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Juicing Recipes For Oranges (Benefits Of Juicing Book 2)



Synopsis

Orange Juice Lovers Can experience tasty orange juice combinations by adding other fruits and vegetables
Compare The Differences A description of the differences in blenders and juicers
Choose one of the three ways to get started
eat more fruits and vegetables
juice your fruits and vegetables
blend your fruits and vegetables
What Readers Are Saying This is a wonderful book that will tell you and show you (through pictures) all you need to know about juicing.
Juicing Recipes provides exactly what is stated, a basic introduction to the mechanics and benefits of juicing along with a detailed series of starter recipes.
Juicing Recipes for Oranges clearly explains the benefits of juicing and how to get started.
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Book Information

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Customer Reviews

Juicing Recipes provides exactly what is stated, a basic introduction to the mechanics and benefits of juicing along with a detailed series of starter recipes. I have juiced for a number of years (on and off) and picked this book up as a refresher to grab a few quick recipes. I've tried 2 so far and they were outstanding. The best thing about juicing is you really can't go wrong, if you like something you make it again, if not you can just change up ingredients the next time around. And it's oh so healthy.

Great ideas here , recipes to help you to take that little extra time to make a lovely drink , as well as enjoy your oranges , I am ever so please I found this little book , and yes there is something here for everyone I would think. Many colourful pictures to show you the end result . Do stop and take a copy home today you will be enjoying these great ideas for a long time to come and the health benefits are just as amazing as the fruit itself too.

I wasn't aware that a "juicer" produced a more concentrated drink with all the nutrients and no pulp from the fruit and that you will have immediate access to the vitamins and minerals in the drink. And your body doesn't have to process all that fiber. The author also has a section about dehydrating oranges and suggestions on how to use them. Very good book, highly recommend.

I moved to Florida 4 years ago and have been recently contemplated planting some citrus trees in the yard. But what to do with all the fruit! I bought this book for the juicing recipes and I am so glad I did. In addition to all the wonderful recipes there is a section for dehydrating oranges. The author has presented some interesting combinations that I can't wait to try.

Since my bout with cancer 22 years ago, I've been a juicing advocate (see my book Killing Cancer KILLING CANCER) but have avoided most citrus. I do use lots of lemon juice in my cooking and dressings. This gave me a new look at OJ and I'm really glad to have found and absorbed it. GREAT recipes, leading to super health. Don't miss this one.

I need to start juicing! I've given it a hit-and-miss type attempt a time or two in the past but didn't have the appropriate knowledge (I now know) to make it "stick".First, I just threw anything together and believe me some of the concoctions I came up with were horrible. Plus, subconsciously, I guess, I realized that the clean up process was not something I enjoyed and was detracting from me being a convert too.This book makes me realize how important that point is and that I should make a conscious effort to minimize this process (since this is a put off to me) and one way is by picking the right equipment for your own personal tastes. In other words, I think I can be a convert by heeding all the pointers noted and then using the great sounding recipes listed. Thanks! I "have" wanted to do juicing for a while but now feel equipped with the right info to do so.I have also been curious about dehydrating fruits and this section was enlightening as well. I try to eat healthy and this book was a wealth of info for doing way more than that. I'm hoping it will help me with weight loss as well but I really have no doubt that that will be the case.Enjoyed it immensely.

When I saw the word "juicing" in the title, I was a little reluctant to get this book, but the author makes it clear that this also refers to blending. She discusses blending and juicing, giving the pros and cons of each. I also loved the fact that she includes info on dehydrating oranges. I dehydrate a number of veggies and fruits, even cucumbers. I am so glad to get the recipes using oranges since most of the "orange" juice I have made came from carrots. Ginger did play a part in my juicing so I was glad to see some recipes using ginger. This is a wonderful book that will tell you and show you (through pictures) all you need to know about juicing. If you want to get healthy, juicing is a great way to go and this book will get you there.

The pictures alone in this book will make you salivate. I've been juicing on and off for decades and have just got back into it again so, for me, these recipes are very timely and I'm really having fun with them. My favorite so far is orange, carrot and ginger because it's good any time of day but I'm longing to try the kiwi, green grape and orange. We just don't have kiwis in the store right now. I would never have thought to try orange with red pepper but I might just pick up some peppers at the store today.

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