



# crazy sexy juice

100+ simple juice,  
smoothie & nut milk recipes  
to supercharge your health  
*plus an energizing 3-day cleanse*

New York Times  
best-selling author

# Kris Carr

*Kris Carr*

**Crazy Sexy Juice: 100+ Simple Juice, Smoothie & Elixir  
Recipes to Super-charge Your Health**



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In Crazy Sexy Juice, wellness advocate and NY Times best-selling author Kris Carr explains everything you need to know about creating fresh, healthy juices and smoothies, and creamy, indulgent nut and seed milks. With more than enough recipes to keep your juicer and blender humming through every time of year, she shows you how to fit them into your daily life, helping you make health deposits—instead of withdrawals! Cheers compared to that! How to create flavor combinations that tantalize your taste buds • How to choose the very best juicer, blender, and kitchen equipment • Includes an easy and energizing 3-time cleanse! Troubleshooting guidance for common kitchen mishaps • Guidelines for selection, storage, and preparation of ingredients • Tips about how to get your family onboard and get this to lifestyle stick • And oh, a lot more. Suggestions for juicing and blending on the run • a single sip at the same time. Whether you're an old pro at building liquid magic or just starting out, Kris can help you experience juicing and blending as a fun and delicious journey in to the transformative powers of fruits and vegetables! By simply adding these nutrient-dense beverages to your lifestyle, you may take control of your health— . She guides you through her amazing globe by teaching you: • Ways to save money even though prioritizing fresh, organic make •



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There is nothing I don't love about Kris There is nothing I don't love about Kris, I've everything she has written, she has done all the work for me to help detox every area of my life! I've used several of the juice dishes and love them.. Great for fueling the immune system.but processed glucose was always lurking in our cupboards...when y9ou start juicing, eating more raw foods, salads etc, you will lose the craving for processed sugar. Great book! Delicious, easy gourmet in a glass. Easy to follow, delicious recipes. Significantly, every single one is definitely delicious. I'm halfeay through "Crazy Sexy Diet" and am deeply in love with her writing. Good variety of juices for all tastes and needs. Next up is the smoothie recipes simply because I just ordered a Vitamix. I especially loved the information on how to reduce sugar articles in the juices by swapping vegetable types.Bravo! The 3 days cleanse is excellent. We were juicing prior to buying the book We help to make these smoothies for breakfast everyday and us has never felt so healthy and energized. Delicious and a lot of variety. The 3 days cleanse is great. We were juicing ahead of buying the publication, the juices are yummy as well!. Some ingredients aren't always no problem finding and one doesn't keep them readily available all the period, so it can end up being inconvenient to make a few of these. I quickly began juicing fruit-veggie blends for myself. I needed to take it to the next level for my health.!We switched to a whole foods diet, gave up coffee and glucose and and and! I currently had begun making my very own kombucha from oolong, so that and the juicing made the transition much easier. Great book! I believe she is attempting to help as many folks as she can to improve your health This book is packed with so very much great information other than just juice / smoothie dishes. This is a must have publication. I also read that it helps stabilize blood sugar. My morning green juice [like her Green Lemonade] really satisfies me for hours, and that's a first for me--to feel satisfied for that lengthy without the fatigue of a very full tummy from a big meal. Steps to make nut and seed milks. I've simply ordered a duplicate for my sister, as well.I'm so grateful that Kris Carr uses her trip to make other folks' journeys that easier, healthier, more powerful, and wiser. I love these recipes superior to the types on Jason Vale's juicing books. Received this book very quickly and was is fantastic condition.I was surprised to take pleasure from more energy without coffee, and to drop 8 pounds in per month [I wasn't particularly overweight]. Extremely detailed as to the good thing about each ingredient and what things to search for when buying your fruit and veggies.Now this recipe reserve makes it easy to change-up my juice every once in a while to fulfill my curious palate. I think that my body feels more pleased for longer due to the high nutrition in what I consume today. Delicious! My pal recommended this book to me as I am wanting to live the healthiest life feasible. Five Stars A lot of variety Five Stars Love it Five Stars great publication! I make juice frequently and so significantly have enjoyed all the

recipes I have tried. Kris Carr provides an selection of juice blend recipes to fit all tastes. Very good recipes and well-written with beautiful photography Very great recipes and well-created with beautiful photography. Just what we needed I bought a juicer in order to get some healthier stuff into my kids quickly in the morning. Still, I've enjoyed many of the dishes in the reserve and find it to be very helpful. Use it daily. Excellent. Got lots of ideas. Utilize it daily. Kris Carr's suggestions in her Crazy Sexy Diet plan book, along with the success stories I keep reading, made it worthwhile to weather the changeover to green juicing and entire foods eating. Essential read! Love Kris Carr Love Kris Carr! Her composing and energy is infectious. Her juices are so great! Can't wait around to try the quality recipes out. I gave it four stars because many recipes require a teaspoon roughly of lucuma, maca or chlorella powders that are costly and for the number I'd have to buy, I'd by no means go through it with time before they would spoil or lose their potency. My husband was identified as having retroperitoneal sarcoma, we'd already changed our life style and followed good consuming juices and salads before this, with minimal meat. Excellent book!! I love the dishes and the descriptions on how each fruit or vegetable are advantageous.! Nothing was particularly 'wrong,' and I currently ate what would be regarded as a healthy diet plan, but I knew my body needed more. Easy to check out with very few ingredients needed Lots of juice, smoothies and nut milk tips. Easy to check out with hardly any ingredients needed.



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