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Super Smoothies: 50 Recipes for Health and Energy

Sara Corpening Whiteford, Mary Corpening Barber
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Recipes for Health and Energy:

Encouraged by more than 180,000 copies of Smoothies sold, the best-selling authors of Smoothies, Wraps, and Cocktail Food are back to bring the blender into the new millennium. These days, smoothie lovers want more than just fruit-filled refreshment—they want great nutrition along with great taste. Super Smoothies offers 50 energy-enhancing, health-boosting recipes. Whether you're looking for a potassium-charged postworkout drink, a flu-fighting immune system booster, or a kid-friendly breakfast on the go, Super Smoothies has a delicious, nutrition-packed smoothie for every lifestyle. With its eye-catching design and luscious full-color photography, Super Smoothies will turn any kitchen into a fabulous juice bar.