



Squeeze Me, Please Me!: Freshly Squeezed Juice Recipes for a Healthy New Year (Paperback)

By Martha Stephenson

Createspace Independent Publishing Platform, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. After all of the holiday feasting and overindulgence, a glass of freshly squeezed juice is just the way to kick-start a happy New Year, and a healthier new you. A lot of store-bought fruit juices contain preservatives and added sugars, not to mention genetically modified organisms (GMOs). So, the best way to include freshly squeezed juice into your family's daily menu plan is to dust off that juicer, sitting in your kitchen cupboard and make your own. We aren't talking juice cleanse here; just include one freshly squeezed juice drink each day either at breakfast or as an afternoon snack, and you are well on the road to improving fruit and veggie intake. Every year, on January 15th America raises a glass to National Freshly Squeezed Juice Day. To celebrate, we have 40 fresh and fruity recipes that are not only quick to prepare but taste good too. So, what are you waiting for? It's time to get squeezing.



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Reviews

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This ebook is worth purchasing. It is writter in straightforward words and not hard to understand. You will not feel monotony at at any time of your respective time (that's what catalogs are for about in the event you ask me).
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