

# The Ultimate Acai Smoothie Cookbook



[The Ultimate Acai Smoothie Cookbook\\_下载链接1](#)

著者:Rodnitzky, Donna J. Pliner

出版者:

出版时间:2009-7

装帧:

isbn:9781599759623

The remarkable acai (ah-sigh-ee) berry, found in South America, is packed with vitamins, minerals, and one of the highest antioxidant contents of any food. With over 120 smoothie recipes you'll be able to experience for yourself the energy-boosting lift and overall health benefits of this nutritious super-food.

作者介绍:

目录:

[The Ultimate Acai Smoothie Cookbook\\_下载链接1](#)

标签

评论

-----  
[The Ultimate Acai Smoothie Cookbook\\_下载链接1](#)

书评

-----  
[The Ultimate Acai Smoothie Cookbook\\_下载链接1](#)