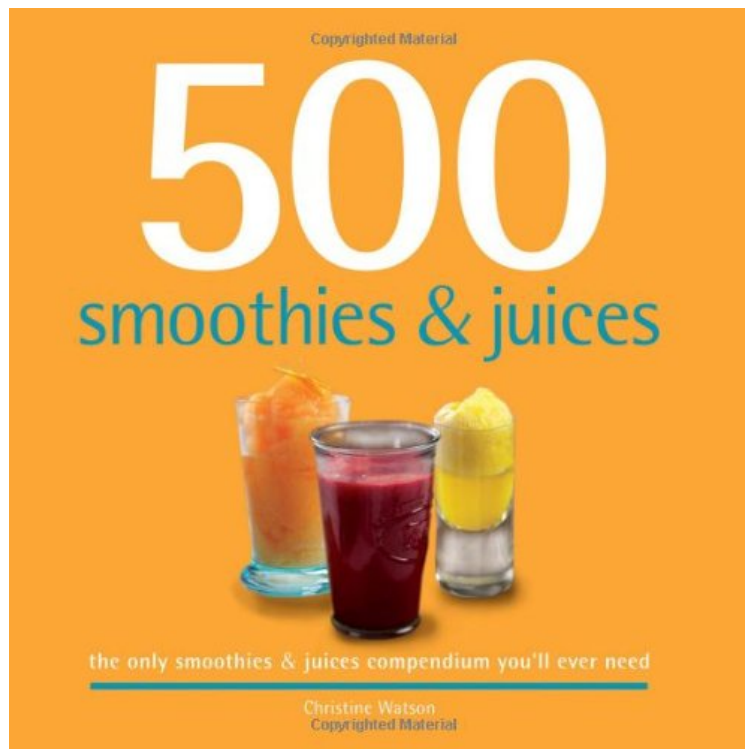


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## 500 Smoothies Juices: The Only Smoothie Juice Compendium You'll Ever Need (500 Cooking (Sellers))

Christine Watson

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#364547 in Books Christine Watson 2008-06-01 Original language: English PDF # 1 6.18 x 1.14 x 6.41, 1.30  
#File Name: 1416205101288 pages 500 Smoothies Juices is a comprehensive collection of quick and easy smoothies and jui...288 pages, hardcover 6frac14;"L times; 6frac14;"W times; 1"D | File size: 41.Mb

**Christine Watson : 500 Smoothies Juices: The Only Smoothie Juice Compendium You'll Ever Need (500 Cooking (Sellers))** before purchasing it in order to gage whether or not it would be worth my time, and all praised 500 Smoothies Juices: The Only Smoothie Juice Compendium You'll Ever Need (500 Cooking (Sellers)):

1 of 1 people found the following review helpful. Well rounded with recipes for everything from healthy to alcoholic type smoothies By Dogs Horses So many ways to make super simple, uncomplicated and delicious smoothies. This is a gem of a book with lots of variations on the standard breakfast options, but where it shines is the extra recipes for the dessert types and the adult beverage based mixes. This is not geared just for the folks focused only on health food or weight loss - there are so many other ideas here. My favorites so far are the Mango, Coconut Lime smoothie on page 75 - 4 ingredients and you have a tart cold summer refreshment that's perfect while reading on the deck. My mother is a fan of the Mango and Cardamon Lassi on page 195 - I make this for her whenever she visits. There are several options for "Boozy Smoothies" in the last section of the book - Fruity Gin Fizz and Passion fruit Margaritas have both been popular with guests here. Generally, this is a well rounded little book. 0 of 0 people found the following review helpful. 500 Smoothies Juices Book, for Healthy Eating By KJBishop This is a great little book but contains so many

wonderful smoothie and juice recipes. I found it hard for me to just come up with my own recipes so I found this book and was so excited to get it. I just love the smoothie recipes. Instead of going out and buying expensive ice cream treats I just use my blender and make my own healthy deserts at home. Saves money on gas too. I would recommend this to a friend or a family member. Such a great size to in a small kitchen, when space is limited.0 of 0 people found the following review helpful. they have some amazing ideas.By AmandaSo many recipes if your a smoothie lover worth your buy, they have some amazing ideas.

This smoothie and juice compendium is packed with 500 refreshing recipes, all of them clear and easy to follow. Filled with tips on how to select the right ingredients for your smoothies and juices and then how to make them taste absolutely perfect, this is the only book of smoothies and juices you will ever need.

About the AuthorChristine Watson trained at the internationally renowned Leiths School of Food and Wine in London. She writes extensively about food and tests recipes for magazines, newspapers, and books, and is a food stylist for commercials, television programs, and the occasional film.