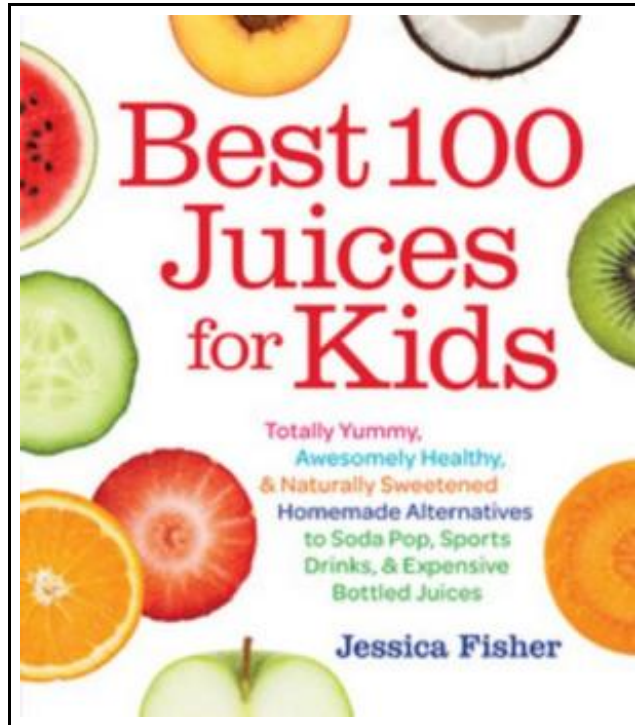


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Reviews

A brand new e book with a brand new standpoint. I have read through and that i am certain that i am going to gonna go through again once more in the future. Its been developed in an remarkably simple way in fact it is merely right after i finished reading through this book in which basically modified me, modify the way in my opinion.

(Prof. Llewellyn Thiel)

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Harvard Common Press,U.S. Paperback. Book Condition: new. BRAND NEW, Best 100 Juices for Kids, Jessica Fisher, Jessica Fisher's creative and tasty approach to juicing includes terrific, kid-friendly alternatives to juices loaded with additives and sugar without the expense of natural store-bought varieties. With ideas for both fruit- and vegetable-based juices, as well as Jessica's expert advice on how to include more of both in nutrient-adverse kids' diets in a way that children will actually enjoy, this cookbook offers a new take on a popular topic that gets everyone drinking more healthfully. With 100 imaginative, healthy and great-tasting recipes for using your at-home juice machine, Jessica Fisher's Best 100 Juices For Kids brings the juicing revolution home for everyone in the family. Jessica Fisher's creative and tasty approach to juicing includes terrific, kid-friendly alternatives to juices loaded with additives and sugar without the expense of natural store-bought varieties. With ideas for both fruit- and vegetable-based juices, as well as Jessica's expert advice on how to include more of both in nutrient-adverse kids' diets in a way that children will actually enjoy, this cookbook offers a new take on a popular topic that gets everyone drinking more healthfully. Outside of the extensive variety of juices in the book, Jessica also includes a number of other inventive ideas for smoothies (including several dairy-free vegan options), "sparklies" (club soda-based carbonated drinks), as well as icy slushies and juice-based ice pops. Throughout, Jessica offers advice on how best to make each recipe on both low-end and high-end juicers, and she provides expert guidance on how readers can get the best results from whatever model of machine they own. Great for making use of extra produce, getting kids and young adults to drink healthier, and as a way to involve children in the kitchen, Jessica's Best...

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