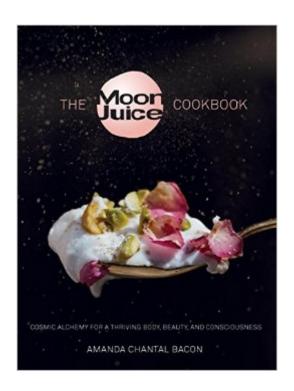
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The Moon Juice Cookbook: Cosmic Alchemy For A Thriving Body, Beauty, And Consciousness





Synopsis

The founder of L.A.â ™s hottest wellness boutique, Amanda Chantal Bacon offers the ultimate resource for foodies looking to restore their health the natural way, using functional foods to create seriously healing drinks, snacks, and sweet treats. A Since Amanda Chantal Bacon founded Moon Juice in 2011, it has evolved into one of the nationâ ™s fastest growing wellness brands, and in The Moon Juice Cookbook, she artfully distills her powerful approach to healthy living, sharing over 75 recipes for the brandâ TMs most popular healing beverages and provisions. Amandaâ TMs recipes harness the healing properties of adaptogenic herbs, raw foods, and alkalizing ingredients to create potent drinks, snacks, and sweets that deliver a multitude of benefits, including sparked libido, glowing skin, and boosted immunity. She begins by guiding readers through the fundamentals of the Moon Juice kitchen, teaching them how to stock the larder with milks, juices, cultured foods, and ⠜unbakery⠕ doughs and crà mesâ "all of which can be mixed and matched to create nutritionally turbo-charged meals with minimal efforta "and the essential time- and money-saving strategies theyâ ™II need to make their new kitchen practices stick. With recipes for healthful, delectable indulgences like Strawberry Rose Geranium Bars, Hot Sex Milk, Savory Tart with Cheese and Tomato Filling, Pulp Brownies with Salted Caramel Sauce, Yam Julius Milk, and Chocolate Chaga Donuts, The Moon Juice Cookbook is the stylish yet pragmatic roadmap readers need to achieve optimal wellness in a natural and delicious way.

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