

The image shows three glass jars filled with juice. One jar in the top left contains a light green juice. A jar in the top right contains a bright red juice. A larger jar in the bottom center contains a dark green juice with a thick, frothy green foam on top. The jars are set against a light-colored, textured background.

Carly de Castro, Hedi Gores & Hayden Slater  
FOUNDERS OF PRESSED JUICERY

# JUICE

RECIPES FOR  
JUICING, CLEANSING  
& LIVING WELL

Carly de Castro

## Juice: Recipes for Juicing, Cleansing, and Living Well



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In this gorgeous full-color health guideline and cookbook--which requires only a juicer or blender to use--the founders of Los Angeles-based Pressed Juicery describe how juicing and juice cleaning can be part of a fit and healthy life style. Once considered a fringe practice of raw-food zealots, juicing has gone mainstream. A lushly illustrated and accessible information to juicing and juice cleansing, featuring 75 quality recipes for making organic juices, milks, and other concoctions at home to provide the vital nutrients a healthy body must function at an optimal level. Featuring seventy-five dishes for the shop's most well-known juices--including greens, roots, citrus, fruits, aloe and chlorophyll waters, and signature drinks like Chocolate Almond and Coconut Mint Chip--this inspirational handbook outlines the advantages of juicing, explains how exactly to execute a juice cleanse safely, and shares testimonials from people who have experienced personal wellness transformations after integrating juice into their lives.



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Thanks for each one of these dishes and insights. We simply visited the one in Honolulu, and it had been amazing! Been juicing nearly every morning for four weeks. Now I anticipate my juice each morning. It's such an excellent start to the day. And so many quality recipes. We maintain repeating the initial ten. Come spring we'll be continue in the reserve for lighter juices simply my undertake it. Just because they seem more wintery to me. Great book. I REALLY LIKE "Pressed juicerries" I LOVE "Pressed juicerries"! I desire it went even more indepth on the diet aspect of the various supplements as opposed to the "alkaline" part of juicing. It was more description on why you should drink juice rather than juice recipes.I'll defintely be refering back to this book for juice quality recipes!.We wish there was a pressed juicery in Vermont! Nonetheless it was incredibly useful and I adored that it included various juice cleanse plans. I'll incorporate some juices in my own routine, specifically on fasting days. Everything in here is awesome A Juicy Book I'm not really a big believer in cleansing. They've got a lot of great recipes plus they even share most of the dishes Pressed Juicery comes after if they make their Unbelievable juices!. I've issues with some FODMAP foods, so not every diet is wonderful for me. I'll have to settle on making my own until we do! Fine, informative and thoughtfully written publication on the benefits of juicing. Great photos, not very thick, and quite useful. Great addition to your kitchen reserve collection with good recipes. Pressed Juicery can be one of the best cold-pressed juices, so thank you for this book! coffee table/kitchen staple now. I simply purchased my breville juice fountain crush and a juice cleanse online (JusbyJulie) and actually liked all of the positive opinions for the pressed juicery and on the website I saw this reserve and what good fortune! Its not only quality recipes which there are lots and every one of the recipes they say they use as well as a lot more great variations. It is also a book perfect for the coffee table, life lessons and stories the authors talk about to help you with your journey to a healthier lifestyle. Great basic clean reserve! It's great to open to a recipe bring it with and generate it without internet searching tii! great and knowledgeable reserve. I wish we had one in CO... Love this book! Kindled this book therefore I'd always have the recipes with me personally.!! Great book! Five Stars Can't wait to start juicing! It was more explanation on why you should drink juice .! Five Stars The juice book ever! Five Stars My go to recipe book. Awesome Recipes My girlfriend and I really like this reserve. If your liver and kidneys are healthy, they do most of the cleansing for you. my favorite juice book my favorite juice book Like Pressed Juicery. The reserve is interesting, anyhow. Some juice recipes are suitable and I've a drinking water infusion pitcher that may be useful. I believed this is nothing but recipes. Five Stars Great quality recipes and instruction about juicing



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