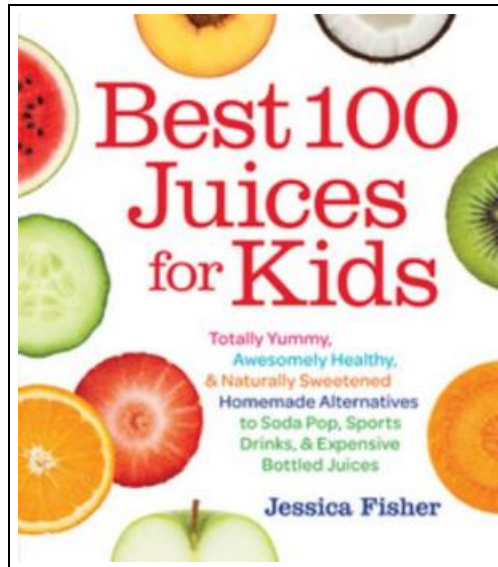


Best 100 Juices for Kids: Totally Yummy, Awesomely Healthy, Naturally Sweetened Homemade Alternatives to Soda Pop, Sports Drinks, and Expensive Bottled Juices (Paperback)



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Reviews

Completely essential read publication. I am quite late in start reading this one, but better then never. You wont truly feel monotony at at any moment of your time (that's what catalogs are for regarding should you question me).

(Nels Runte IV)

BEST 100 JUICES FOR KIDS: TOTALLY YUMMY, AWESOMELY HEALTHY, NATURALLY SWEETENED HOMEMADE ALTERNATIVES TO SODA POP, SPORTS DRINKS, AND EXPENSIVE BOTTLED JUICES (PAPERBACK)

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Harvard Common Press,U.S., United States, 2014. Paperback. Condition: New. Language: English . Brand New Book. With 100 imaginative, healthy and great-tasting recipes for using your at-home juice machine, Jessica Fisher s BEST 100 JUICES FOR KIDS brings the juicing revolution home for everyone in the family. Jessica Fisher s creative and tasty approach to juicing includes terrific, kid-friendly alternatives to juices loaded with additives and sugar without the expense of natural store-bought varieties. With ideas for both fruit- and vegetable-based juices, as well as Jessica s expert advice on how to include more of both in nutrient-adverse kids diets in a way that children will actually enjoy, this cookbook offers a new take on a popular topic that gets everyone drinking more healthfully. Outside of the extensive variety of juices in the book, Jessica also includes a number of other inventive ideas for smoothies (including several dairy-free vegan options), sparklies (club soda-based carbonated drinks), as well as icy slushies and juice-based ice pops. Throughout, Jessica offers advice on how best to make each recipe on both low-end and high-end juicers, and she provides expert guidance on how readers can get the best results from whatever model of machine they own. Great for making use of extra produce, getting kids and young adults to drink healthier, and as a way to involve children in the kitchen, Jessica s BEST 100 JUICES FOR KIDS is a much-needed addition to any home-juicers cookbook shelf.



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