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Power Juices: 50 Energizing Juices and Smoothies

By Hunter, Fiona; Hunking, Penny

Lyons Press, New York, New York, U. S. A., 2002. Softcover. Condition: New. Dust Jacket Condition: No Dust Jacket. First Edition. NEW - Do you, or someone you know, maintain an active lifestyle? If so, this is the perfect book! It includes 50 delicious and nutritious juice and smoothie recipes to help energize your body. Recipes range from the simple and easy to the exotic and complex, all illustrated with glorious full-color photographs. Suggested power-packed recipes include an apricot smoothie, which helps to maintain strong and healthy bones, and carrot, apple, and ginger juice, which is ideal for priming your body before strenuous exercise. Each recipe comes with clever, quick reference symbols that indicate which sports the drink is most beneficial for. All in all, Power Juices makes a wonderful gift for any active person who is interested in a fun and delicious way to boost their energy levels and maintain optimum health and fitness. Includes an index. ; 4to - over 9Â¾ - 12" tall.

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