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Innocent : Innocent Smoothie Recipe Book: 57 1/2 recipes from our kitchen to yours (Bk. 2) before purchasing it in order to gage whether or not it would be worth my time, and all praised Innocent Smoothie Recipe Book: 57 1/2 recipes from our kitchen to yours (Bk. 2):

0 of 0 people found the following review helpful. Very creative smoothie ideas By Kimberly Seattle I love drinking innocent smoothies when I am in London and was delighted to find this book. It's a fun read with some unique smoothie recipes to mix up our morning smoothie routine. Some of the recipes suggest juicing apples and then using that juice in your smoothie but I generally just threw the whole apple in the Vitamix with the rest of the ingredients

and added a little extra water - too lazy to clean the juicer for such small quantities.0 of 0 people found the following review helpful. Five StarsBy Gary HallHave bought 4 of them (as friends won't return it) - incredible no fail recipes!!!0 of 0 people found the following review helpful. great!By CustomerI use it almost every single day :) they taste just like the smoothies you buy (not where i live :(), and the ones I've tried yield exactly one serving (one tall glass) which is great. the blueberry-pomegranate one is my fav.

The hard-working people at innocent spend their days blending all kinds of delicious ingredients to create smoothies and juices that taste good and do you good. These are their secret recipes.This book contains fancy juices, healthy smoothies for kids, some posh stuff and tons of classic innocent smoothies, as well as recipes from proper foodies like that nice Jamie Oliver. Stuffed full of helpful advice on how to get your five a day, how to wreck a juicer, how to play monkey tennis and ndash; perhaps most importantly ndash; how to make innocent smoothies, the lsquo;innocent smoothie recipe booksquo; is a vital tome for any kitchen shelf.

About the AuthorFrom starting with a team of three, innocent's smoothies, fresh juices and veg pots are now some of the most easily recognisable products on our supermarket shelves. innocent have gone from selling 20 smoothies on their first day in 1999 to two million a week in 2010. innocent are now an international brand, have won numerous awards, including the Quality Food and Drink Awards and The Grocer Gold Awards, and are stocked by over 10,000 retailers nationwide. Their most recent book is lsquo;Hungry? The innocent recipe book for filling your family with good stuffrsquo; (2011).