



## Easy Smoothies & Juices: Simply Delicious Recipes for Goodness in a Glass

By -

Ryland, Peters & Small Ltd. Paperback. Book Condition: new. BRAND NEW, Easy Smoothies & Juices: Simply Delicious Recipes for Goodness in a Glass, , Everybody loves smoothies and juices, summer or winter, and they couldn't be simpler to make. In this appealing book, you will find more than 100 fabulous recipes to make in minutes - from simple fruit or vegetable juices and coolers to delicious smoothies and shakes. You will find all sorts of combinations in the Fruit Smoothies section. The Breakfast Shake with Dried Apricots is the perfect drink to start the day with. For a lighter drink, turn to Fruit Juices & Coolers. You'll find everything from Apple Lemonade to a Summer Fruit Crush. Dairy Smoothies and Shakes are more substantial. For an indulgent treat, try a Lemon Cheesecake Shake, or, if you're watching your waistline, the Raspberry Yoghurt Shake tastes a lot more indulgent than it is. Most vegetables are better for you uncooked, as cooking destroys their vitamin content, so why not try one of the Vegetable Juices? The Wake Up and Go Juice is sure to give you a boost of energy. If you want to enjoy the benefits of fruit with the added...



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