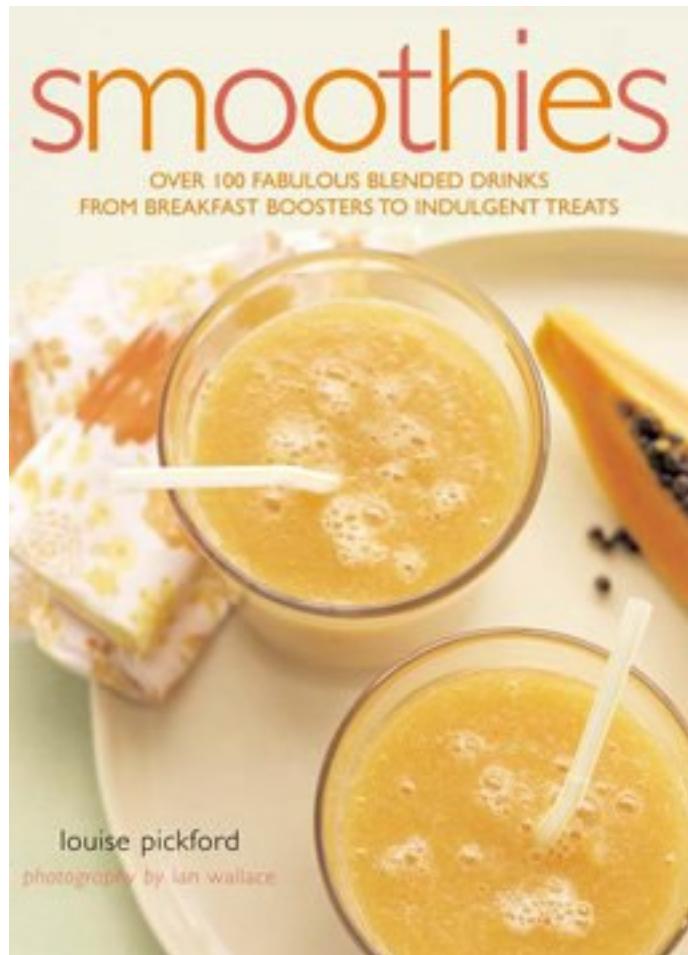


Smoothies



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著者:Louise Pickford

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In this mouthwatering new book, bestselling author Louise Pickford brings you more than 100 fabulous smoothie recipes, explaining the health benefits of each recipe, with nutritional information about some of the key ingredients. Start with a Breakfast

Smoothie to get you going or sip on a refreshing Fruit Frappe in the afternoon sun. If you're on a health kick try a vitamin-packed Vegetable Juice. A chapter on Dairy Smoothies and Shakes is a sophisticated update on the milkshake while Dairy-free Smoothies offer plenty of variety for those who wish to avoid cow's milk. Low-fat Smoothie ideas range from Watermelon and Pear Frothy to exotic Rhubarb, Yogurt, and Rosewater Smoothie. Finally, Louise offers indulgent Smoothies--they're too good to keep for special occasions! *With over 100 delicious recipes for smoothies, frappes, shakes, juices, and more, here's a refreshing drink for every occasion. *Tempting photography by Ian Wallace.

作者介绍:

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