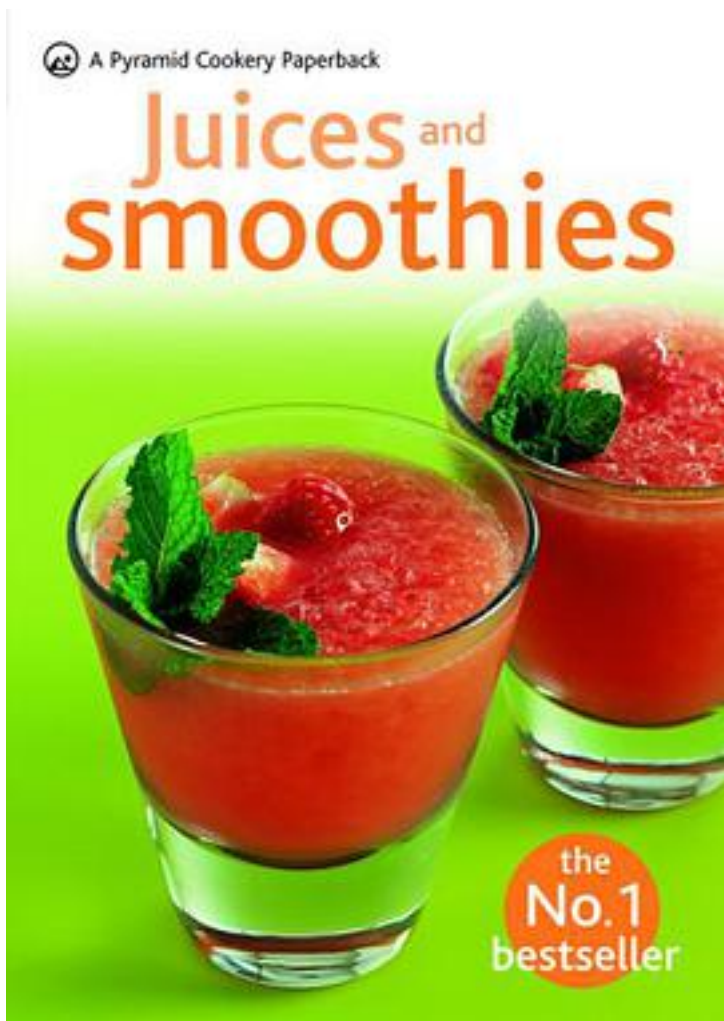


Juices & Smoothies



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著者:Hamlyn

出版者:

出版时间:2009-8

装帧:

isbn:9780600619543

Whether you want to boost your energy levels, detoxify your system or simply quench

your thirst, Juices and Smoothies shows you the tasty and easy way to drink 5-a-day. With no loss of all the essential nutrients found in fresh fruit and vegetables, these quick and easy-to-make recipes will refresh and revitalize you, helping you stay healthy and happy throughout the day. This book contains over 200 useful information tips on how to select the best ingredients, advice on buying the right types of juices, and a complete index of ingredients so that you can find the right juices and smoothies for you.

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