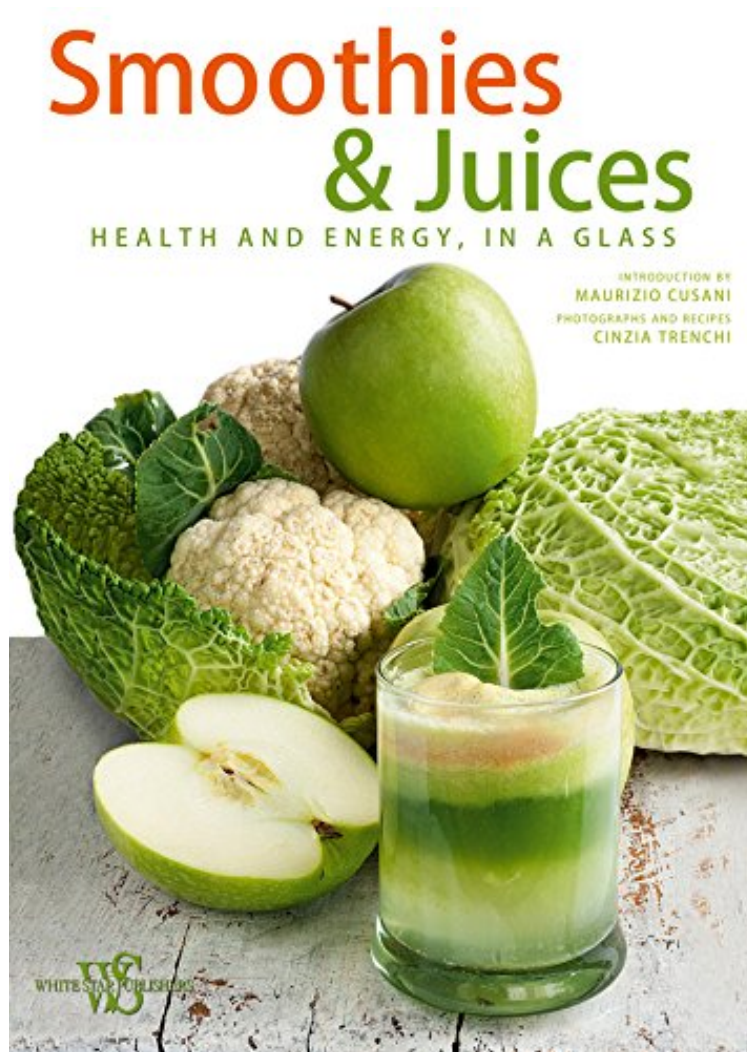


## Smoothies Juices: Health and Energy in a Glass

*Cinzia Trenchi*

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**Cinzia Trenchi : Smoothies Juices: Health and Energy in a Glass** before purchasing it in order to gage whether or not it would be worth my time, and all praised Smoothies Juices: Health and Energy in a Glass:

Smoothies filled with fruit, rich with yogurt, or packed with veggies seasoned with herbs and spices. Juices made from healthful ingredients like pomegranate, grapefruit, and lemon, and enhanced with flavorings such as cardamom. These quick, fresh, and colorful smoothies and juices, shakes and emulsions, will keep your blender whirring. Along with the 88 recipes, there's advice on diet, nutrition, detoxing, and more.

About the Author Cinzia Trenchi is a naturopath and a freelance journalist and photographer who specializes in food- and eno-gastronomic-related tours. She creates recipes for cooking courses and cookbooks, and has worked for many years with various Italian magazines producing new versions of regional specialties, traditional dishes, macrobiotic food, and natural cuisine. For White Star Publishers she co-wrote *Gluten-Free Gourmet Recipes*, *Fat-Free Gourmet Recipes*, *Chili Pepper*, and the album *My Favorite Recipes*. She lives in the Monferrato area, in Piedmont, Italy.