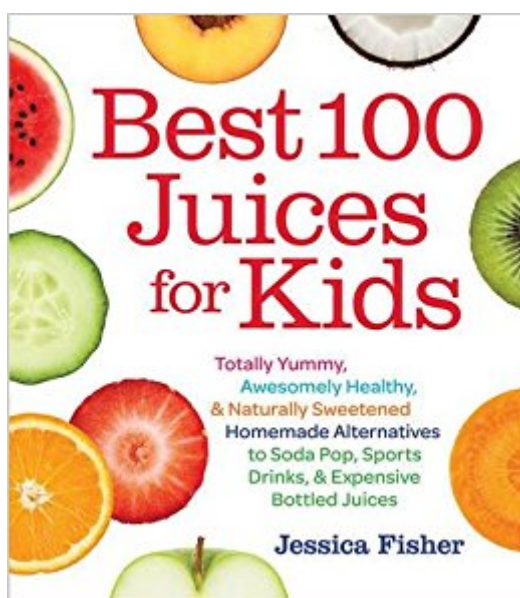


The book was found

# Best 100 Juices For Kids: Totally Yummy, Awesomely Healthy, & Naturally Sweetened Homemade Alternatives To Soda Pop, Sports Drinks, And Expensive Bottled Juices



## Synopsis

With 100 imaginative, healthy and great-tasting recipes for using your at-home juice machine, Jessica Fisher's BEST 100 JUICES FOR KIDS brings the juicing revolution home for everyone in the family. Jessica Fisher's creative and tasty approach to juicing includes terrific, kid-friendly alternatives to juices loaded with additives and sugar without the expense of natural store-bought varieties. With ideas for both fruit- and vegetable-based juices, as well as Jessica's expert advice on how to include more of both in nutrient-adverse kids' diets in a way that children will actually enjoy, this cookbook offers a new take on a popular topic that gets everyone drinking more healthfully. Outside of the extensive variety of juices in the book, Jessica also includes a number of other inventive ideas for smoothies (including several dairy-free vegan options), "sparklies" (club soda-based carbonated drinks), as well as icy slushies and juice-based ice pops. Throughout, Jessica offers advice on how best to make each recipe on both low-end and high-end juicers, and she provides expert guidance on how readers can get the best results from whatever model of machine they own. Great for making use of extra produce, getting kids and young adults to drink healthier, and as a way to involve children in the kitchen, Jessica's BEST 100 JUICES FOR KIDS is a much-needed addition to any home-juicers cookbook shelf.

## Book Information

Paperback: 192 pages

Publisher: Harvard Common Press (April 15, 2014)

Language: English

ISBN-10: 1558328297

ISBN-13: 978-1558328297

Product Dimensions: 7 x 0.5 x 8 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 15 customer reviews

Best Sellers Rank: #767,956 in Books (See Top 100 in Books) #88 in Books > Cookbooks, Food & Wine > Kitchen Appliances > Juicers #522 in Books > Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies #8862 in Books > Cookbooks, Food & Wine > Special Diet

## Customer Reviews

JESSICA FISHER is a busy mom of six children, ranging from kindergarten to high school. Homeschool mom by day, freelance writer and blogger by night, she writes two popular blogs, LifeasMom.com and GoodCheapEats.com. Jessica has written online for The Kitchn, Life Your

Way, Money Saving Mom, \$5 Dinners, and Simple Mom and in print for more than 85 regional parenting publications in the U.S. and Canada. She lives with her husband and children in San Diego, California and is an avid home cook. She is also the author of Not Your Mother's Make-Ahead and Freeze Cookbook.

Our family has really been enjoying the recipes from this book! We've tried about 10 juices so far focusing mostly on the veggie/fruit combinations and we have all loved them. Additionally, I've made a few of the veggie juices just for myself for breakfast only to find that the kids wanted their own glassful after trying a sip. Today we made two batches of muffins using a recipe from the book and the pulp from a juice that included yam-they were fantastic! This book, besides being colorful and inspiring to look at has been greatly encouraging as our family tries to make some better choices in what we eat/drink. Now that we've gotten into the groove of making juices and with summer here, we're eager to try some of the sports drinks and ice pops recipes. It's been great to try juicing with tried and true recipes that appeal to the whole family and after the success of the recipes in this book, I know we will continue.

Small but thick book. Easy to follow directions. Nice pictures. I love it!

An easy to follow recipe, I really love the book. My kids love the juices and take them for school lunch too. I will recommend it.

The recipes are great and kids do like them so great way to get them to eat more veggies and fruit.

Not what I expected.

This is a really nice book. I like to add variety to my kids juices and this fits the bill!

Pleased with purchase.

My kids and I have been LOVING this little juicing book. We've tried 5 recipes so far and can't wait to try more. I love the way the author has the book arranged so that your palate gets adjusted to juicing and works you up to veggie juices. It starts out all fruit, then fruit and veggie combos and then mostly veggie juices. The end of the book has club soda/fruit juice drinks that can replace

soda, some amazing smoothie recipes and even popsicle recipes. One of my favorite things is that she includes a few recipes for baked goods that use the discarded pulp from juicing. My husband has juiced for years and I've largely ignored him. Now that I've found a way to ease into it, I'm totally on board!

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