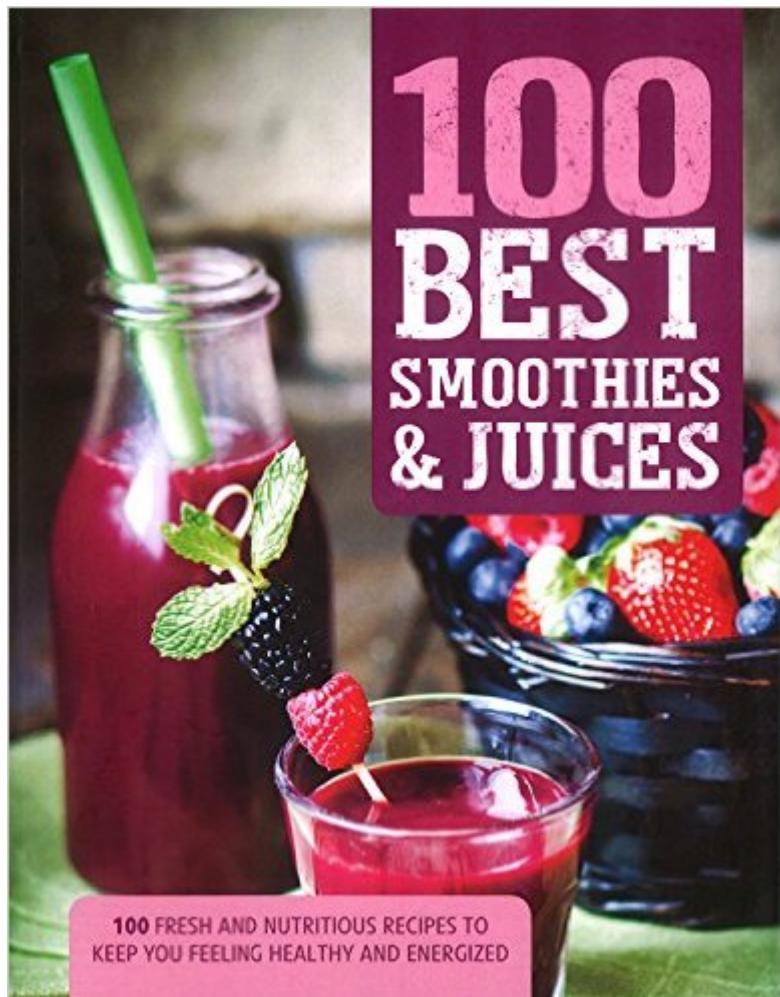


The book was found

100 Best Smoothies & Juices



Synopsis

You bought the equipment to make your fresh juices & smoothies now you need to know what to do with it. Smoothies and juices are packed with vitamins and nutrients, are a quick and delicious way to eat well. Featuring a variety of fruits and vegetables, 100 Best Smoothies & Juices is a vibrant, picture-filled guide to eating well with little more than fresh produce and a blender. Perfect as starters, complete meals, or rich yet healthy desserts, these juices and smoothies will help to keep you looking and feeling your best.

Book Information

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Average Customer Review: 4.3 out of 5 starsÂ See all reviewsÂ (12 customer reviews)

Best Sellers Rank: #676,058 in Books (See Top 100 in Books) #88 inÂ Books > Cookbooks, Food & Wine > Kitchen Appliances > Juicers #516 inÂ Books > Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies #7429 inÂ Books > Cookbooks, Food & Wine > Special Diet

Customer Reviews

I bought the ebook and have ordered the print book since I saw it in a store. The recipes are really good, simple and it's all about the recipes - no droning on about health issues. And a print book is certainly easier to use in the kitchen!

This book has excellent smoothie recipes. I already had a copy and showed it to a friend who loved but couldn't find it anywhere. I was able to find it on for her and gave it to her as a birthday present. Her whole family drinks smoothies and they've been fighting over the book.

The book is loaded with 100 recipes but they are all similar to each other and there's nothing new here that you can't download from the internet for free or figure out on your own.

This book is great with the exception that I thought the recipes would be really simple. Some are but

most of them require things that will make a grocery bill shoot through the roof.

Love that book. It has become my Bible. I like it so much that I have given it as gifts! Makes smoothies with ingredients you never imagined. Quick and simple recipes.

Beautiful pictures for each drink! Delicious and easy recipes with easily found ingredients. My new go to book for smoothies!

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