



# The Juice Generation: 100 Recipes for Fresh Juices and Superfood Smoothies

*Eric Helms*

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**Welcome to the Juice Generation !**

## **Refresh, Restore, and Rejuvenate**

Get ready to live juicy with *The Juice Generation*. Fresh juices and superfood smoothies will help you feel energized and invigorated with glowing skin and a clear mind. The revitalizing recipes and tips will make you feel lighter and brighter, inside and out.

## **Featuring more than 100 refreshing, health-boosting, spirit-lifting recipes**

*The Juice Generation* offers practical, down-to-earth instructions for making restorative and great-tasting vegetable and fruit juices, smoothies, and tonics.

## **Get on the Green Curve and move confidently from smoothies to green drinks**

Whether you're newly juice curious, or already an old pro, *The Juice Generation's* plan will lead you to the endless benefits and possibilities of squeezing, crushing, and grinding, and help you integrate the joys of juicing and blending into your busy life.

## **Juicing Tools for Detoxing and Healing**

*The Juice Generation* includes detoxing cleanses as well as flu-fighting elixirs and plenty of recipes and great advice from some of its biggest supporters, including Blake Lively, Michelle Williams, Edward Norton, Jason Bateman, and Martha Stewart.

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