



# **The Juice Lady's Big Book of Juices and Green Smoothies: More Than 400 Simple, Delicious Recipes!**

*Cherie Calbom*

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**The Juice Lady, Cherie Calbom, provides all of her most popular recipes for juicing, smoothies, shakes, soups, and sauces, in one complete volume.**

Juice and smoothies are sweeping the nation! Why? They're fruity, delicious, easy to make, and packed with powerful nutrition. It's no wonder everyone is enjoying the convenience and great taste of these healthy meal and snack alternatives. Bring your blender or juicing machine into the twenty-first century with the most updated versions of Cherie's recipes to be found anywhere. More than just refreshment, these recipes enhance your energy and boost your mental and physical health.

Enjoy simple, tasty recipes for:

- Healing juices and smoothies that will help fight the flu, infections, and aging skin
- Low-carb juices and smoothies that will help you lose weight
- Green smoothies that pack a powerful punch of phytonutrients and antioxidants
- Recipes that are perfect for kids and moms on the go
- Workout and body-building drinks
- And more!

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