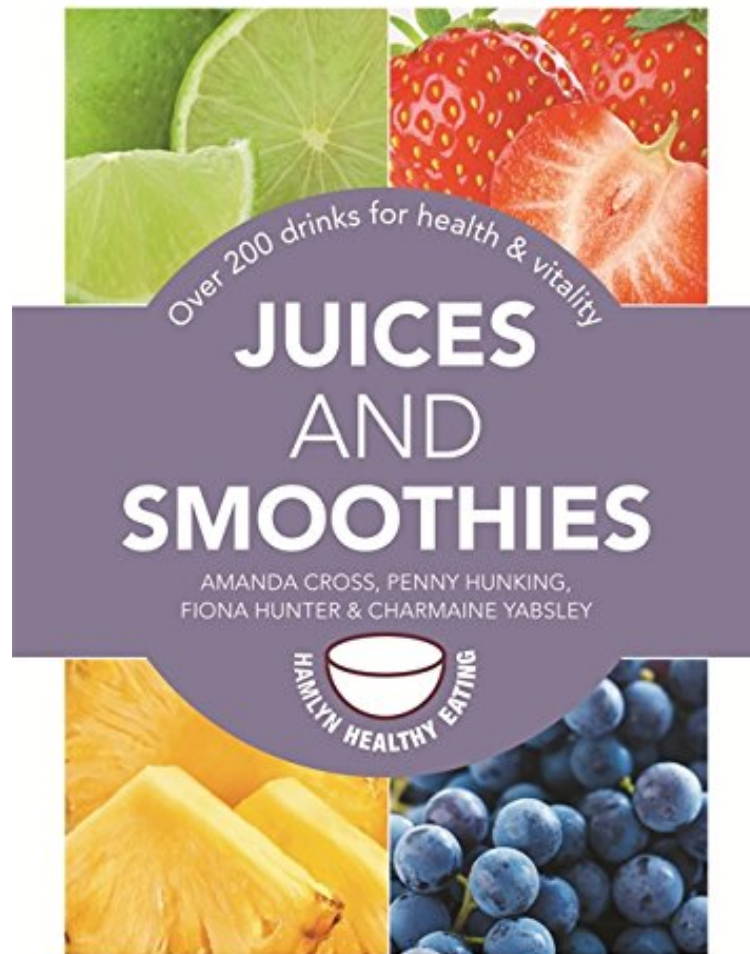


[Mobile book] Juices and Smoothies: Over 200 Drinks for Health and Vitality (Hamlyn Healthy Eating)

Juices and Smoothies: Over 200 Drinks for Health and Vitality (Hamlyn Healthy Eating)

Amanda Cross, Penny Hunking, Fiona Hunter, Charmaine Yabsley
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Amanda Cross, Penny Hunking, Fiona Hunter, Charmaine Yabsley : Juices and Smoothies: Over 200 Drinks for Health and Vitality (Hamlyn Healthy Eating) before purchasing it in order to gauge whether or not it would be worth my time, and all praised Juices and Smoothies: Over 200 Drinks for Health and Vitality (Hamlyn Healthy Eating):

Whether you want to boost your energy levels, detoxify your system or simply quench your thirst, Juices and

Smoothies shows you the tasty and easy way to drink '5 a day'. With no loss of all the essential nutrients found in fresh fruits and vegetables, these quick and easy-to-make recipes will refresh and revitalise you, helping you stay healthy and happy throughout the day. As well as over 200 fantastic recipes, this book also contains useful information on how to select the best ingredients, advice on buying the right type of juicer, and a complete index of ingredients so that you can find the right juices and smoothies for you.