

Here are several links for your juicing and healthy eating enjoyment. I encourage anyone who is contemplating buying a juicer to view this video:

<http://www.tested.com/food/455190-tested-centrifugal-vs-masticating-juicers/>

Here are several links to recipes. Use these recipes as a guide and have fun with them. Visit farm stands near your house - often produce will be cheaper and much fresher than the grocery.

Cauliflower Mash

http://www.eatingwell.com/recipes/creamy_mashed_cauliflower.html

Chocolate Zucchini Pancakes

<http://www.ivillage.com/zucchini-chocolate-chip-pancakes/3-r-230097>

Summer squash and Zucchini Lasagna

<http://allrecipes.com/recipe/no-noodle-zucchini-lasagna/>

Great Juice Resource

<http://juicerecipes.com/recipes/>

Please, don't hesitate to email me with any questions or comments about the course. Take care!

Thank you,

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