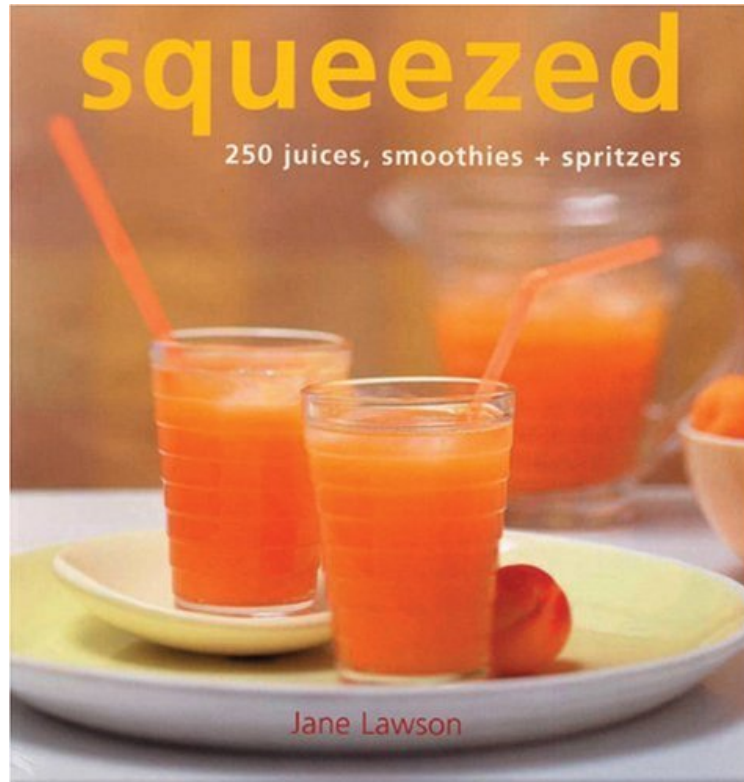


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Squeezed: 250 Juices, Smoothies, and Spritzers

Jane Lawson

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Jane Lawson : Squeezed: 250 Juices, Smoothies, and Spritzers before purchasing it in order to gage whether or not it would be worth my time, and all praised Squeezed: 250 Juices, Smoothies, and Spritzers:

0 of 0 people found the following review helpful. Just what I wanted. By Emily This book is just what I wanted. Tasty recipes, beautiful book, and easy to find ingredients. I have been impressed and have used this book several times. I'm glad it's part of my collection. I have a bit of a smoothie habit! 0 of 0 people found the following review helpful. Plenty of ideas for liquid refreshment By Deb Nam-Krane My husband gave this to me a few years ago along with a snazzy blender. The blender went back to the store after sparking as soon as we turned it on, but the book has remained. This is a gorgeous book with appetizing shots of many of the beverages. Many times I've flipped through and started making lists of fruits and vegetables I want to run and out buy so I can make some of the concoctions. Who knew beet and carrot juice could look so good? And while I despise raw tomatoes- don't ask- the Gazpacho in a Glass gives even me pause. If you're looking for healthy beverages that the juice fast people will approve of, you will find a number here. From what little I know, I'm pretty sure she's breaking some food combining rules (cantaloupe with beet or peaches are a no-no, I'm pretty sure); her focus is on, I guess, things that taste good. (I consider that a plus.) However, this is not just for the would-be healthy set. There are also slightly healthier versions of some old fruit-flavored favorites. There are a number of lemonade variations- hello, Lavender Lemonade!- and quite a few versions of iced tea. There are also a number of creamy drinks, including milkshakes. Sorbet and even ice cream are not off-limits

here. I approve of all of it, even if I wouldn't drink all of it. What I don't approve of are a lot of the recipes that require the juicing of greens. This isn't the first place I've seen such recipes, but having owned three juicers in my lifetime, I've never had one that could effectively juice leafy vegetables without a lot of waste. My other complaint with the book is the way the photographs are arranged in some of the chapters. If you are using a photograph of the finished product, I think it should be placed as close to the recipe as possible. In some chapters, the corresponding recipe was placed right after the recipe; in others, you had to flip back three or four pages to see find the recipe that went with the picture. Admittedly, this is a personal preference, and the minor irritation doesn't override the book's strengths. I would recommend this to anyone with a juicer and a blender.

2 of 2 people found the following review helpful. A welcome addition to the family kitchen cookbook shelf. By Midwest Book Review. Squeezed: 250 Juices, Smoothies And Spritzers is a compilation organized and presented by Jane Lawson that features practical advice on buying and maintaining a blender and/or juicer, as well as tips for making the perfect beverage. Now family cooks can skip trips to the local juice bar and enhance their family's dining experience with exotic, delicious, and easy-to-prepare concoctions that range from Red Grape and Cantaloupe Juice; Raspberry Lemonade; and Banana Starter; to Watermelon and Kiwifruit Cooler; Orange Citrus Crush; and Carrot Cocktail. Squeezed is wonderfully enhanced with full color photography and a welcome addition to the family kitchen cookbook shelf.

Squeezed offers 250 recipes for lip-smacking, thirst-quenching, energy-boosting drinks made from freshly squeezed fruit, including smoothies, lassis, freezes, frappes, ice teas, homemade lemonades, and spritzers. Through fun introductions and enticing photography, health-conscious readers learn how to make a juicy blend appropriate for every mood and occasion. If it's thirst that needs quenching, readers can try the Kiwi Delight, Raspberry Lemonade, or Island Blend. If spirits need lifting, there's the Citrus Sting. Squeezed suggests juicy energizers for morning meals, post-workout refreshment, and evening pick-me-ups. Mood soothers, tummy coolers, and frosty desserts are also included.