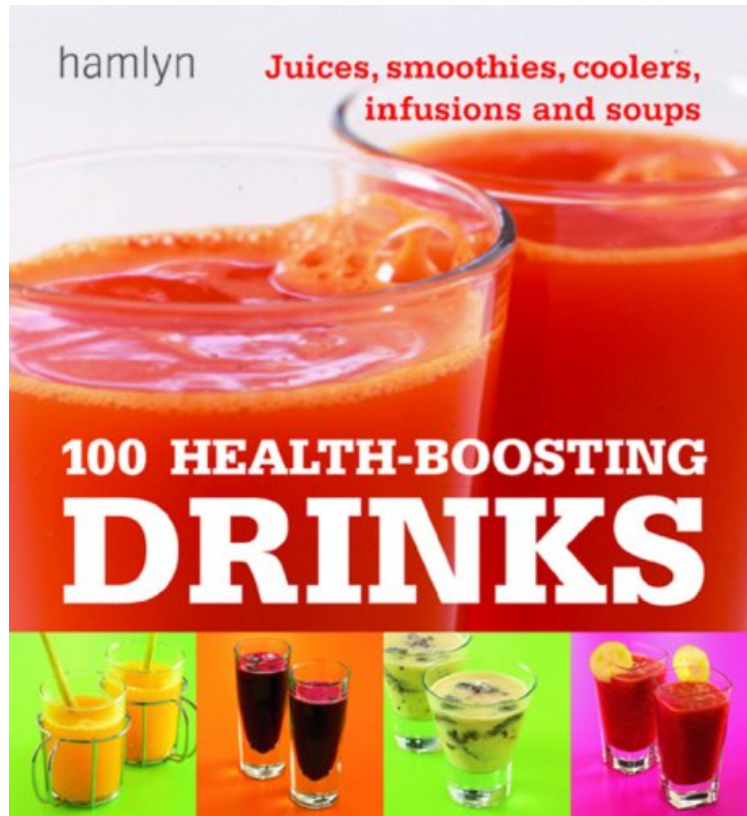


# 100 Health-Boosting Drinks: Juices, Smoothies, Coolers, Infusions and Soups

*Inc. Sterling Publishing Co.*  
*ePub | \*DOC | audiobook | ebooks | Download PDF*



[Download](#) [Read Online](#)

#3996239 in Books Hamlyn 2005-03-01 Original language: English PDF # 1 1.00 x 1.00 x 1.00, 1.30 #File Name: 0600613283224 pages | File size: 63.Mb

**Inc. Sterling Publishing Co. : 100 Health-Boosting Drinks: Juices, Smoothies, Coolers, Infusions and Soups** before purchasing it in order to gauge whether or not it would be worth my time, and all praised 100 Health-Boosting Drinks: Juices, Smoothies, Coolers, Infusions and Soups:

1 of 1 people found the following review helpful. 100 great recipes By cornelia mitchell First of all I love recipe books that have color pictures... This book has a picture for every recipe... Easy to find ingredients, simple instructions... separated very well as into energy, sickness, etc... There is even a recipe for star fruit... BUY THIS BOOK... So glad I got it in the bargain bin... well worth it... 0 of 0 people found the following review helpful. A 100 Health-boosting DRINKS ....quick easy !!! By Delrae Scholes With a busy lifestyle that many of us have today and for those of us who are taking responsibility for our health....Health boosting drinks including Juices, Smoothies, Coolers, Infusions and Soups is the way to go. Quick and easy to prepare....for both home and at work. 1 of 1 people found the following review helpful. 100 healthy boosting drinks By mlk 100 healthy boosting drinks is a GREAT book I have used many many drink recipes and I love them all. I now serve a healthy drink at my ladies group as an appetizer instead of heavy food. they all love it also. thanks

Here's to your health! Juicing is the appetizing and easy way to ensure that everyone in the family gets the nutritious benefits of fresh fruits and vegetables every day. There's a treat for every palate in this collection of 100 satisfying smoothies, warming soups, refreshing coolers, and calming infusions. Choose from a tempting variety of recipes—some to boost immunity and fight infections; others to enhance energy, cleanse the body of toxins, or promote a restful night's sleep. They're quick and easy to make, delicious to drink, and just right for every meal of the day. Here's a natural way to improve health, promote clear skin and more lustrous hair, to help control weight, and make mealtimes more enjoyable than ever.

From Publishers Weekly Claiming that the right combinations of fruits, vegetables and herbs can do everything from "warding off bacteria and viruses" to promoting healthy hair, this volume offers eclectic recipes for various coolers, smoothies, infusions and soups. Whether or not readers buy into the medicinal properties of ingredients like lavender and parsnips, they are sure to find a few tempting ideas: Blood Orange, a delicious mix of oranges, currants and strawberries, is perfect for a summer morning, and the Tropical Trio is sweet and satisfying enough to count as dessert. Other recipes, however, are much less appealing, like the deep green High Kick, a slimy concoction of spirulina, banana and linseeds. Nevertheless, most of these recipes are winners, and anyone looking to improve digestion, soothe a sore throat, or just relieve a hangover could do worse than to turn to these offbeat brews. Copyright copy; Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.