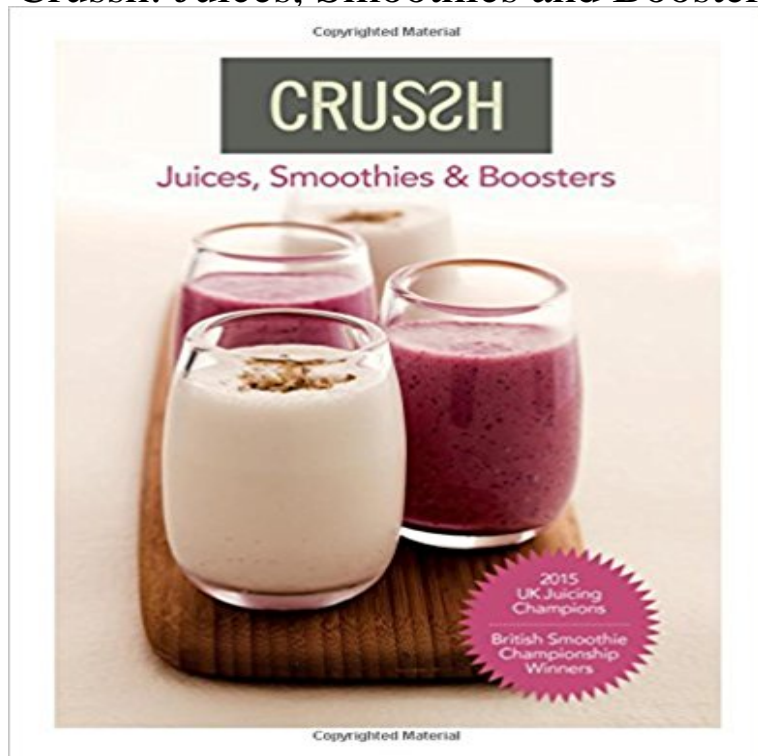


## Crussh: Juices, Smoothies and Boosters



WARNING! Making your own juice and smoothies can be addictive. We promise that juicing is one of the easiest ways to make your life a whole lot better. We can't promise instant beauty or eternal life, but we can give you our solemn word that regularly drinking all things juiceable can do wondrous things for you. So you can revitalise with a Ginger Zinger juice, chill out with a Strawberry Cool smoothie or kick-start your day with a Peach Performance with a ginseng booster. What's not to like? Passionate about health, the Crussh chain avoids additives, preservatives, GM foods, salt and sugar, and use the best natural and organic ingredients whenever possible. They have worked hard to perfect their recipes and now, for the first time, they are ready to share them. You'll find recipes for many of the drinks you can buy in Crussh juice bars, such as the award-winning Lean Green, Green Goddess and Crushberry Blast, as well as a whole range of newly developed drinks, including Kickstart Super Smoothie and Energy Explosion. Try these delicious recipes and discover an easy way to achieve a total health makeover.

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