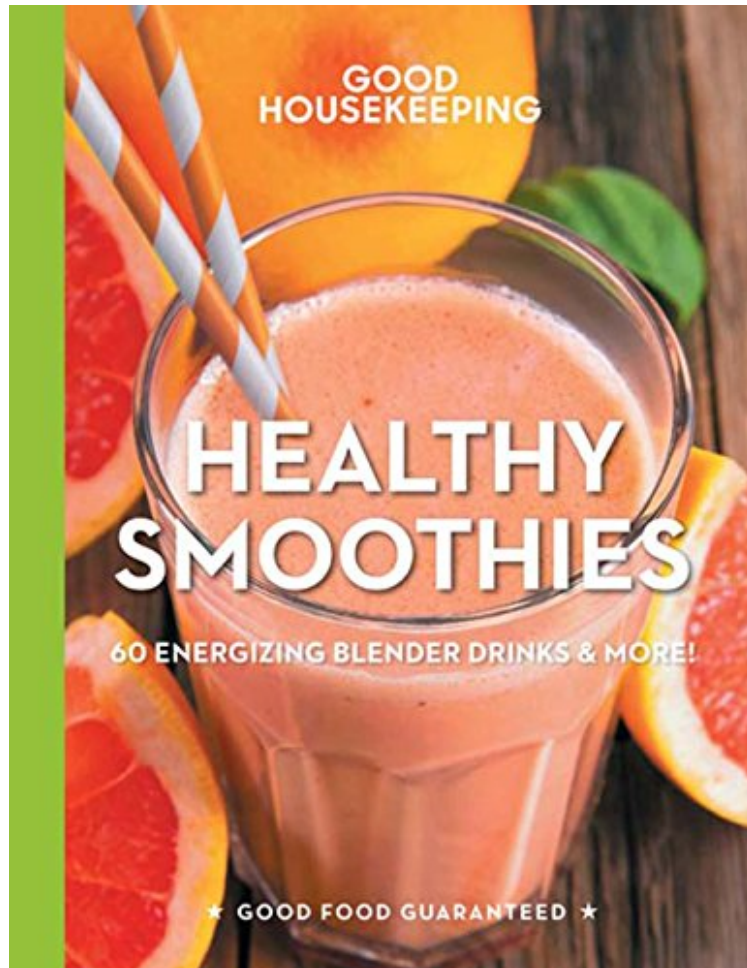


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Big flavor . . . zero guilt! Enjoy creamy, delicious smoothies that are good for you and great tasting. Good Housekeeping Healthy Smoothies features more than 60 recipes, all triple-tested in the magazine's test kitchens, that kick off summer right. Each one sounds so tempting that you won't be able to resist blending scrumptious fruits, veggies, nuts, and seeds into these light and luscious treats—including Strawberry-Chia, Java Banana, Pomegranate-Berry, Pina Colada, and Cocoa-Almond. They'll satisfy your sweet tooth without the high calories! Plus, there's even a bonus chapter on blender-made soups, from refreshing Gazpacho to creamy Broccoli-Cheddar.

About the Author Good Housekeeping magazine is an American icon of consumer protection and quality assurance. Each issue reaches 24 million readers and, with 15 editions published worldwide, it is an internationally recognized brand that sets the standard to which all other women's service magazines aspire.