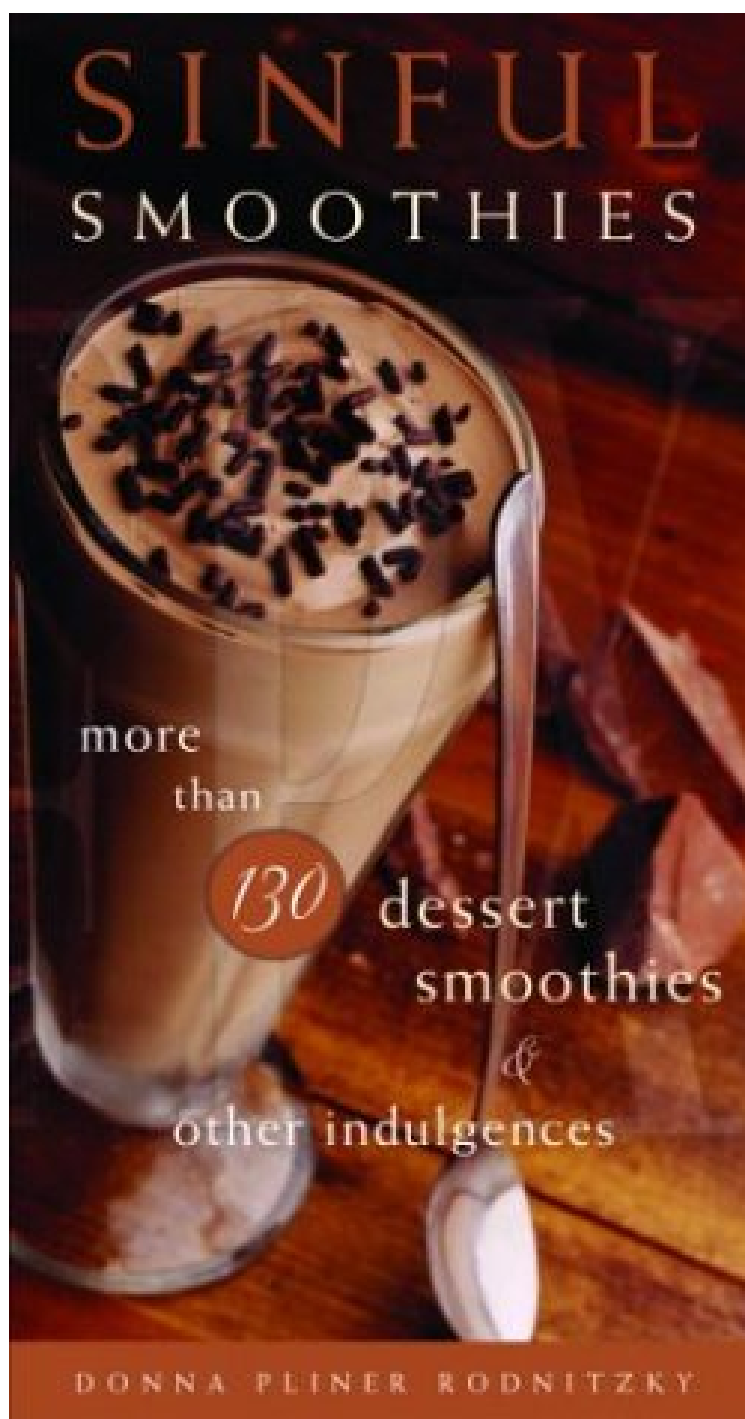


[PDF] Sinful Smoothies: More Than 130 Dessert Smoothies and Other Indulgences

## **Sinful Smoothies: More Than 130 Dessert Smoothies and Other Indulgences**



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Forget any idea you may have of smoothies being made just from fruit, juice, yogurt, and a splash of milk. Donna Pliner Rodnitzky, a true smoothie expert, has transformed the smoothie into an art form that can only be called dessert. Sinful Smoothies offers up more than 130 recipes for luscious liquid treats, including astoundingly delicious toppings, sauces, and edible garnishes. Learn too what basic equipment yoursquo;ll need and how to select and prepare fresh fruit for ultimate smoothie perfection. Once yoursquo;ve found a combination you like, smother your smoothie in sumptuous German Chocolate sauce, or mix in some Pecan Praline Crunch. If you want something with a bit more kick, add a touch of alcohol, and make it a Happy-Hour Smoothie. To impress your guests, present a decadent smoothie crowned with a delectable garnishndash;serve them a Turtle on a Skewer or a Vanilla Pirouette. Yoursquo;ll be surprised how easy it is to elevate the smoothie from the realm of healthy treat to one of self-indulgence, or a fresh take on dessert. Among your Sinful Smoothie choices:deg; Spiced Apple and Caramel deg; Blueberry Buckle deg; Strawberry Cheesecake deg; Creamsicledeg; Tiramisugrave; deg; Cappuccino Royaledeg; Baked Apple Pie deg; Banana Rum Splendordeg; Kona NutWhether yoursquo;re in need of a luscious, creamy concoction as a sumptuous snack or a special treat, or desire the ultimate finale to an elegant dinner, Sinful Smoothies contains what yoursquo;re looking for.

About the AuthorDONNA PLINER RODNITZKY is the author of eleven cookbooks, including Topsy Smoothies, Slim Smoothies, Summer Smoothies, and Ultimate Smoothies. She lives in Iowa City, IA.