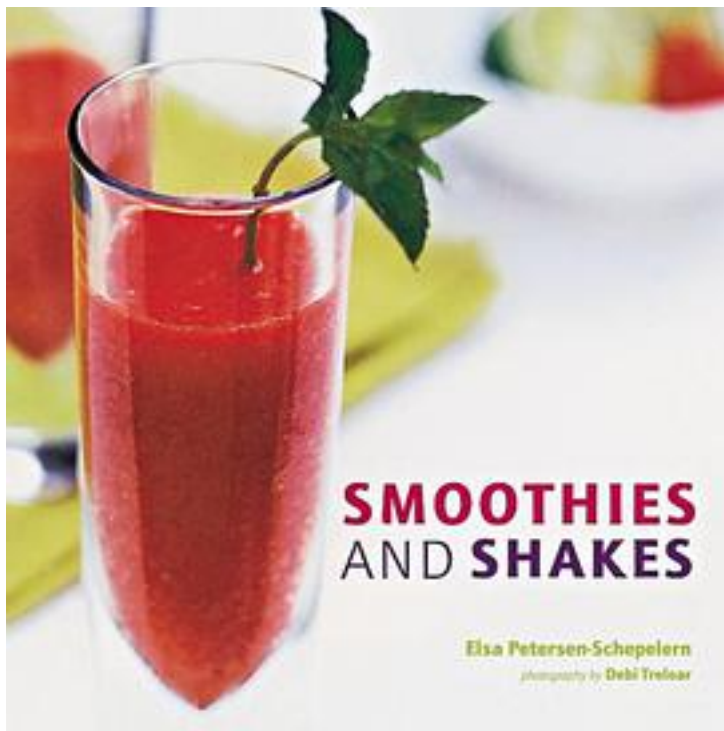


Smoothies and Shakes



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Whether you're looking for a health-boost for your body or a little comfort for the soul, this wonderful collection of blended drinks will offer inspiration and temptation to all. Packed with delicious combinations from classic smoothies made with milk, yogurt and soft summer fruits, to fresh blended juices and thick, ice-creamy shakes, this beautiful little book will prove to be the perfect indulgence.

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