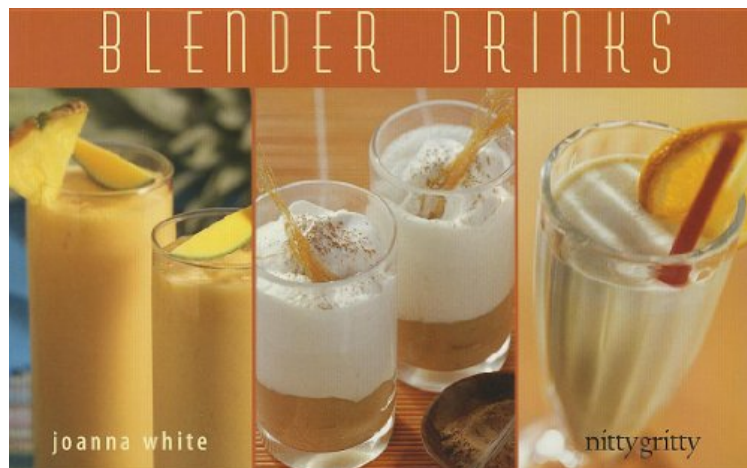


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Blender Drinks: From Smoothies and Protein Shakes to Adult Beverages (Nitty Gritty Cookbooks)

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Learn how to prepare healthy energy shakes with soy and protein powders, smoothies with fresh fruit, dessert drinks, espresso- and tea-based drinks, alcoholic drinks, and everything in-between! A must-have for a fast-paced and healthy lifestyle, this blender cookbook will put a spin on your favorite kitchen appliance.

About the AuthorJoanna White is a long-time, bestselling cookbook author of Fondue Hot Dips, Party Fare, The Dehydrator Cookbook, The Juicer Book, Recipes for the Pressure Cooker, and many other titles. Joanna holds a degree in biology as well as an Advanced Certificate from the Cordon Bleu School of Cooking. She also teaches and lectures on cooking and nutrition.