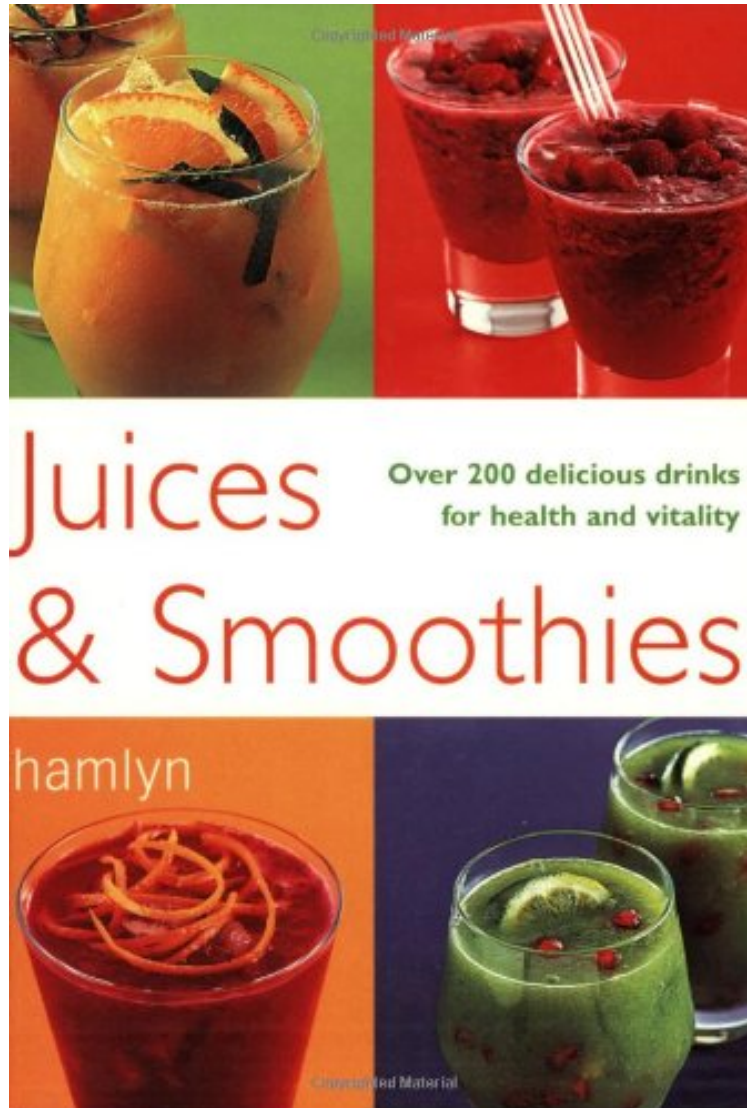


[FREE] Juices Smoothies: Over 200 Delicious Drinks for Health and Vitality

Juices Smoothies: Over 200 Delicious Drinks for Health and Vitality

Nikoli

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Nikoli : Juices Smoothies: Over 200 Delicious Drinks for Health and Vitality before purchasing it in order to gage whether or not it would be worth my time, and all praised Juices Smoothies: Over 200 Delicious Drinks for Health and Vitality:

Improve your health and boost your vitality with more than 200 scrumptious juice and smoothie recipes. These simple-to-prepare concoctions make it easy to get your recommended daily five portions of fruits and vegetables and the

important enzymes, vitamins, and minerals they contain. Need a jolt of energy? Try a "rocket fuel" smoothie made with mango and pineapple juice. A cheerful "raspberry ripple" will give you a lift with its blend of fresh raspberries, yogurt, and soy milk. Get bonus protein with a banana and peanut butter smoothie, and revitalize after an evening out with an "all nighter" made with banana, strawberries, and orange juice. Tempting photographs showcase each colorful and tantalizing taste treat, and tips on choosing and preparing ingredients and equipment are included. By incorporating juices and smoothies into your balanced diet, you will look and feel great.

Bought a juicer and unsure what to do with it? Bored with fresh orange juice and looking for something more exciting? Look no further. This is an excellent, lavishly illustrated guide to the world of juicers and the amazing things you can make in them. Smoothies, juices, hi-energy boosters, all sorts are clearly covered, each with their own tongue-tingling photograph with which to whet the appetite. Using a huge range of ingredients, it is an eclectic array of recipes designed to inspire and satisfy all tastes from sweet to savoury, tart to creamy. Classic smoothies include apple and blueberry, dried fruit salad, banana and peanut butter. Tropical teasers include mango lassi, fruit frappe and key lime pie. For veggie fans there is a whole host of innovatively named concoctions: "Green Light" with broccoli, apple and cucumber, "Head Banger" with lettuce, fennel and lemon and "Chilli Queen". With further sections on citrus juices, health drinks, hi-energy boosters and breakfasts-in-a-glass, this is a great little book for fans of "Juices and Smoothies". - Lucy Watson

About the Author Amanda Cross, a trained nutritionalist, has had a varied career including TV presenter for UK Living and Channel Health, health and beauty journalist and author. She is the author of Food Boosters for Kids, Miracle Soups and Curb the Carb, all published by Hamlyn. Location: Southampton, UK. Penny Hunking is an Accredited Sports Dietician and qualified fitness instructor. Penny is the author of two books about exercise and nutrition and is the Managing Director of Energise Nutrition, which aims to raise the awareness of good nutrition within an active lifestyle. She regularly appears on television and radio and contributes to a wide range of magazines. Fiona Hunter has over 20 years' experience in the field of nutrition. In 1988 she became nutrition editor at 'Good Housekeeping' magazine. She now works freelance contributing to a number of magazines and newspapers, as well as regularly appearing on television and radio. Location: London, UK. Charmaine Yabsley is a freelance journalist specialising in health, nutrition, fitness and beauty. She appears regularly on television and radio as an expert on various health topics. She is the author of several health books, including Charmaine Yabsley's Cleanse, Purify, Energize, The Happy Plan, Naturally Beautiful and Miracle Juices. Charmaine was the launch editor of Holland Barrett's best-selling Healthy magazine and regularly contributes to Grazia, Zest, Red, Company, Now, Real, Sainsbury's magazine and the Evening Standard, as well as many other websites, newspapers and magazines.