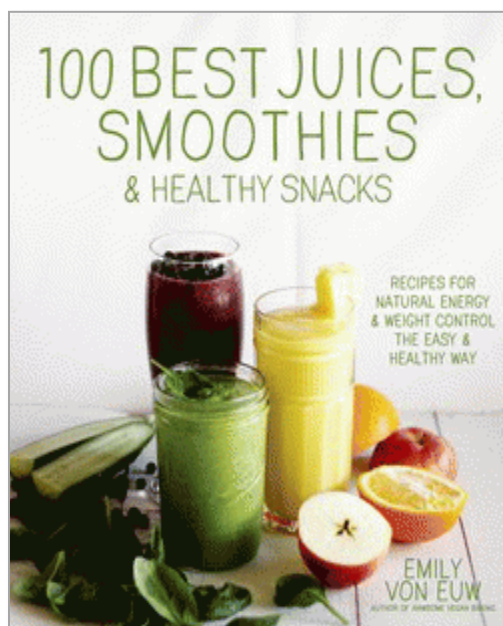


Advance Information

100 Best Juices, Smoothies & Healthy Snacks

Recipes For Natural Energy & Weight Control the Easy & Healthy Way



Author:	Emily von Euw
ISBN:	9781624140914
Imprint:	Page Street Publishing
BIC Category:	Cookery by ingredient Vegetarian cookery
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Price:	GBP14.99
Illustrations:	80 full colour photographs

Selling Points:

Popular raw/vegan blogger, Emily von Euw shares standout healthy and filling juices, smoothies and snacks for New Year, New You.

Description:

Juices and smoothies are packed with the vitamins and nutrients you need to nourish your body. And Emily von Euw, creator of thisrawsomeveganlife.com, has recipes that are so delicious you'll be drinking to your health every day. Emily's recipes include Cilantro Ginger Green Smoothie, Pineapple Peppermint Juice, Chocolate Berry Protein Smoothie and Super Food Energy Bars with Cacao. Depending on the recipe you can boost your metabolism, detox your body, strengthen your immune system or get your daily-recommended intake of fruits and vegetables. With recipes that are not only good for you and easy to make, but tasty and satisfying as well, you'll be clinging to this healthy living companion with both hands.