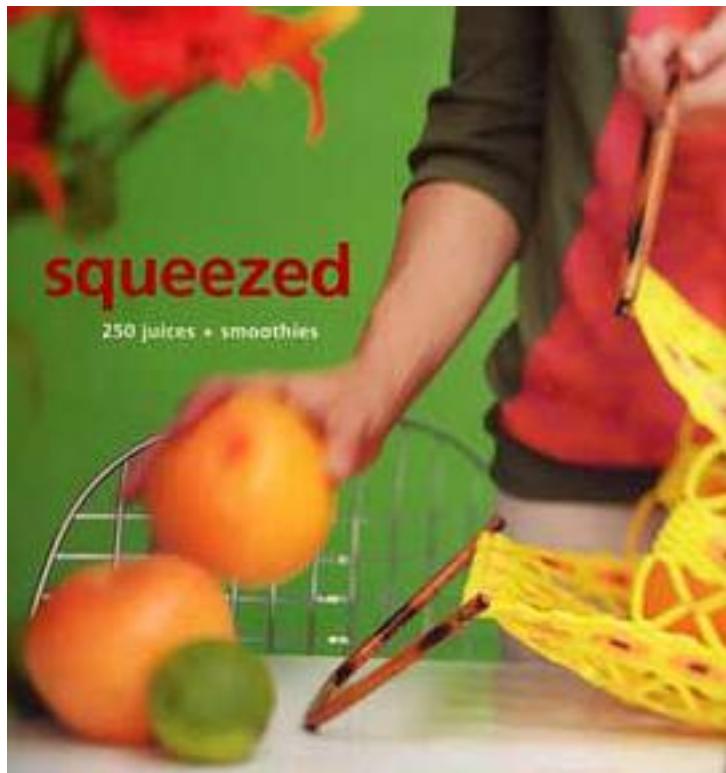


# Squeezed



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著者:Jane Lawson

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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.

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