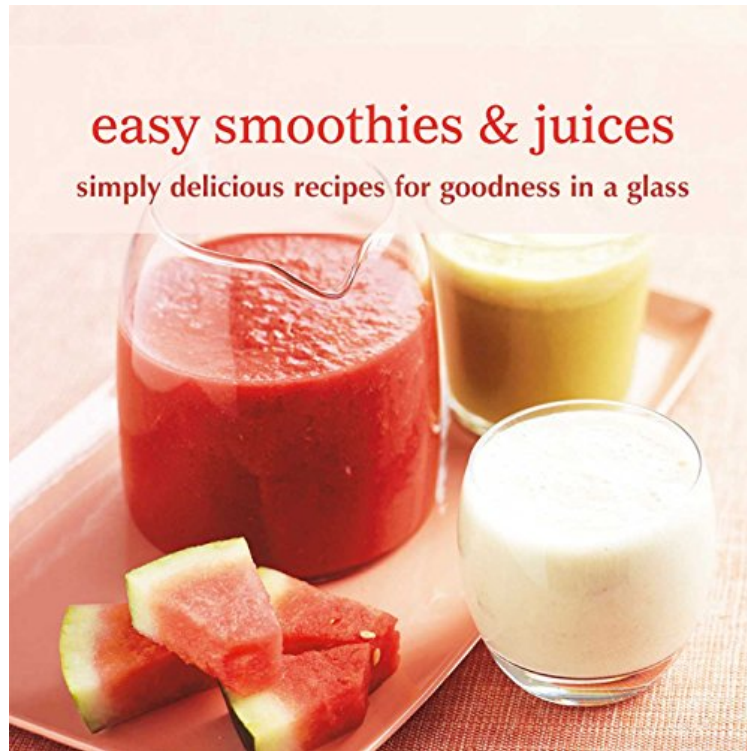


(Download) Easy Smoothies Juices: Simply delicious recipes for goodness in a glass

## Easy Smoothies Juices: Simply delicious recipes for goodness in a glass

From Brand: Ryland Peters n Small

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In this appealing book, you will find more than 100 fabulous recipes to make in minutes; from simple fruit or vegetable juices and coolers to delicious smoothies and shakes. You will find all sorts of combinations in the Fruit Smoothies section. The Breakfast Shake with Dried Apricots is the perfect drink to start the day with. For a lighter drink, turn to Fruit Juices Coolers. You'll find everything from Apple Lemon Soda to a Summer Fruit Crush. Dairy Smoothies and Shakes are more substantial. For an indulgent treat, try a Lemon Cheesecake Shake, or, if you're watching your waistline, the Raspberry Yoghurt Shake tastes a lot more indulgent than it is. Most vegetables are better for you uncooked, as cooking destroys their vitamin content, so why not try one of the Vegetable

Juices? The Wake Up and Go Juice is sure to give you a boost of energy. If you want to enjoy the benefits of fruit with the added enjoyment of a touch of alcohol, take your pick from the Fruit with a Kick section. Blueberry Gin and Passion Fruit Rum Punch are sure to impress guests. Easy Smoothies Juices offers a quick and easy way to include fresh vegetables and fruit in your diet—;it's hard to believe that something as tasty as these drinks can be good for you.

About the Author Ryland Peters Small and CICO Books produce outstandingly beautiful books on homes gardens, crafts, food drink, health well-being, weddings, and mother baby, plus a vibrant gift and stationery list. We aim to capture, in words and pictures, those elements of life that give the greatest pleasure - sharing the perfect meal with friends, relaxing in a beautifully scented bath after a busy day, a home that makes you happy every time you open the front door. We look forward to sharing these pleasures with you during the next eleven years.;