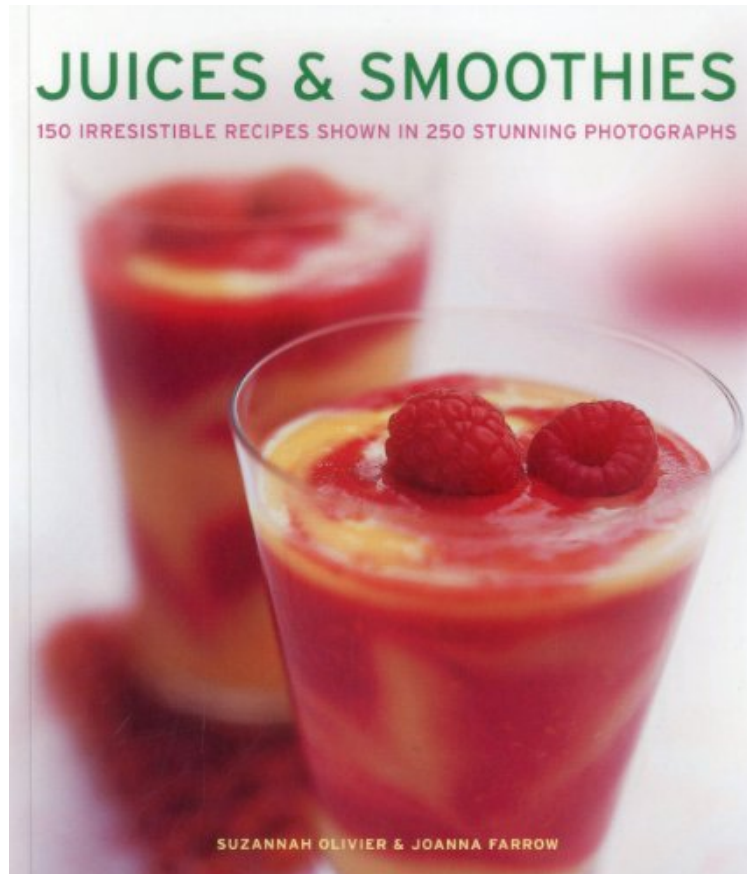


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Juices Smoothies: 150 irresistible recipes shown in 250 stunning photographs

Suzannah Olivier

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Suzannah Olivier : Juices Smoothies: 150 irresistible recipes shown in 250 stunning photographs before purchasing it in order to gage whether or not it would be worth my time, and all praised Juices Smoothies: 150 irresistible recipes shown in 250 stunning photographs:

Freshly blended drinks offer the perfect pick-me-up and here are 150 inspiring recipes from super-healthy fruit blends and vegetable detox tonics to luxuriously rich shakes and smoothies. The book offers classic blends and exciting new combinations from veggie blends to crushes and slushes, and even indulgent party drinks. Each recipe features a complete nutritional analysis and beautiful photographs.

About the Author Suzannah Olivier is a leading nutritionist and the author of many books covering a range of subjects, including healthy eating, detox and dieting. She writes regularly for the national press and magazines, and also runs

her own health and nutrition website. Joanna Farrow is a food writer and stylist, contributing articles to various magazines and writing a diverse array of books on subjects ranging from children's cooking, cakes and chocolate to family cooking.