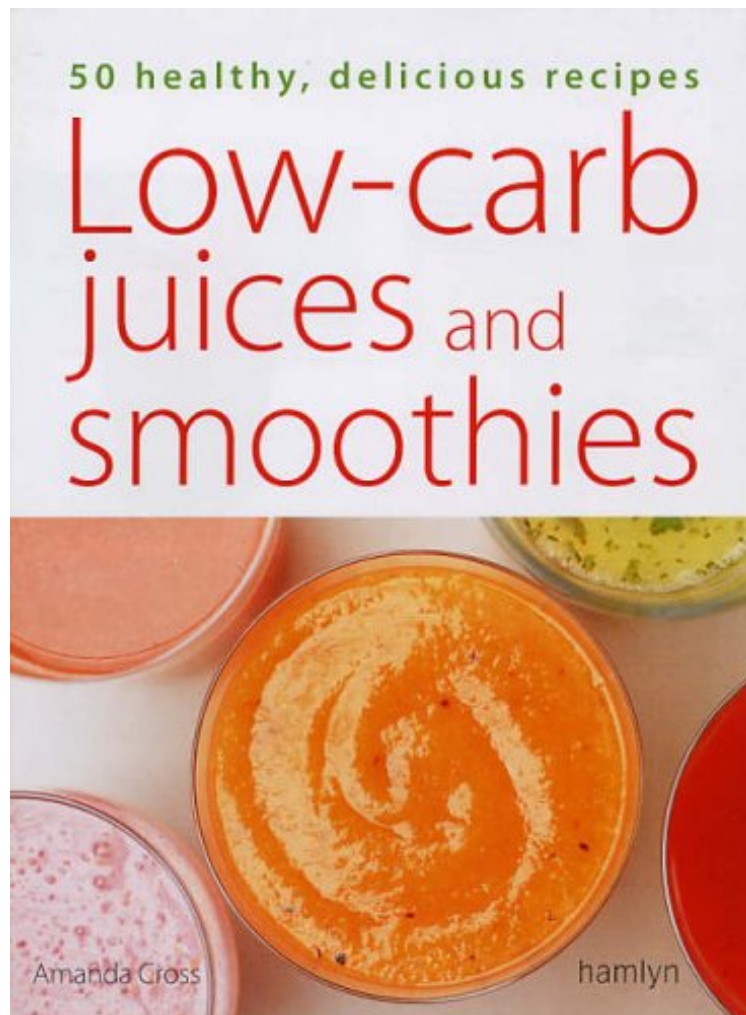


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## Low-Carb Juices and Smoothies: 50 Delicious Low-Carbohydrate Recipes (Hamlyn Food Drink)

Amanda Cross

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solution for nutrition for us low carb folks. By Karan Ward I got hooked on low carb weight loss, then on nutrition and superfoods. It seemed never the two would meet. This book solved that dilemma.

Contains 50 mouthwatering, nutritious juices and smoothies that use only low-carb fruits and vegetables. All the recipes are fully analysed, so that you know the exact carb, calorie and vitamin content of each drink.

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.