

[FREE] Carbs Cals Smoothies: 80 Healthy Smoothie Recipes 275 Photos of Ingredients to Create Your Own!

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Chris Cheyette, Yello Balolia

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Chris Cheyette, Yello Balolia : Carbs Cals Smoothies: 80 Healthy Smoothie Recipes 275 Photos of Ingredients to Create Your Own! before purchasing it in order to gage whether or not it would be worth my time, and all praised Carbs Cals Smoothies: 80 Healthy Smoothie Recipes 275 Photos of Ingredients to Create Your Own!:

0 of 0 people found the following review helpful. Ladies and Gentlemen, Start Your Blenders!By Chris YatesThis latest volume from Cheyette and Balolia offers a creative and enticing collection of beautifully illustrated and easy-to-follow smoothie recipes, accompanied by helpful nutritional information as well. Check out the recipe for the

Avofennel Fusion smoothie (p. 56), combining a velvety mixture of fennel and avocado, who knew?? Well count me as enlightened...this is a great resource for healthy refreshing treats that are accessible, creative, delicious and nutritious!

The brains behind the #1 bestselling Carbs Cals are back! This time with the perfect smoothie book for the health-conscious. Featuring 80 delicious recipes, the book is beautifully presented showing detailed nutritional information for every smoothie. Whether you're on a low-calorie, high-fibre or high-protein diet, or just want to achieve your 5-a-day fruit veg, this is the ideal smoothie book for you. FEATURES; 80 delicious smoothie recipes. Beautiful image of every smoothie. Photos of ingredients in each recipe. Values for carbs, calories, protein, fat, fibre and 5-a-day fruit veg. 275 photos of individual ingredients so you can create your own recipes. Intro explaining the benefits of smoothies.