



The Moon Juice Cookbook: Cook Cosmically for Body, Beauty, and Consciousness

Amanda Chantal Bacon

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The founder of L.A.'s hottest wellness boutique, Amanda Chantal Bacon offers the ultimate resource for foodies looking to restore their health the natural way, using functional foods to create seriously healing drinks, snacks, and sweet treats.

Since Amanda Chantal Bacon founded Moon Juice in 2011, it has evolved into one of the nation's fastest growing wellness brands, and in *The Moon Juice Cookbook*, she artfully distills her powerful approach to healthy living, sharing over 75 recipes for the brand's most popular healing beverages and provisions. Amanda's recipes harness the healing properties of adaptogenic herbs, raw foods, and alkalizing ingredients to create potent drinks, snacks, and sweets that deliver a multitude of benefits, including sparked libido, glowing skin, and boosted immunity. She begins by guiding readers through the fundamentals of the Moon Juice kitchen, teaching them how to stock the larder with milks, juices, cultured foods, and "unbakery" doughs and crèmes—all of which can be mixed and matched to create nutritionally turbo-charged meals with minimal effort—and the essential time- and money-saving strategies they'll need to make their new kitchen practices stick. With recipes for healthful, delectable indulgences like Strawberry Rose Geranium Bars, Hot Sex Milk, Savory Tart with Cheese and Tomato Filling, Pulp Brownies with Salted Caramel Sauce, Yam Julius Milk, and Chocolate Chaga Donuts, *The Moon Juice Cookbook* is the stylish yet pragmatic roadmap readers need to achieve optimal wellness in a natural and delicious way.

From the Hardcover edition.

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Jeremy Scott:

Spent a free the perfect time to be fun activity to try and do! A lot of people spent their leisure time with their family, or their particular friends. Usually they accomplishing activity like watching television, likely to beach, or picnic within the park. They actually doing same every week. Do you feel it? Will you something different to fill your current free time/ holiday? May be reading a book may be option to fill your cost-free time/ holiday. The first thing that you will ask may be what kinds of publication that you should read. If you want to attempt look for book, may be the e-book untitled The Moon Juice Cookbook: Cook Cosmically for Body, Beauty, and Consciousness can be excellent book to read. May be it is usually best activity to you.

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