

(Download free pdf) Smoothie Power

Smoothie Power

Robert Oser

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smoothie Power

Robert
Oser

creative and refreshing
fruit and vegetable
combinations!



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Robert Oser : Smoothie Power before purchasing it in order to gage whether or not it would be worth my time, and all praised Smoothie Power:

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Have fun and share fun in the kitchen. These sweet combinations of fruits, nuts, juices and milks fill your tummy and feed your inner child. Children will love blending their favourite ingredients to make frothy shakes. These light-

hearted drinks are heavy on protein and calcium and each recipe comes with a nutritional analysis.

These smoothies are lip-smacking combinations of colorful fruits, natural sweeteners, nuts, and spices (along with a few vegetables). They offer a great source of nutrition, are economical to make, time-saving in the kitchen, and require little culinary experience. From advice on how to select, prepare, and store fresh fruits and vegetables, tips on additional ingredients, optional nutritional boosts, equipment, and techniques, here is everything you need to know to experience the refreshing goodness of smoothies. About the Author Robert Oser is a chef, author, and musician living in Tucson, Arizona. Robert has taught classes in nutrition and vegetarian cooking through schools, churches, and community organizations for over 17 years