which I make almost every day!!), but her new book has led me to discover a couple of new ingredients, too -- like Mangosteen (in Pineapple Mangosteen juice - delicious!!!!). Even my friends have told me my skin is glowing! As summer is approaching, I can't wait to try the Watermelon Goji juice and Spirulina Watermelon juice. So much goodness in my favorite flavor! And that Strawberry Wine Spritzer! (I've already tried that!) It's simply....perfect. And then, of course, there are the frozen desserts made from fresh juice.... Clearly, this is a book to enjoy and enjoy. Everyone should raise their glass to this goodness!

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