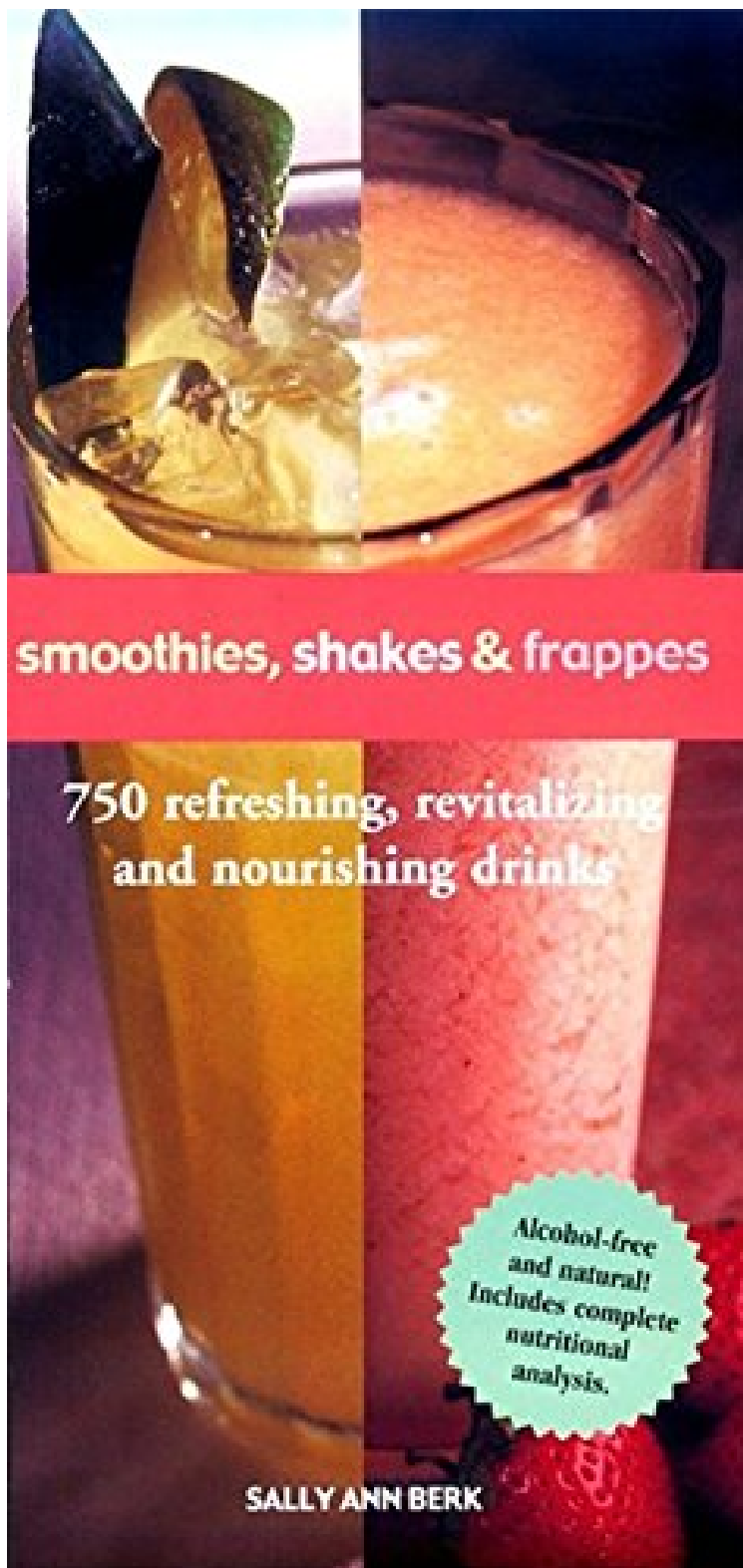


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Smoothies, Shakes Frappes

Sally Ann Berk

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Sally Ann Berk : Smoothies, Shakes Frappes before purchasing it in order to gage whether or not it would be worth my time, and all praised Smoothies, Shakes Frappes:

2 of 2 people found the following review helpful. Nice Recipes, Poorly Organized with Errors, Good Price UsedBy Susan KatzOverall, the book is a good value price-wise if purchased used, and it has many ideas recipes. However, the book suffers from poor organization occasional errors, which make it difficult to read use.GOOD PRICE. I purchased a used book here, and I was very happy with the condition in which it arrived - there was only one page that was dog-eared. Other than that, it looked brand new, so I saved quite a bit purchasing used.INTERESTING RECIPES. There are a lot of interesting recipes and ideas in this book. The recipes range from coffee drinks to juices, plus the smoothies, shakes frappes mentioned on the cover. The book itself is compact yet easy to read. The pages are glossy and in color. There are drink pictures every few pages or so. Unfortunately, I have found a number of errors in the recipes (e.g., calorie counts and amounts) and picture titles.POOR ORGANIZATION. However, the book is poorly organized. The recipes are presented A-Z, with names such as "Cat's Paw" and "Palm Desert Cooler." There is no way to tell which of the recipes are smoothies, coffee drinks, juices, etc. without reading the recipe itself. The index is not helpful - many ingredients are missing in the index and there are pagination errors in the index. The book could have been outstanding if recipes were organized by type (fruit juices, veggie juices, hot coffee/tea drinks, cold coffee/tea, desserts, etc).1 of 1 people found the following review helpful. Poorly organized kills itBy Steve H.I wanted to like this book. However, with a horribly faulty index, lots of repetition masked by the author's cute made-up names for certain drinks... I definatly wouldn't buy this book again. If this book was organized by main ingredient or season or SOMETHING useful other than alphabetical order per the random naming by the author (and the index that attempts some organization is wrong oh so many times) it would be somewhat useful. As I said, a lot of drinks repeat themselves (Blueberry mixed with orange juice and then the same mixed with- oh! Look! Pineapple now!) but the author gave them cute names so they are all over the book alphabetically so it makes it an absolute mess to find the same thing twice. This book's only function is a grab-bag type thing- open and point your finger and hope you have all the ingredients!0 of 0 people found the following review helpful. Five StarsBy Dee KaiserI bought this for my girlfriend and she's been consulting it regularly as she continues her weight-loss program.

This fully illustrated collection of nutritious, non-alcoholic drink recipes--each accompanied by a complete nutritional analysis--is now available in a convenient trade paperback format. This A-to-Z "juice bartender's guide" offers tasty, healthy, inventive and easy-to-make drinks that the whole family can enjoy. Featuring a comprehensive guide to ingredients, Smoothies, Shakes Frappes boasts full-color photos throughout, instructing and tantalizing every step of the way. And the alphabetic recipe section is indexed by ingredient for maximum user-friendliness. There's no other book on the market like it.

From the Back Cover This A- to - Z guide offers tasty, healthy, inventive and easy-to-make drinks that the whole family can enjoy. Inside this fully illustrated collection of nutritious, non-alcoholic drink recipes, you'll find: 750 drinks using a wide variety of delicious fruits, juices and other ingredients A complete nutritional analysis of each recipe, featuring: - Calories - Fat - Percentage of calories from fat - Cholesterol - Sodium - Carbohydrates - Protein - Calcium - Iron - Vitamin A - Vitamin C An index to ingredients Expert advice on preparation, juicing and blending techniques and measurement A handy source guide to ingredients, both common and uncommon.