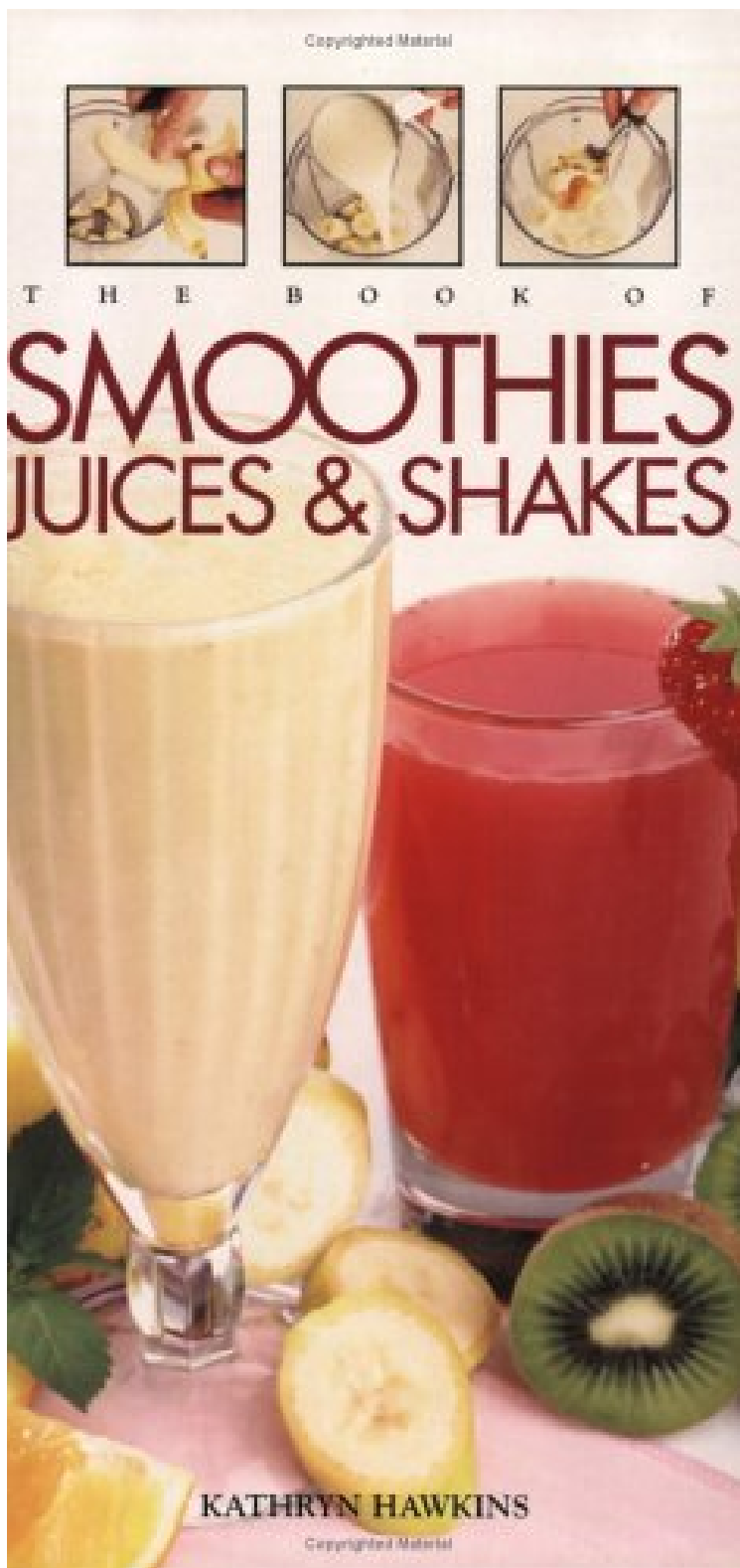


(Download) The Book of Smoothies, Juices Shakes

The Book of Smoothies, Juices Shakes

Kathryn Hawkins

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Kathryn Hawkins : The Book of Smoothies, Juices Shakes before purchasing it in order to gage whether or not it would be worth my time, and all praised The Book of Smoothies, Juices Shakes:

0 of 0 people found the following review helpful. Yummy BeveragesBy Valerie B. LullSmoothies, juices and shakes caught my eye, as I make up my own smoothies. There are wonderful ideas and suggestions in this book for tantalizing drinks. There is Love Apple Crush made of strawberries and apple juice, CherryBerry made of cherries and berries, then there's chocorange with chocolate and orange. There are over 50 recipes and they are very simple and easy to make. Along with each recipe are three illustrations showing the exact steps to making it. The introduction talks about nutrition, equipment needed, a discussion of juice extractors, and the choosing, preparation and storage of the ingredients. There is a section on optional extras like watering down your smoothie if it is too thick, varying the amount of ice depending on how cool you want it, and extra ingredients that can be added to boost nutrition. There are a lot of recipes in this book that caught my eye, and I love the simplicity of the recipes and the preparation illustrations are most helpful. I'm looking forward to trying some of them out. -- Valerie Lull, Author, Ten Healthy Teas

A delicious treat? Or a nutrition-packed meal? In the past few years, smoothies have become the treat-and meal replacement-of choice for health-conscious people. To fire up the imagination, The Book of Smoothies, Juices, and Shakes has 80 recipes for a variety of satisfying drinks. - Quick, easy, and perfect for the on-the-go lifestyle - Perhaps the single most delicious way to get one's nutrients - Full of easy-to-find ingredients - Low-fat, high-flavor nutrition, with or without dairy

About the AuthorKathryn Hawkins is a writer and home economist and the former cooking editor of Women's Own. She is the author of several books, including The Book of Light Chinese Dishes and Claypot Cookery.