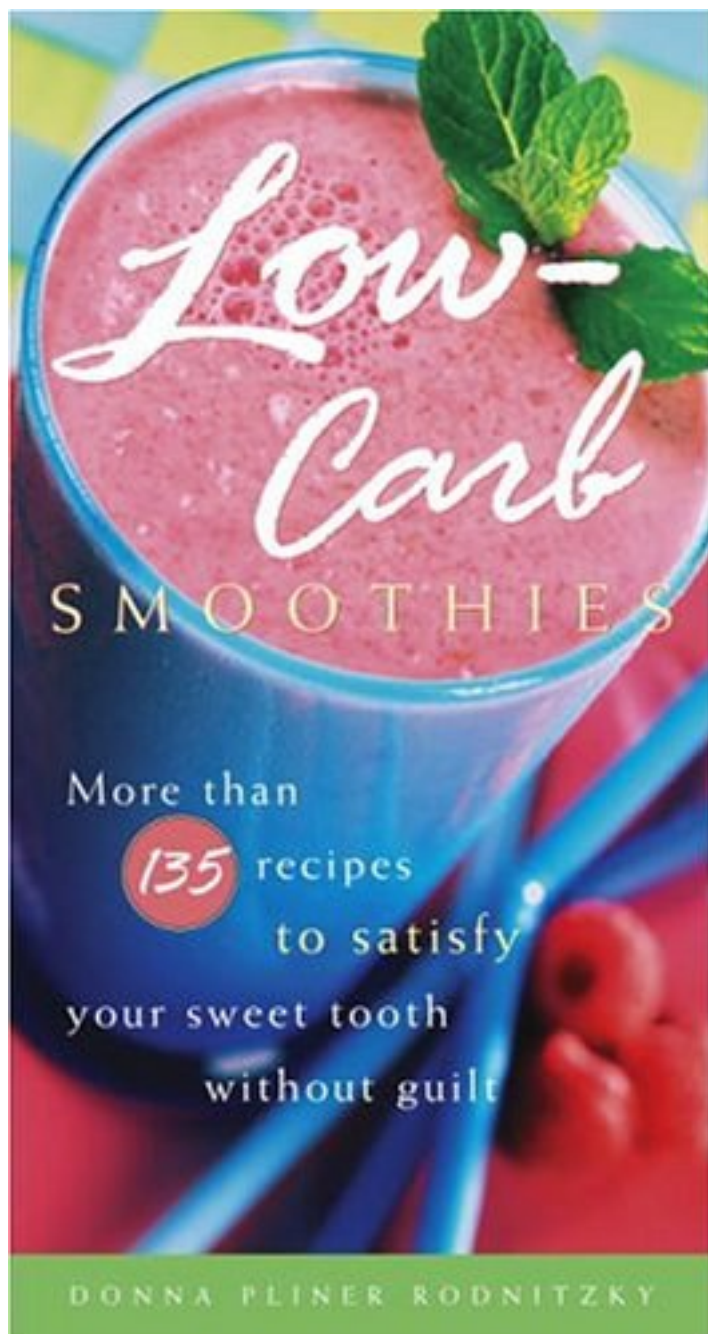


# Low-Carb Smoothies



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著者:Rodnitzky, Donna Pliner

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Watching your carbs? Look inside for more than 135 fabulous recipes for frosty drinks so delicious it's hard to believe they're legal.

If you're a committed carbohydrate counter or a calorie-conscious eater, you can reclaim the pleasure of sipping a yummy, nutritious smoothie. Donna Pliner Rodnitzky, a proven master at whipping up palate-pleasing glassfuls, presents a host of great-tasting, sin-free delights.

In *Low-Carb Smoothies*, you'll learn how to transform a carb- and calorie-laden smoothie into a guiltless treat by replacing forbidden ingredients with intensely flavored sugar-free syrups, low-glycemic fruits, and protein powders. Get tips on how to find the best fruit and the basic equipment you'll need to create low-carb smoothie perfection. With both low-carb and ultra-low-carb options, you'll find recipes to suit every phase of your diet, whether you're on the most stringent plan or in a less-restrictive maintenance phase. All the recipes minimize the carb count and maximize taste.

Discover too a host of ideas for low-carb garnishes, from strawberry fans to carb-friendly peanut-butter cookies, to make your smoothies not only taste great but look great. A smoothie is the perfect treat to serve your guests at the end of a meal or as a midday refresher—they'll never know it's diet-friendly.

Choose from a host of delectable recipes, including:

- Huckle-berry Thin
- Blueberry Chill
- Coconut CarbBuster
- Raspberry Tornado
- South Peach to Diet For
- Raspberry Chocolate Espresso
- Chocolate Almond Bar Smoothie
- Peanut Butter Cup
- Happily Ever Apple
- And more . . .

作者介绍:

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