



# Pure Juice: Fresh & Easy Recipes

By Sarah Cadji

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**Pure Juice: Fresh & Easy Recipes** By Sarah Cadji

## When, what, and how to juice

Juice may be the magic bullet to health?it packs a huge punch of nutrition in every delicious sip. To get the most from juicing, certain vegetables and fruits are better drunk at different times of day. *Pure Juice* shows readers how to most effectively juice?with dozens of delicious recipes. From revitalizing morning juices to midday energy shots to restorative nutrient-dense drinks in the evening, these recipes are pure, concentrated, and healthy. 75 color photographs

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## Pure Juice: Fresh & Easy Recipes By Sarah Cadji Bibliography

- Sales Rank: #1122018 in Books
- Published on: 2016-01-25
- Original language: English
- Number of items: 1
- Dimensions: 8.50" h x .70" w x 6.60" l, .86 pounds
- Binding: Flexibound
- 144 pages

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## **Editorial Review**

### **About the Author**

Sarah Cadj spent ten years working in finance, until illness prompted her to begin researching the health benefits of vegetable juice. She opened London's first stand alone, cold-pressed, juice bar Roots & Bulbs in January 2014 to great success; she has a third location in the works.

## **Users Review**

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