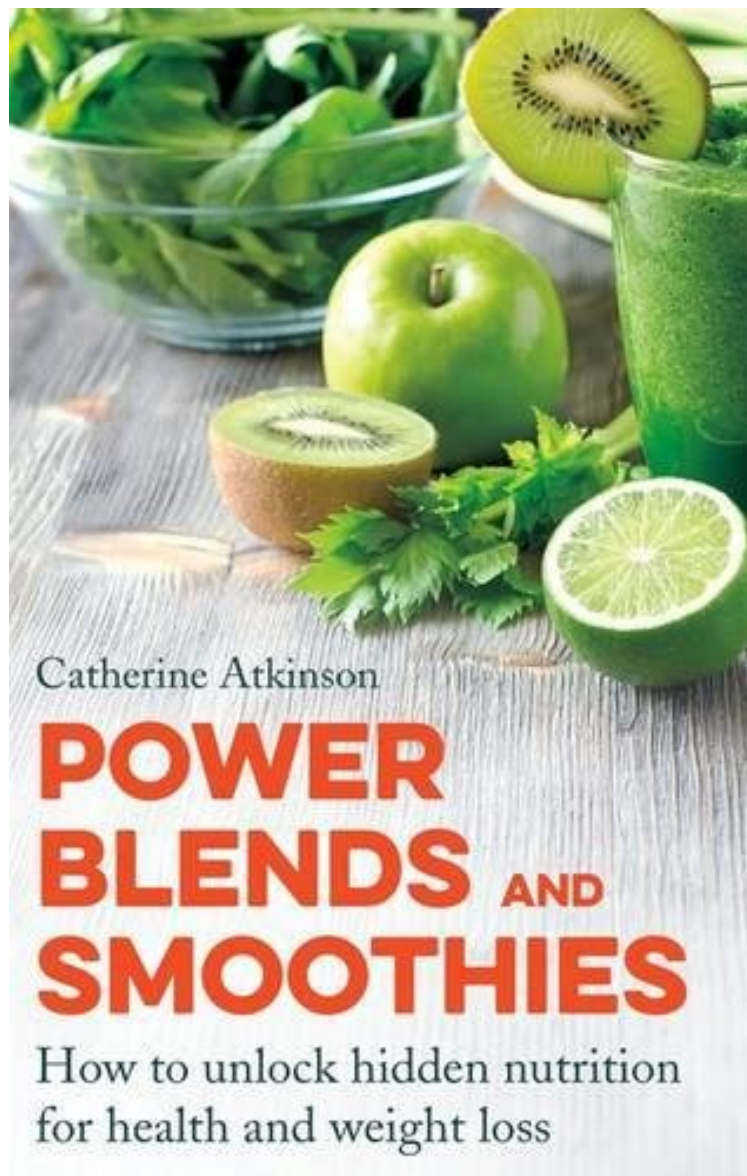


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## Power Blends and Smoothies: How to unlock hidden nutrition for weight loss and health

*Catherine Atkinson*

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## Smoothies: How to unlock hidden nutrition for weight loss and health:

Use the recipes in this book to turbo-charge your body and mind with freshly made smoothies and blends that are bursting with health-giving vitamins, minerals, phytonutrients and antioxidants. It will help you get the most out of using your power blender and enable you to incorporate healthy habits into your hectic life with ease. Each of the nearly 150 recipes includes delicious and beneficial fruit and vegetable super foods: Health Improvers: detoxers, brain boosters, antioxidants, mood lifters, and more; Weight Busters: get slim with protein packers, natural juices, dried fruits - and raw chocolate!; Exercise Enhancers: recipes to increase oxygenation, bone density, and muscle strength; Beauty Boosters: enjoy clear eyes and healthy skin, and slow the ageing process. Power Blending and Juicing provides simple, quick and easy ways to get much more than your daily requirement of healthy fruit and vegetables. Use the recipes to create goodness in a glass, with a range of blends and smoothies that are packed with nutrients - and utterly delicious.

**About the Author** Catherine Atkinson has a degree in Food and Nutrition and has worked in various restaurants including the Roux Brothers' famous patisserie. She has been Deputy Cookery Editor on Woman's Weekly and later Cookery Editor of Home. Catherine is now a full-time writer and food consultant to various food and lifestyle magazines and has written more than fifty cookbooks, including, Cookies, Biscuits, Bars and Brownies (winner in the best dessert category of the Gourmand World Awards).