

# JUICING

VS.

# BLENDING

## SEPARATES JUICE FROM PULP + FIBER

### BENEFITS:

- Better absorption of vitamins, minerals + phytonutrients.
- Juices are easy to digest.
- Without the fiber, you can pack more fruits + veggies in.

## BEST FRUITS + VEGGIES TO JUICE

- Apples
- Pineapples
- Beets
- Carrots
- Cucumber
- Celery

## JUICER OPTIONS:

- Centrifugal
- Masticating
- Twin-Gear
- Hand-Crank



## NO PULP REMOVAL + NO SEPARATION

### BENEFITS:

- Full of fiber, supporting digestive health + aiding in elimination.
- Satisfies hunger + sustains energy.
- Balances blood sugar.

## BEST FRUITS + VEGGIES TO BLEND

- Bananas
- Mangoes
- Berries
- Spinach
- Avocado
- Microgreens



  
suja

# Juicing Vs Coffee Recipe

**Yan Bai**



## Juicing Vs Coffee Recipe:

*The Green Juicing Recipe Book* Carey Avalon, 2019-11-26 Here's to green juicing your way to a healthier life Cheers Weight loss glowing skin and boosted energy are just a few of the wellness benefits you'll reap from adding green juice to your diet The 75 recipes in *The Green Juicing Recipe Book* taste great and improve your well being on a daily basis Once you squeeze the positive power out of healthy greens you'll wonder why you didn't start juicing sooner Find out how to select the right juicer based on your individual needs enhance your juices with superfoods and get all your key juicing questions answered *The Green Juicing Recipe Book* includes Mix it up Discover ways sipping different juices supports detoxification for a healthy immune system reduces the signs of aging and helps your skin glow Greens and beyond Sample 70 recipes from across the color spectrum that use naturally sweet ingredients like oranges blackberries and blueberries Nutrition at a glance Make tracking your health easy with information like calories per serving total fat and sugar Find out how green juicing can help you live a healthier happier life one glass of juice at a time [\*The Wit & Wisdom & Recipes of the Financial Coach\*](#) David A. Kossak, CEP, 2014-09-22 A humorous look at shopping for food cooking and a variety of other topics A serious cookbook for preparing a variety of meals at a fair price *The Financial Coach* explains how to feed a family of four three meals a day for under 200.00 dollars per week The book also provides an explanation on a variety of financial topics *The Secrets of Good Cooking* Sister St. Mary Edith, 1928 ***The Compendium of Cooking with Fruit - Hundreds of Recipes Accompanied by Nutritional and Botanical Information*** Various, 2014-07-07 This fantastic vintage book contains an extensive collection of recipes for making interesting and innovative vegetarian fruit dishes with chapters on nutritional and botanical information Easy to digest and profusely illustrated *The Compendium of Cooking with Fruit* will appeal to both vegetarians and meat eaters alike and it is not to be missed by those with a penchant for fruit and healthy living Contents include Recipes for Left Over Fruits Cooked Fruits Fruitful Salads Commonsense Fruits How to Prepare Fruit Fruits Tropical and Sub Tropical Vegetarian Fruit Dishes Simple Vegetarian Dishes Simple Vegetarian Cookery Fruits What to do with Left Over Fruit etc Many vintage books such as this are becoming increasingly scarce and expensive It is with this in mind that we are republishing this volume now in an affordable modern high quality edition complete with a specially commissioned new introduction on vegetarianism *Raw Food Made Easy for 1 or 2 People* Jennifer Cornbleet, 2013-03-14 All new Revised Edition of Jennifer's best selling classic Getting 5 servings of fruits and vegetables a day has never been so delicious and easy Well known Bay Area cooking instructor Jennifer Cornbleet shares her favorite no cook recipes in quantities ideal for one or two people With essential time saving tips and techniques plus Jennifer's clear instructions you don't have to toil in the kitchen in order to enjoy nutritious delicious raw food Choose from over 100 foolproof recipes along with lunch and dinner menu plans Enjoy easy recipes that call for common ingredients and basic equipment Learn how to avoid health busters like white sugar white flour and trans fats Convert traditional recipes into nutritious treats made from all natural ingredients In

the Revised Edition More than 50 additional recipes New chapters on Green Smoothies and Raw On the Go Expanded sections on Advance Preparation and Easy Snacks Calorie and nutritional information with each recipe     **Modern Priscilla Cook Book. One Thousand Recipes, Etc** PRISCILLA PUBLISHING COMPANY.,1924     **Recipes for Making Perfect Jams Jellies and Marmalades** ,1924     A Book of Recipes for the Cooking School Carrie Alberta Lyford,1921     **Henley's Twentieth Century Book of Recipes, Formulas and Processes** Gardner Dexter Hiscox,1910     eHow - 14 Orange Recipes for Easy Family Meals Jonny Bowden,2012-09-18 Lemons and limes are easily overlooked when discussing recipes and ingredients Often thought of as garnishment or an optional ingredient by many these little citrus wonders pack a nice vitamin C punch and are more versatile then you think This book contains 14 recipes for tasty dishes featuring limes There are recipes for every meal of the day Included are Appetizers Main dishes Side dishes Desserts Beverages     *Best Recipes from American Country Inns and Bed and Breakfasts* Kitty Maynard,Lucian Maynard,2004-02-09 The best crowd pleasing recipes from widely acclaimed country inns and bed breakfasts in the United States are collected in this unique cookbook and travel guide More than 340 inns and 1 500 recipes are collected here some from the finest chefs in America while others represent the best in mouth watering homestyle cooking More than a cookbook Best Recipes from American Country Inns and Bed Breakfasts is organized alphabetically state by state It is a reliable guide to the inns themselves including addresses phone numbers and a listing of activities available at each inn There are two extensive indexes One allows you to find the inns by city and state and the other allows the reader to find any recipe or type of recipe quickly and easily Kitty and Lucian Maynard have written two similar books The American Country Inn and Bed Breakfast Cookbook Vol I and Vol II These have been selections of Book of the Month Club the Better Homes and Gardens Book Club and Family Bookshelf The first book was featured on the back of Just Right cereal boxes Reviews rave about the excellent tasty recipes Everything we tried was terrific Brunswick Maine Times Record Many of these dishes are unique creations of the inn chefs and are not to be found elsewhere The Midwest Book Review Chock full of mouthwatering recipes a grand selection of entrees Levittown Pennsylvania Courier Times     *500 Selected Recipes* ,1925     **Dr. Chase's Recipes, Or, Information for Everybody** Alvin Wood Chase,1920     Good Housekeeping ,1927     Dr. Chase's Recipes; Or, Information for Everybody: an Invaluable Collection of Practical Recipes ... All Arranged in Their Appropriate Departments, by A. W. Chase Alvin Wood Chase,1920     Henley's Twentieth Century Formulas, Recipes and Processes; Containing Ten Thousand Selected Household and Workshop, Formulas, Recipes, Processes and Money-saving Ideas Gardner Dexter Hiscox,1924     **Lee's Priceless Recipes** ,1895     **Henley's Twentieth Century Formulas, Recipes and Processes** Gardner Dexter Hiscox,1927     *Forecast* ,1925     *American Druggists' Circular and Chemical Gazette* ,1922

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