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Juices and Smoothies (Paperback)

By Suzannah Olivier

Anness Publishing, United Kingdom, 2012. Paperback. Condition: New. Language: English . Brand New Book. This title features 150 irresistible recipes shown in 250 stunning photographs. It includes 150 inspiring recipes from super-healthy fruit blends and vegetable detox tonics to luxuriously rich shakes and smoothies. It includes chapters on Vital Veggie Blends, Fresh and Fruity, Exotic Coolers, Breakfast Blends, Simple Smoothies, Creamy Shakes, Drinks for Kids, Crushes and Slushes, Dessert Drinks, Boozy Blends and Perfect Party Drinks. Fabulous drinks include pick-me-ups such as Fennel Fusion and Immune Zoom; coolers such as Lavender Orange Lush and Spiced Pomegranate and Asian Pear Fizz; and creamy smoothies and shakes such as Coconut and Hazelnut Smoothie and Iced Mango Lassi. Each recipe features a complete nutritional analysis, including protein, carbohydrate and sodium. Juices and smoothies are delicious, whether you want a fruit blend that bursts with freshness and taste, a healthy tonic to act as the perfect pick-me-up or a superb smoothie delight to luxuriate in. The many possible combinations of fruit, vegetables, herbs, yogurt, ice cream and even an occasional splash of alcohol can always offer something refreshing, relaxing and tempting, and there is a drink suitable for every time of day. This wonderful...



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Reviews

It is fantastic and great. Sure, it is perform, nonetheless an amazing and interesting literature. Once you begin to read the book, it is extremely difficult to leave it before concluding.

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