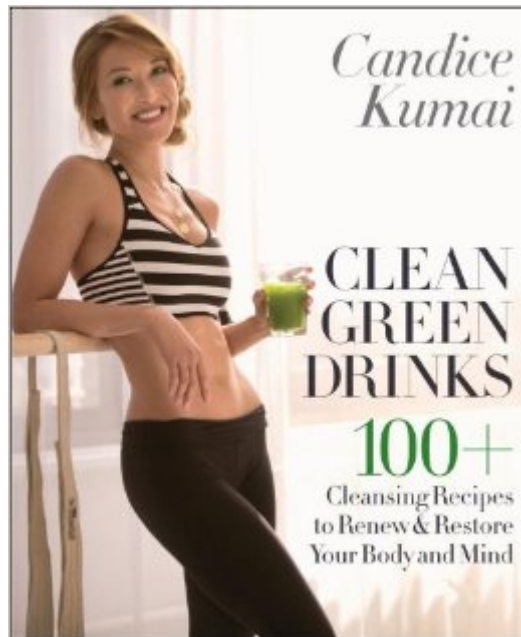


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Clean Green Drinks: 100+ Cleansing Recipes To Renew & Restore Your Body And Mind



Synopsis

Cleanse. Sculpt your body, boost your health, renew your mind, and improve your whole outlook on life. Clean Green Drinks is not just a recipe collection, but also a guide to a leaner, happier, and more fulfilled you. With more than 100 perfectly balanced, delicious drink recipes that can be made in a minute, Clean Green Drinks will help you sip away extra pounds as you sip away stress. Health journalist and chef Candice Kumai reveals the new science behind her enticing, refreshing flavors; and shows how easy it is to get fit, healthy, happy, and glowing! Advance praise for Clean Green Drinks

“Candice’s recipes are delicious and will keep your skin glowing from the inside out. Trust me, your body will be thanking you once you introduce Clean Green Drinks into your diet!”

Adriana Lima, supermodel “I’ve always been a fan of Candice’s recipes, and I can’t wait for her juices to kick-start my health! Healthy eating can be delicious!”

Nicole Miller, designer “Candice Kumai knows how to jam a bazillion nutrients into a tasty and refreshing glass. Her creative beverages will give your body a boost and your taste buds a treat.”

Joy Bauer, M.S., R.D., C.D.N., New York Times bestselling author and nutrition expert for NBC Today “Clean Green Drinks is one of the most impressive health books out there, full of amazingly delicious recipes and fresh ingredients. If it’s great health you want, this book delivers.”

Kim Barnouin, New York Times bestselling co-author of *Skinny Bitch* “Candice Kumai is an absolute artist with recipes. She’s shaking things up with Clean Green Drinks. This book has taken my juicing obsession to a whole new level.”

Gabrielle Bernstein, New York Times bestselling author of *May Cause Miracles* “Combine a passion for health and nutrition with culinary expertise and you have Candice Kumai. I recommend her books for every kitchen!”

Dr. Lindsey Duncan, celebrity nutritionist and naturopathic doctor “Candice has whipped up the most stylish guide to juicing. Green truly is the new black.”

Michelle Smith, founder and designer, Milly “Clean Green Drinks is a treasure trove of recipes” perfect for cleansing, detoxing, and everyday sipping! The beautiful pictures and design of the book are bound to inspire.”

Alexandra Jamieson, co-creator of *Super Size Me* and author of *The Great American Detox Diet* “Going green has never been so delicious! Candice makes these recipes healthy, easy, fun, and yummy!”

Keri Glassman, nutritionist, TV personality, and author of *The New You and Improved Diet*

Book Information

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Customer Reviews

I met Candice at a book signing last weekend on a whim. I didn't think I would buy her book. "Who needs a book on smoothies and juices?" I thought to myself. "You just throw a bunch of healthy stuff in the Vita Mix or the juicer. Done." I was wrong. I bought the book, had her sign it, and proceeded to run right to my local natural foods store to buy the ingredients I needed. I want to be clear here. I am not a Candice Kumai groupie. I have never watched Top Chef. I have never seen her on any of the myriad TV shows on which she has appeared. I do have her other cookbooks, but I didn't know the first two - Cook Yourself Thin and Pretty Delicious - were by the same author as Cook Yourself Sexy. I didn't figure that out until just a few months ago. The more I listened to her speak, though, I thought, "This young woman has a lot to teach me." This, in spite of the fact that I have been making smoothies for over a decade. Some were okay; some were spot on, but they were never consistently amazing. Apparently, I needed some guidance. I have found it here. Yay! And she is wonderful! Down to earth, funny, approachable, and so very real. The first recipe I made was the Chocolate Peanut Butter Monster on page 126. It was amazing. I did add chia seeds, because I am obsessed with them right now, but other than that, I followed the recipe right down to the Bartlett pear. It was dessert in a glass. Last night I made the Dark Chocolate Chia (page 154), which, of course, had my beloved chia seeds. I may have liked this one even more. I love that it is sweetened solely with dates. How healthy is that?!? Again, it was dessert. No need for cookies; not even the slightest craving for them either. I have saved the best (so far) for last. When I got home from work last night, I was really hungry and tired. I needed to make dinner, and I was so hungry that I almost gave in and ordered take-out. Instead, I made the Kale Apple Juice. Candice's words from the book: "With clean ingredients all around - apples, kale, and cucumber - you'll feel immediately recharged and revitalized by sipping this juice." I thought, "Yeah, sure, Candice. Where is the protein to sustain

me? Oh, well, at the very least it will rehydrate me while I am cooking dinner." I was also hesitant because while I love kale, I have never been a fan of juiced kale. Until now. First of all, it was the most amazing shade of deep emerald green. And the taste! Unbelievable! I did add the optional lemon. It was so refreshing - a hint of sweetness - in no way cloying, with a clean and pure taste - absolutely hit the spot. And I did feel "recharged and revitalized." It is now 1:43 p.m. the next day, and I swear I am still feeling the high! I know! I can't wait to get home to make a different juice and/or smoothie. What taste sensation awaits? I am actually considering making all the recipes in the book, in order. I'll report my progress here as I go.

A few years ago, I invested in a Vitamix and a nice masticating juicer and have been making green smoothies and juices like a boss. And though I love my usual smoothie/juice recipes, I've been searching for ways to branch out a little. With so many fruits and veggies to choose from, so many protein powders and other additions (maca powder, WHAT!?), chocolate/cacao nibs, coconut milk, almond milk...it gets a little overwhelming with how many combinations are possible. I've made many a bad experimental smoothie or juice concoction, and I don't like wasting food...so Candice's book is a completely PERFECT guide for those who need a little direction in the drinks vein. Candice's book is a great reference for even the most novice of juicers...she tells you about the ingredients she's chosen, why they're good for you, she outlines several blender and juicer options at every price point, and all the smoothies and juices are categorized by purpose. The recipes are clear and simple, and the photos are so gorgeous that they will inspire you to try every new flavor combination in there. In fact, I called my husband and asked him to find me a watermelon SOLELY because of the recipe/photo of the Strawberry Watermelon Refresher smoothie. Just in time for summer, y'all - it's easy to get that beach body ready when you're armed with guides like this. No need to buy prepackaged smoothie mixes or \$8 juices when you can make this all at home! Five clean green delicious stars!

I want to start off by saying that I am an avid juicing/smoothie making kind of gal. I have been juicing for nearly six years now and recently I have ventured into the world of smoothies (thanks to my Vitamix). This book is a great stepping stone for people who are looking forward to implementing juice into their lives. This is not a diet book, nor are the recipes even feasible to survive off of. I do have some issues with the content within this book, nothing too crazy, but just some issues. 1. There is no glossary/index, so referencing items in the book is next to impossible (unless, of course, you write down the page number and the item-NOT good for the Kindle version). 2. Some of the

suggested recipes are missing from the book (possibly an issue with the Kindle version, I am unsure).³ A shopping guide, as to where to buy "bee pollen" and other items would have been nice. I know you can travel to Whole Foods and undoubtedly find such items, but maybe Candace could have suggested. *On a side note - I went to Whole Foods and they do not carry a lot of the grains/extras that she suggests. Overall, the book has amazing pictures and nice recipes, but not my favorite choice. Candace looks amazing, which can lead many people to think.... "I want to look like her. Let me juice!" The recipes are low in calories, which is a nice thing, but like I said... this book is NOT a diet book, but rather a book for you to reference when you want to make a smoothie or juice. Definitely get the REAL book and not the Kindle edition, if you plan on buying this. Candace's recipes are a bit over the top and loaded with ingredients, but if you love her from previous books, tv, etc. you will probably enjoy this book as well.

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