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Leah Shomron, Hani Borowski
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#3725590 in Books 2014-05-06 2014-05-06 Original language: English PDF # 1 8.00 x .50 x 9.041, 1.15 #File Name: 1623540356144 pages | File size: 40.Mb

Leah Shomron, Hani Borowski : Smoothies, Smoothies More Smoothies! before purchasing it in order to gage whether or not it would be worth my time, and all praised Smoothies, Smoothies More Smoothies!:

Here's a toast to the celestial smoothie—timeless classics like Orange-Ginger Delight; yummy health boosters such as Very Berry Vanilla, Minty Watermelon, and Pomegranate Punch; sweet treats with chocolate, and cocktail hour delights with a spike. This mouthwatering collection, whipped up by two chef experts in the art of healthy, delicious cooking, offers drinks to please every palate. The fun begins with a blender, ice, and assorted other ingredients—fruits, vegetables, nuts, granola, yogurt, ice cream, or almost any other favorite. Basic, easy-to-follow instructions on using the blender, getting the right texture, and maintaining the right proportion between solids, liquids, and frozen components help assure a perfect result.

About the Author Leah Shomron is a culinary consultant who has dedicated her career to increasing public awareness of healthy cooking choices and techniques. Leah graduated from the Chef's Training at the Natural Gourmet Institute for Health and Culinary Arts in New York. She writes articles, leads seminars, and has appeared on television shows, teaching fun and easy ways to integrate healthy cooking into everyday life. Visit Leah's website at healthycooking.co.il. Hani Borovsky is a chef who specializes in creating unique dishes for diverse audiences. She completed an internship in cooking in Tuscany, Italy, and studied nutrition at the International College of Complementary Medicine. Hani creates menus for many restaurants.