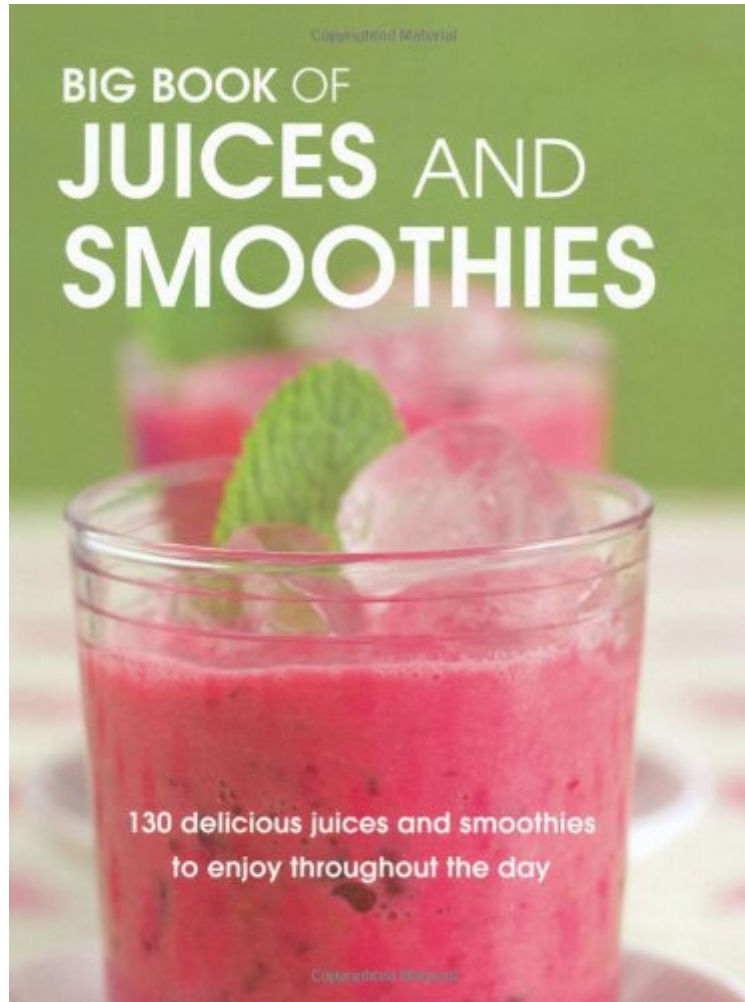


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Big Book of Juices and Smoothies

Wendy Sweetser, Pippa Cuthbert, Lindsay Cameron Wilson, Stella Murphy, David Biggs
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Wendy Sweetser, Pippa Cuthbert, Lindsay Cameron Wilson, Stella Murphy, David Biggs : Big Book of Juices and Smoothies before purchasing it in order to gauge whether or not it would be worth my time, and all praised Big Book of Juices and Smoothies:

0 of 0 people found the following review helpful. Five Stars By Laura Moore I like this book, its easy recipes and tastes very good. It helps juicing to be more enjoyable. 1 of 1 people found the following review helpful. Simple and easy to follow By Patricia Brouillette This is a nice book and very informative. The recipes are very easy to follow and there is a picture for most of the recipes. There is a lot of information at the beginning of the book to answer most any question that you might have, especially if you are a beginner.

This book is for anyone who wants to make quick and easy juices and smoothies that taste delicious and make you feel

great! Drinking healthy liquid snacks is a tasty and wholesome way to take in valuable nutrients, vitamins and goodness. The book kicks off with a chapter explaining how to use equipment such as juicers and blenders and the methods involved. This is followed by the recipes, and there are 130 of them, each accompanied by a photograph. There are soothing, energizing and reviving drink recipes, along with zingy breakfast and relaxing evening ones. Finally, there are also a number of alcohol-free party drinks to really get you in the mood!

About the Author Wendy Sweetser trained at the Cordon Bleu schools in Paris and London and already has eleven cookery books to her name. She is currently a freelance food editor for OK!, The London Magazine and Period. She lives in Southend-on-Sea. Pippa Cuthbert and Lindsay Cameron Wilson met in London's famous Books for Cooks. Since then they have worked together on magazines, websites and books. Pippa was born in New Zealand but her degrees in nutrition and food science led her to London where she works as a food stylist, caterer and recipe developer. Lindsay is from eastern Canada. Her love of writing and her passion for food led her to cookery school and then a degree in journalism. She now lives in London where she works as a food writer, recipe tester and stylist. Stella Murphy is an experienced food writer, stylist and home economist. She has worked on magazines, books, commercials and films. She lives in Essex. David Biggs, born and raised in South Africa, joined the reporting staff of a country newspaper in 1965 and discovered his affinity for creating cocktails and mocktails after moving to Cape Town. David is the author of Make Your Own Cocktails, The Cocktail Handbook, Legendary Cocktails and Sharp Shooters, all published by New Holland.