

Ultimate Smoothies



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出版者:Random House Inc

出版时间:2000-6

装帧:Pap

isbn:9780761525752

From Nourishingly Nutritional to Decadently Delicious—Smoothies for Everyone!

Smoothies are not simply drinks for the health conscious. These quick and filling, tasty "meals on the go" are surging in popularity among people from all walks of life. It's easy to see why. Not only are these refreshing treats nutritious, they're also mouthwateringly delicious! In *Ultimate Smoothies*, you'll find easy-to-make recipes for the most delectable energy boosting smoothies, freezes, and blasts imaginable. Donna Pliner Rodnitzky shares more than 125 of her yummiest creations, including:

- Honey, I Ate the Banana Smoothie
- The Chicago Berries
- Last Mango in Paris
- Oh My Papaya
- Peach Blanket Bingo
- Shaked-Pear in Love
- Peter, Peter, Pumpkin Smoothie
- And many more!

With a nutritional analysis for each recipe, you can create both healthy and delicious treats from home in this delightful countertop partner to *Ultimate Juicing*.

作者介绍:

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