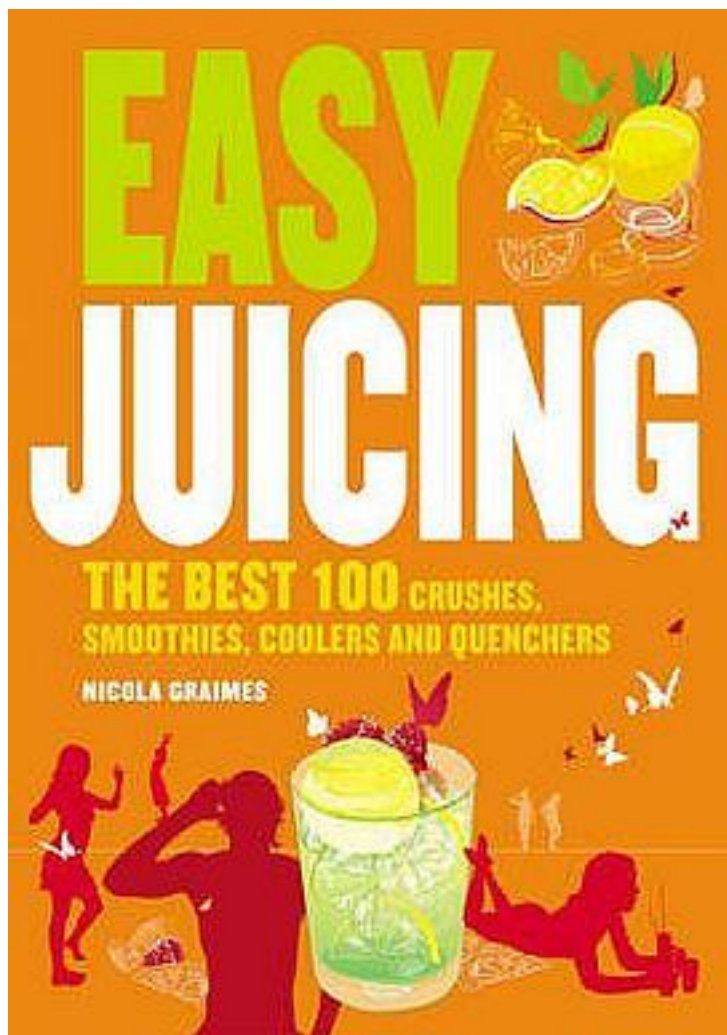


Easy Juicing



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出版者:Sterling Pub Co Inc

出版时间:

装帧:Pap

isbn:9781844833122

Store-bought fruit and veggie drinks may contain hidden sugars and preservatives, but

homemade juices put the maker in control of freshness, texture, and just the right add-ins for any occasion. With these 100 recipes, anybody with a blender can prepare a whole range of juices from five categories: basic blends for every day of the week; fruit and yogurt mixes; crushed-ice summer drinks; pick-me-ups with energy additives; and alcoholic "tippie" drinks. The recipes take only minutes to make, and feature valuable information on skin conditioning, blood detoxification, fighting colds and flu, and long-term protection against serious illness. Decorative party tips accompany the drinks for kids, and there's advice on how to present adult drinks for celebrations and romantic nightcaps.

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