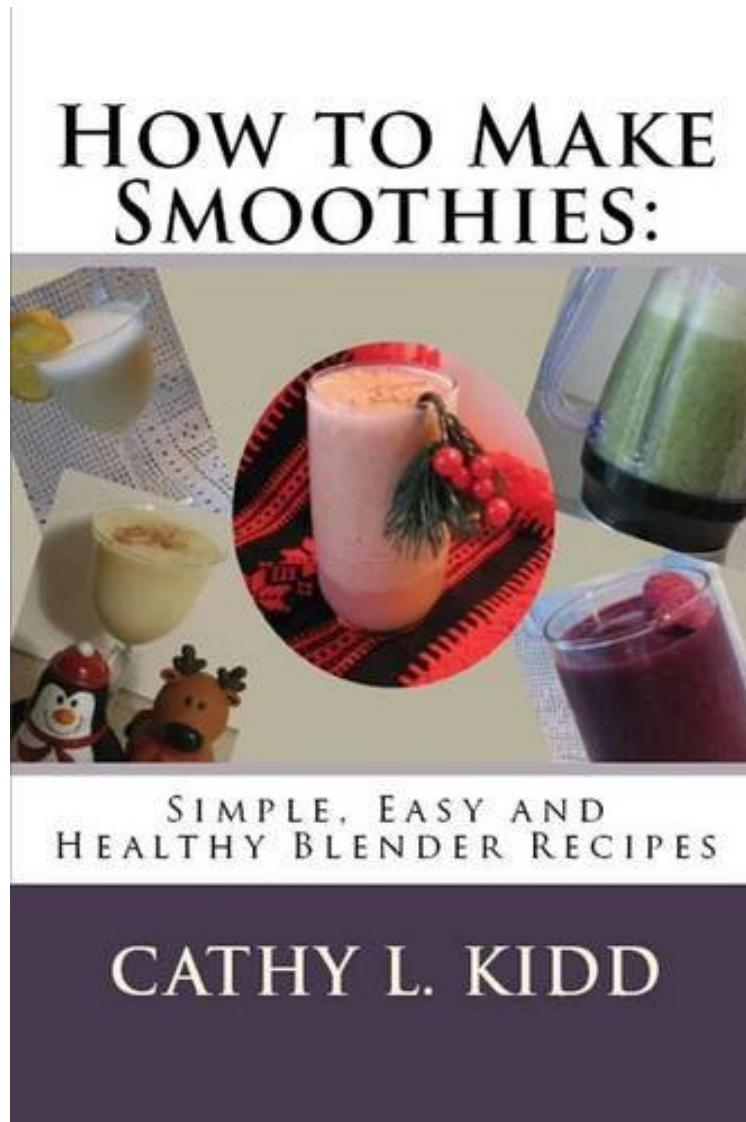


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How to Make Smoothies: Simple, Easy and Healthy Blender Recipes

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Cathy has expanded her series of homemade recipes books with this new one of healthy and delicious smoothies made with your blender. In this book you'll find 215 simple, easy and unique recipes for five different types of smoothies. You can try basic fruit-based, Soy, Yogurt, Green and what she calls Smoothies with a Kick, which contain alcohol.

From the Author This fourth book in my series of homemade recipe books was a lot of fun to put together. And delicious too! I've made all sorts of smoothies in the past but this project opened me up to other types like what I call Smoothies with a Kick! The one pictured here, Holiday Eggnog is one of those. Another type I'd not tried before were green smoothies. This one came out great and I think I'll be making more! I hope you also enjoy expanding your options with these recipes. About the Author Cathy L. Kidd is a craftsperson at heart. For as long as she can remember she has been creating things with her hands. She has done crochet (taught to her by her Aunt Carol), stained glass (learned by taking a class), candlemaking (learned from an ebook) and cooking (learned initially from Betty Crocker!) She specializes in recipe books for your kitchen appliances that give you what you want - the recipes! Simple, Easy and Delicious.