



The Big Book of Juices and Smoothies: 365 Natural Blends for Health and Vitality Every Day (The Big Book of...Series)

Natalie Savona

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Juice bars are all the rage, but making the drinks at home is an easy—and less expensive—way to sustain a smoothie habit. *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 energy/immune boosting properties, detoxifying qualities, and skin enhancing abilities, while an at-a-glance nutrient profile lists vitamins, minerals, and phytonutrients. Juice plans, such as a “detox weekend” or an “immune-boosting week” round out the book.

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