



Liquid Health: Over 100 Juices and Smoothies Including Paleo, Raw, Vegan, and Gluten-Free Recipes (The Complete Book of Raw Food Series)

Lisa Montgomery

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An exciting new collection of delicious recipes made from established superfoods and prepared in your own kitchen! Featuring beautiful, full-color photos!

Liquid Health is the new must-have recipe collection from acclaimed author Lisa Montgomery, containing over 100 tantalizing recipes suitable for everything from the raw food diet to the Paleo and vegan diets.

Liquid Health makes that first step in trying out a new diet as easy as possible—all you need is a blender and a juicer! With a wide variety of recipes to choose from, each with helpful icons to denote which diet the dish is suitable for, these delicious, nutritious recipes make it simple to include superfoods in your existing diet. Including juices, smoothies, soups and more, *Liquid Health* lets you blend and juice like never before!

Liquid Health also includes:

- Simple, easy-to-follow instructions for each recipe, including unique tips from author Lisa Montgomery
- The benefits of superfoods, and how to include them in your diet today
- Easy-to-prepare smoothies and juices to help you stay energized throughout the day
- The building blocks to a perfect smoothie—what each ingredient does for your body, and why

Liquid Health contains over 100 new and exciting recipes, suitable for a wide array of diets, including Tangible Life Orange Drink, Pomaberry Slushee, African Sweet Potato Peanut Soup, Coconut Water Kefir, Tropical Amazement Smoothie, Steamy Basil Soup, Raw Sesame Power Drink, Peach Raspberry Smoothie, Lisa's SuperGreen Smoothie/Juice and many more!

Liquid Health removes the worry and stress of trying a new diet for the first time with dishes that are as easy to love as they are to make. Don't keep putting it off—start living dynamically today!

From the Trade Paperback edition.

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Marsha Bridges:

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