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Crazy Sexy Juice: 100+ Simple Juice, Smoothie & Nut Milk Recipes to Supercharge Your Health

By Kris Carr

Hay House Inc. Hardback. Book Condition: new. BRAND NEW, Crazy Sexy Juice: 100+ Simple Juice, Smoothie & Nut Milk Recipes to Supercharge Your Health, Kris Carr, In Crazy Sexy Juice, wellness advocate and New York Times best-selling author Kris Carr teaches you everything you need to know about creating fresh, nutritious juices and smoothies, and creamy, indulgent nut and seed milks. With enough recipes to keep your juicer and blender humming through every season, she shows you how to fit them into your life, helping you make health deposits - instead of withdrawals! Cha-ching! She guides you through her wonderful world by teaching you: * How to create flavour combinations that tantalise your taste buds * How to choose the best juicer, blender, and kitchen tools * Ways to save money while prioritising fresh, organic produce * Tips for selection, storage, and preparation of ingredients * Answers to frequently asked questions and health concerns * Suggestions for juicing and blending on the go * Tips on how to get your family onboard and make this lifestyle stick * And oh, so much more. Whether you're an old pro at making liquid magic or just starting out, Kris will help you experience...



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