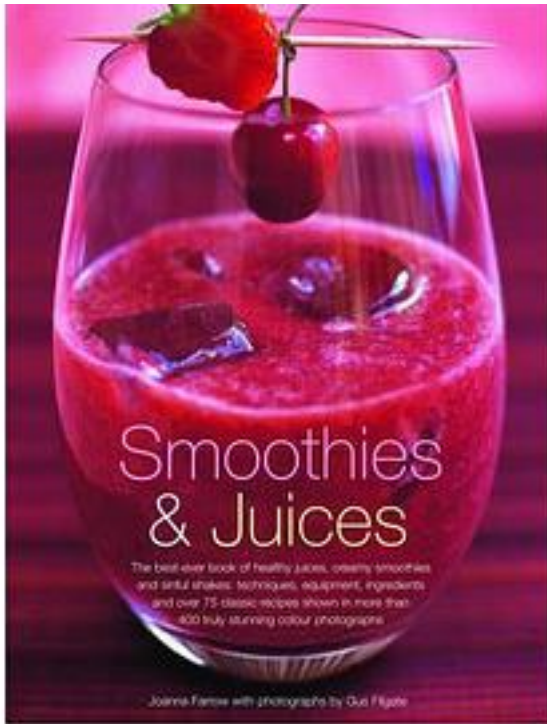


Smoothies & Juices



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著者:Hamlyn (EDT)

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Now in a handy-sized new format sure to appeal to a young adult crowd, this popular healthy drink book (more than 250,000 copies sold) will help boost your vigor and vitality. More than 200 scrumptious yet simple-to-prepare recipes make it easy to get the recommended daily portions of fruits and vegetables, with their important enzymes, vitamins, and minerals. Need a jolt of energy? Try a "rocket fuel" smoothie made with mango and pineapple juice or a cheerful "raspberry ripple." Get bonus protein with a banana and peanut butter smoothie, or revitalize after an evening out

with the "all nighter." Tempting photographs showcase each colorful, tantalizing taste treat, and tips on choosing and preparing ingredients and equipment are included.

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