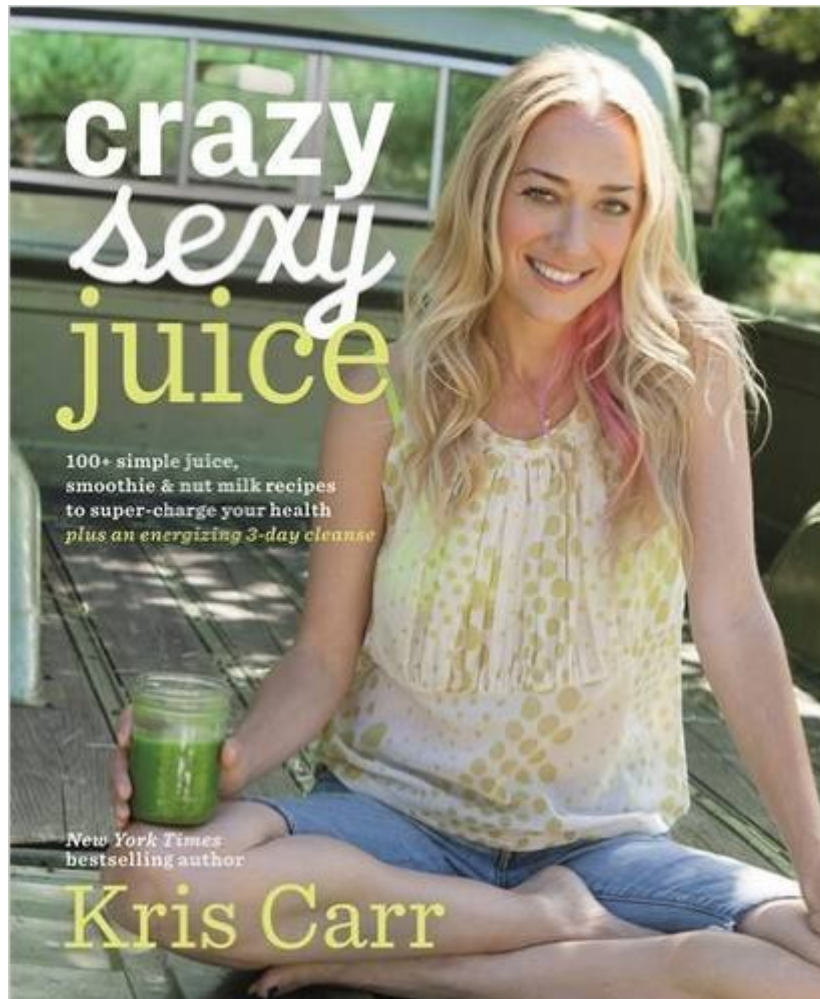


The book was found

Crazy Sexy Juice: 100+ Simple Juice, Smoothie & Nut Milk Recipes To Supercharge Your Health



Synopsis

Hello, gorgeous! Welcome to a juicing and blending adventure! If you've picked up this book, it's likely that you're looking to bring more zing into your life. Perhaps you're feeling a little tired. Bloated. Out of sorts. Whatever it is, you've come to the right place. Get ready to say good-bye to feeling meh and hello to feeling fabulous! In *Crazy Sexy Juice*, wellness advocate and New York Times best-selling author Kris Carr teaches you everything you need to know about creating fresh, nutritious juices and smoothies, and creamy, indulgent nut and seed milks. With enough recipes to keep your juicer and blender humming through every season, she shows you how to fit them into your life, helping you make health deposits instead of withdrawals! Cha-ching! She guides you through her wonderful world by teaching you:

- How to create flavor combinations that tantalize your taste buds
- How to choose the best juicer, blender, and kitchen tools
- Ways to save money while prioritizing fresh, organic produce
- Troubleshooting advice for common kitchen mishaps
- Tips for selection, storage, and preparation of ingredients
- Answers to frequently asked questions and health concerns
- Suggestions for juicing and blending on the go
- Tips on how to get your family onboard and make this lifestyle stick

And oh, so much more! Whether you're an old pro at making liquid magic or just starting out, Kris will help you experience juicing and blending as a fun and delicious journey into the transformative powers of fruits and veggies! By simply adding these nutrient-dense beverages to your daily life, you can take control of your health one sip at a time. With more than 100 scrumptious recipes and oodles of information, you'll be ready to dive into a juicing paradise. Cheers to that! Includes an easy and energizing 3-day cleanse!

Book Information

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Customer Reviews

Easy to follow, delicious recipes. Seriously, every single one is delicious. I gave it four stars because many recipes call for a teaspoon or so of lucuma, maca or cholella powders that are costly and for the quantity I'd have to buy, I'd never go through it in time before they would spoil or lose their potency.

I'm a huge fan of anything Kris Carr does. (side note: If you don't have her cookbook, you need to get it.) She is profoundly positive and inspiring and her books reflect that. This book is full of great information (119 pages before you even get to the recipes!) ... and then you have the recipes - juices, smoothies and nut/seed milks. I love the look of the 3 day detox and can't wait to try it. Thank you, Kris for caring enough to put all of this info into one great book for us!

Great information presented in an entertaining way. There is a lot of wierd and erroneous "health" information out there, but this is the real deal. Wonderful recipes - I especially love the Turmeric Milk. So expensive to buy, but very economical to make. And mind blowing let healthy! If you want to take your healthy eating to the next level, this is for you.

I just got my book in the mail and OMG!!! I started reading through and marking the recipes that I would like to dive in and try right away. Well, that was just CRAZY because about half way along through the book, I suddenly realized that I was marking EVERY page. So, now I just decided to mark the pages as I try each and EVERY recipe...much better Idea! This book is more than just recipes. It truly is an educational read into the world of juicing. I have incorporated the concept of juicing into my daily life for some time now and I have to tell you, you will feel great each time you partake. Kris's book makes it fun and easy. As a nutritional coach, I am always looking for wonderful resources to pass along to my clients. I will definitely be passing this one along!

There is a lot of really helpful information in this book from the types of juicers to purchase to some wonderful juicing and blending (smoothie) recipes. Also, great information on the health benefits of different fruit, vegetable, nut, and herb products.

If you haven't yet decided to get Kris Carr's newest book, *Crazy Sexy Juice*, you really must get it. Today! You're going to love it. It's actually become my favorite food book (and I have many). We just finished the 3 day cleanse yesterday and it was very enjoyable and very doable (IF you do it over a weekend when you're home or you work from home, which we do). The Lemon Quinoa meal on day two of the cleanse and the Zucchini Noodle meal on day three ALONE are SO worth getting the book! They are SO yummy, better than we ever expected (and I have to add that my girlfriend and I are not fans of cilantro AT ALL and actually LOVED the Cilantro Vinaigrette over the Lemon Quinoa dish. It's ridiculously good). These two dishes will, for sure, be a part of our regular rotation. :) This book is great for anyone wanting to incorporate more healthy foods into their diet "to eliminate/purge their body of any foods (if one is partaking in) such as dairy, gluten, animal protein, alcohol, chemicals (processed foods/junk drinks), etc. If you're already into juicing and smoothies (as we are), it's a wonderful way to switch things up a little, as she gives MANY combos you've most likely not thought of (not to mention the other great real food ideas and snacks). The sky's the limit when it comes to juice/smoothie combinations, and Kris's new book just livens it up even more so. Yum, yum I say! (try the Turmeric Milk, that too, is a real treat!). Simply put, don't hesitate to get this book. You won't be sorry.

There is nothing I don't love about Kris, I have everything she has written, she has done all the work for me to help detox every area of my life! My husband was diagnosed with retroperitoneal sarcoma, we had already changed our lifestyle and followed good eating juices and salads before this, with minimal meat...but processed sugar was always lurking in our cabinets...when you start juicing, eating more raw foods, salads etc, you will lose the craving for processed sugar. Great book!

This book is AWESOME, I love the recipes and benefits behind them. WAY more than I expected. This is my new reference book for smoothies and juices. The physical book rocks with great photos, and is just outstanding. Looking forward to doing the 3-day cleanse. That alone was enough ROI for me. That grocery list rocks. Kris I really didn't know what to think about a book on juice, but this is so much more. Well done, every home should have this as a reference book.

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