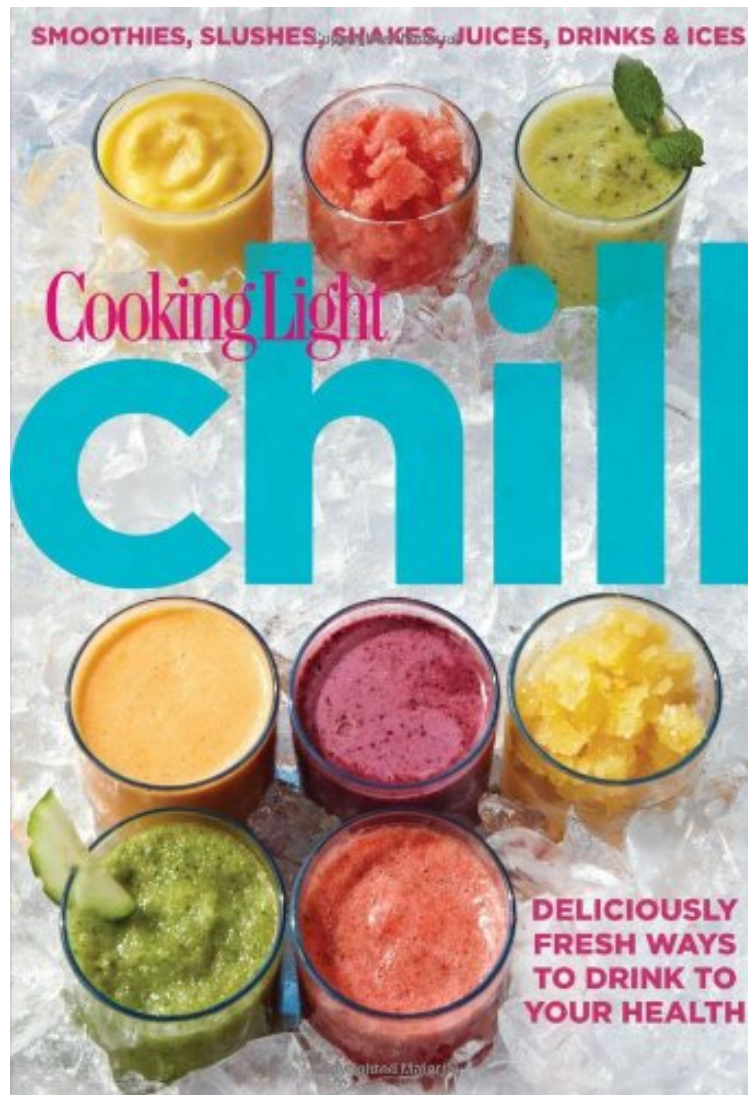


Cooking Light Chill: Smoothies, Slushes, Shakes, Juices, Drinks Ices

Editors of Cooking Light Magazine
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Editors of Cooking Light Magazine : Cooking Light Chill: Smoothies, Slushes, Shakes, Juices, Drinks Ices
before purchasing it in order to gauge whether or not it would be worth my time, and all praised Cooking Light Chill: Smoothies, Slushes, Shakes, Juices, Drinks Ices:

2 of 2 people found the following review helpful. Good book By Lovetocook This is a good book if you are looking for new ideas for cool drinks or smoothies. There are several recipes that I had already made prior to buying this, but if you are new to making these types of drinks, this is a good start! Some of the combos are not to my tastes, so I skipped over them. It has helped me to incorporate some different ingredients into my day that I never would have thought to use or even use in a smoothie. 1 of 1 people found the following review helpful. Great cookbook for smoothies! By

ZoeHI got this for my teenage daughter who loves making fresh fruit smoothies. The photos are so appealing and the recipes make delicious drinks with the blender.0 of 0 people found the following review helpful. Five StarsBy Kathy Widmannok

Whether you're looking for the ultimate healthy smoothie, a quick on-the-go breakfast, or a delicious snack or dessert, you'll find something to suit your tastes among the more than 125 recipes in this book. Reliable, test-kitchen-rated recipes using easy-to-find ingredients, tips on equipment, and step-by-step techniques for creating a variety of healthy smoothies, slushes, juices, and ices that don't sacrifice flavor or texture. *Cooking Light Chill* is a playful book full of smoothies and juices, lighter slushes, and cool ices packed with fresh fruits and vegetables, nuts, low-fat dairy and utilizing natural sweeteners.

About the AuthorAt 25 years, Cooking Light is the nation's leading epicurean brand with the largest audience, most epicurean editorial and the most recipes. Cooking Light is the only epicurean brand positioned at the intersection of great-tasting food and healthfulness, serving an important and growing consumer need. The brand delivers innovative recipes, nutrition advice, and resources to live a healthful lifestyle via its magazine, website, and portfolio of cookbooks; across all tablets; through the highly-acclaimed Cooking Light Quick and Healthy Menu Maker app; and on social media platforms including, Facebook ([Facebook.com/CookingLight](https://www.facebook.com/CookingLight)), Twitter ([@Cooking_Light](https://twitter.com/Cooking_Light)) and Pinterest ([Pinterest.com/CookingLight](https://www.pinterest.com/CookingLight)).