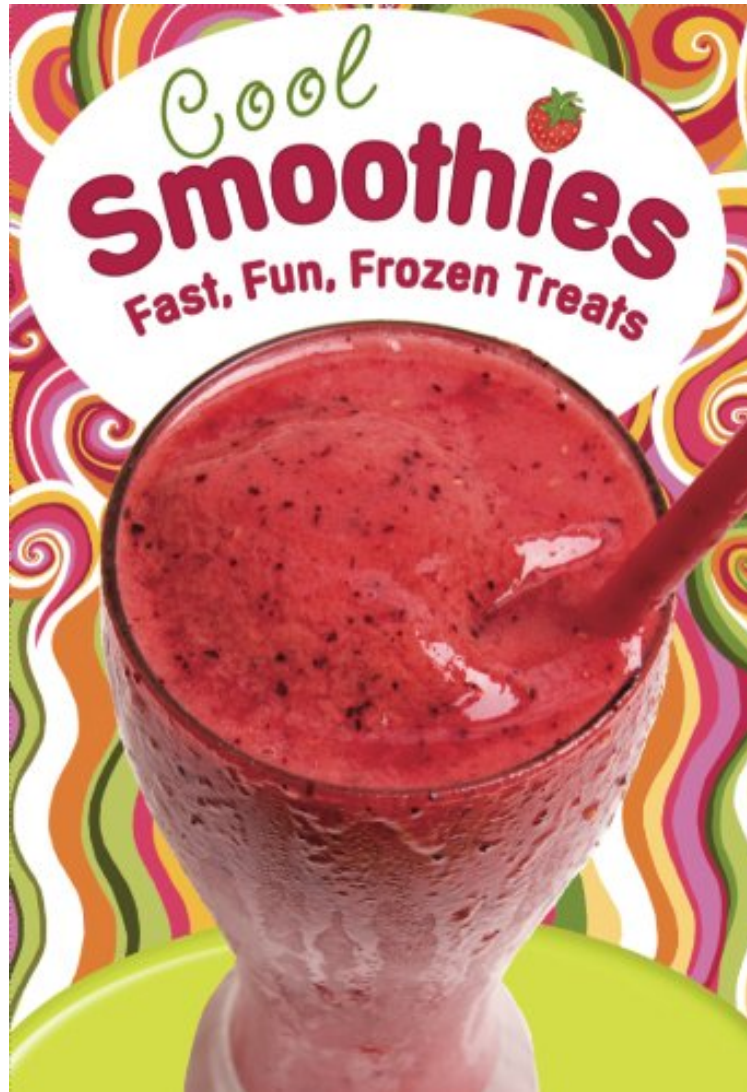


(Mobile book) Cool Smoothies

## Cool Smoothies

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great product.2 of 2 people found the following review helpful. Lots of Smoothie IdeasBy AmyThis book provides several fruit and vegetable smoothies recipes. The smoothies don't require many ingredients and the recipes are easy to follow. Most the recipes are for one or two smoothies which is what I was looking for. The book also provides some basic smoothie tips and what vitamins are found in the fruits and vegetables used. I have enjoyed all the smoothies I have tried from this book so far.0 of 0 people found the following review helpful. Great For The Smoothie LoverBy SmilinLdyHigh quality book. The pages can be wiped off if something spills on them. The recipes are easy and made from ingredients available in most kitchens.

Smoothies are the other ""fast food"" and the best way to get your daily dose of vitamins and minerals. They take the place of milkshakes loaded with sugar, fat and calories. When you make creamy, slushy smoothies you don't even realize there's no ice cream. Smoothies are perfect for breakfast, speedy snacks and convenient quick meals.