

Moon Juice Cookbook Deliciously Potent Provisions To Feel Better Look Better Live Longer

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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 ...

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Directions: In a large bowl, whisk together all the ingredients except the maple syrup to blend thoroughly. Drizzle with the maple syrup and toss with a rubber spatula to coat evenly. Spread the mixture evenly on dehydrator sheets and dehydrate at 118 ° F or the closest setting on your dehydrator for 24 hours.

~~Moon Juice Cookbook Recipes — The New Potato~~

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Bing: Moon Juice Cookbook Deliciously Potent The Moon Juice Cookbook assigns unique medicinal properties to each recipe, providing an easy way to navigate the book with purpose. These pickles are an “ Inflammation tamer ” and “ Immunity food ” , due to the hyper-dosage of turmeric and apple cider, as well as the potency of chiles.

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INGREDIENTS Fill your cupboards with high-functioning health staples and create deliciously potent concoctions from your home kitchen. The Moon Pantry is a system of high-functioning, bio-available, whole foods—the building blocks of your modern pantry. Full Moon Pantry Collection includes:

~~Full Moon Pantry Collection — Moon Juice~~

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