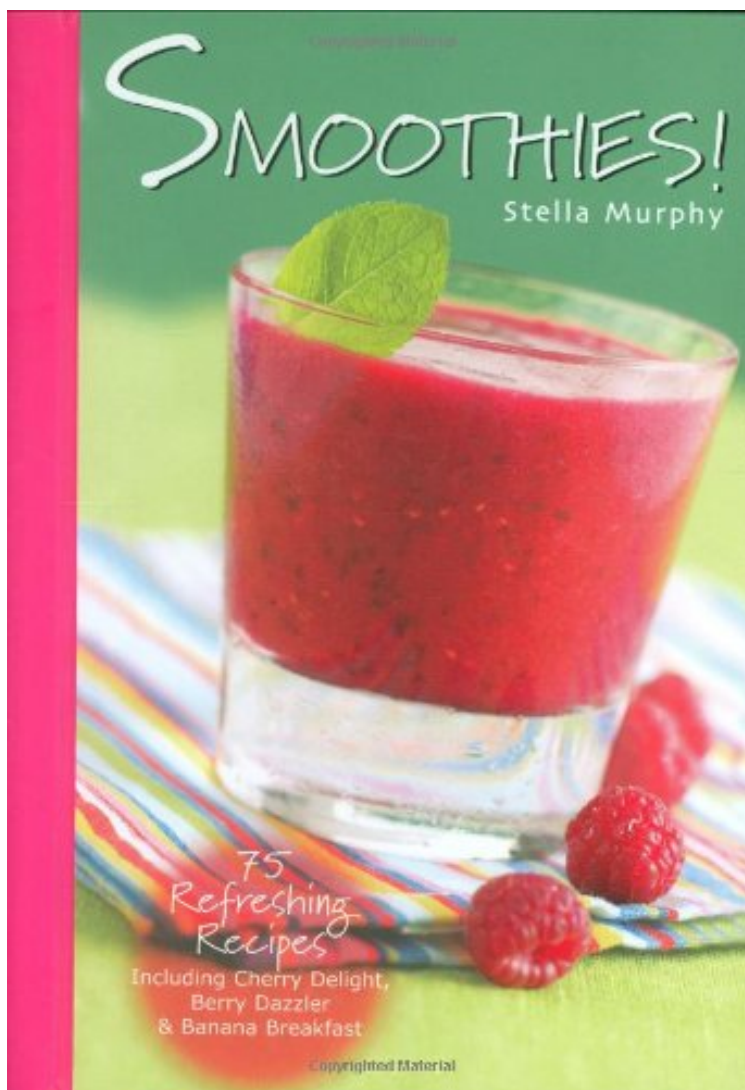


(Read free) Smoothies!: 75 Refreshing Recipes Including Cherry Delight, Berry Dazzler Banana Breakfast

Smoothies!: 75 Refreshing Recipes Including Cherry Delight, Berry Dazzler Banana Breakfast

Stella Murphy

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Stella Murphy : Smoothies!: 75 Refreshing Recipes Including Cherry Delight, Berry Dazzler Banana Breakfast before purchasing it in order to gage whether or not it would be worth my time, and all praised Smoothies!: 75 Refreshing Recipes Including Cherry Delight, Berry Dazzler Banana Breakfast:

1 of 1 people found the following review helpful. Book was a giftBy Garden GirlI bought this as a gift for someone in Colorado so I never got to see it. They told me it was a good book and they definitely planned to use it.10 of 10 people found the following review helpful. A fun recipe book!By Judy K. PolhemusDon't you love it when someone doesn't

insist on being a purist? A purist defines "smoothies" as drinks made by "blending the fruit, the whole fruit, and nothing but the fruit" (9). However, Stella Murphy has "never been one for sticking to the rules" and makes her smoothies with juices, dairy products, and sorbet and ice cream, and, of course, just the fruit itself. This is one of those recipe books (can't call it a cookbook because no cooking goes on) totally unnecessary but absolutely essential for a wonderful diversion on a hot summer afternoon or actually any time of day, or any season (translation: any time). Here are a few examples to startle your senses of sight, taste, touch: Pure fruit: Cherry Delight with an apple, pear, and cherries; Fruit and Vegetable Smoothies: Berry Dazzler with cranberries, blueberries, and pear juice, Breakfast Bracer with pink grapefruit, mango, and banana, Scarlet Woman (intriguing!) with tomatoes, basil, scallions, bell pepper; Real Smoothie blends: Yogurt Vanilla Velvet with yogurt, vanilla extract, honey and lemon juice (yum), Carrot Avocado Cleanser with carrots, bean sprouts, plain yogurt; Supercharged Smoothies: Apricot and Date Booster: apple juice, apricots, dates, fig, plain yogurt, wheat germ, or how about Chamomile Calm with cold chamomile tea and papaya; and last, Indulge: Coconut Conspiracy with coconut milk, chocolate sauce and banana, or Coffee Compulsion with custard, espresso, and caramel syrup. Did I mention that the book comes in a fold-open-flat, 7 1/2" by 5 1/2" spiral binder? There is a photo with every recipe, and for most recipes, ingredients are readily available. Of course, all recipe books call for unusual items, but I just skip those. If you live in a large city with specialty stores, then you are good to go. With 75 refreshing recipes to tempt your fancy, "Smoothies" is definitely a fun and essential recipe book. Highly recommended!

From sweet treats to supercharged energy shakes, there's a delicious smoothie to quench every craving—and Smoothies is your one-stop guide to creating these amazing blended drinks, whether it's a refreshing Summer Sunset with pomegranate juice or a velvety Berry Dazzler. Some are made purely from fruits and vegetables, others with milk and yogurt. A special few even have ice cream! So whether you want a healthful, vitamin-packed concoction to kick-start your day or a decadent delight, the right recipe's here!

About the Author Stella Murphy is an experienced food writer, stylist and home economist. She has worked on magazines, books, commercials and films. She lives in Essex.