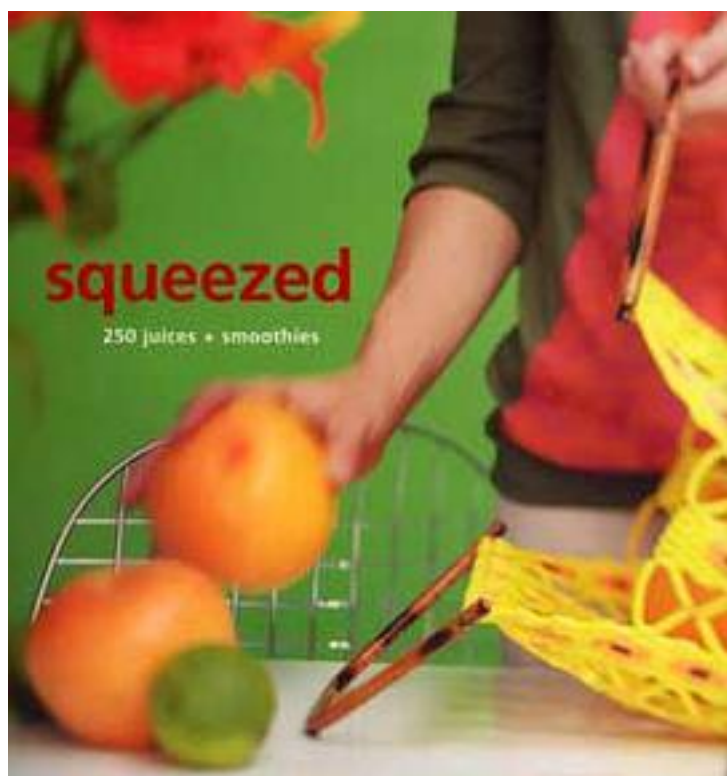


Squeezed



[Squeezed_下载链接1](#)

著者:Jane Lawson

出版者:Thunder Bay Press

出版时间:2004-08-20

装帧:Paperback

isbn:9781592232734

Squeezed offers 250 recipes for lip-smacking, thirst-quenching, energy-boosting drinks made from freshly squeezed fruit, including smoothies, lassis, freezes, frappes, ice teas, homemade lemonades, and spritzers. Through fun introductions and enticing photography, health-conscious readers learn how to make a juicy blend appropriate for every mood and occasion. If it's thirst that needs quenching, readers can try the Kiwi Delight, Raspberry Lemonade, or Island Blend. If spirits need lifting, there's the Citrus Sting. Squeezed suggests juicy energizers for morning meals, post-workout refreshment, and evening pick-me-ups. Mood soothers, tummy coolers, and frosty

desserts are also included.

作者介绍:

目录:

[Squeezed_下载链接1](#)

标签

评论

[Squeezed_下载链接1](#)

书评

[Squeezed_下载链接1](#)