

A smiling man with short brown hair and a light beard, wearing a grey t-shirt, stands against a background of green wooden slats. He is holding a glass bottle of green juice in his right arm and a glass of green juice in his left hand.

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Juice Manifesto Andrew Cooper, 2016-10-25 Promising 100 percent natural and unprocessed nutrition Andrew Cooper s Juicemanifesto is brimming with easy juices smoothies teas tonics and nut milks as well as energizing breakfasts and wholesome snacks It even offers amazingly delicious ideas on what to do with the pulp This diverse range of 120 recipes packed with beauty and health benefits from medicinal juices that combat digestive problems to smoothies for detoxing helps achieve and maintain optimum wellness and is super family friendly Rounded out with beautiful photography a juice cleanse plan exercise tips and advice for better health this is the one stop inspiration for nourishing juices and smoothies to jump start New Year new you and for sticking to those resolutions year round

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