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I was hoping it had less fruit smoothies though, and more green ideas. It is a fantastic juice book. Just be careful of how much fruit you add, due to the sugar content. Another good suggestion would be if it had caloric data for the recipes. None the less, a great book for juicing and smoothies, tea ideas too. Just wasn't exactly what I was hoping for.

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The Big Book of Juices and Smoothies 365 Natural Blends

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The Big Book Of Juices And Smoothies 365 Natural Blends

The organization in this book is fabulous. I have tried these recipes on their own, but now I use them to make green smoothies. Between my books on green smoothies and regular fruit smoothie books I have been able to adapt the recipes and make my own out of them.

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The Big Book of Juices and Smoothies Natalie Savona

Its a great book, organized nicely and lots of recipes. I was hoping it had less fruit smoothies though, and more green ideas. It is a fantastic juice book. Just be careful of how much fruit you add, due to the sugar content. Another good suggestion would be if it had caloric data for the recipes.

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Big Book of Juices and Smoothies by Natalie Savona

The Big Book of Juices and Smoothies features 365 healthy, delicious recipes, many of which can be prepared with nothing more than a blender. Each drink is rated for its effectiveness in boosting energy and the immune system, detoxifying the body's organs, and improving the state and quality of our skin. An at-a-glance nutrient profile lists vitamins, minerals, and phytonutrients, while juice plans, such as a Detox Weekend or an Immune-Boosting Week complement the book beautifully.

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