



Juice It, Blend It, Live It: Over 50 Easy Recipes to Energize, Detox, and Nourish Your Mind and Body

Jamie Graber

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Juice It, Blend It, Live It will teach you how to bring a healthy lifestyle change to your home.

This book is a blueprint to making delicious cleanses that will enable you to live a vibrant, energy-filled, healthy life. Jamie teaches you not only how to make the juices, smoothies, soups, and nut milks she enjoys, but you can tailor her recipes to your own taste buds and preferences. Filled with colorful photos and inspiration, Jamie shares everything from the medicinal value of superfoods that can add health value to your diet to smoothies kids will love! *Juice it, Blend It, Live It* is jam-packed with yummy and revitalizing recipes, including:

- **Nut & Seed Milks:** Almond Milk, Brazil Nut Milk, Hemp Milk
- **Green Juices:** Amazing Greens, Blissfully Basil
- **Root Juices:** Beet Me, Sweetie Pie
- **Smoothies:** Beauty Tonic, Mint Chocolate Chip
- **Soups:** Classic Kale, Avocado Kick
- **Detox Juices:** Lemon Lime Detox, Master Cleanse Tea

Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a *New York Times* bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

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Mildred Smith:

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