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500

smoothies & juices



the only smoothies & juices compendium you'll ever need

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500 Smoothies & Juices: The Only Smoothie & Juice Compendium You'll Ever Need (500 Series Cookbooks)



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This smoothie and juice compendium is filled with 500 refreshing recipes, every one of them clear and easy to follow. Filled with tips about how to select the right elements for your smoothies and juices and steps to make them flavor absolutely perfect, this is the only reserve of smoothies and juices you will ever need.



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smoothies for everyone Fun book. Juices Book, for Healthy Eating This is a great little book but contains so many wonderful smoothie and juice recipes. But I was searching for a reserve of smoothies that are healthful, furthermore publication I also purchased Don't use them all but those I do make use of are easy and very tasty. I would suggest this to a pal or a family member.. smoothies. Softcover book with 500 smoothie and juices recipes. lack in-depth nourishment info, okay if you are not dieting. Like the recipes.Superfruit Smoothies: 50 Healthy Smoothie Recipes for Pounds Loss, Energy & Optimum Health That is a gem of a reserve with plenty of variations on the typical breakfast options, but where it shines is the extra quality recipes for the dessert types and the adult beverage based mixes. 500 Smoothies & juices has good recipes, nice photos, and doesn't disappoint, it's really worth the purchase. Overall, 500 smoothies & Particularly when used in combination with your NINJA! I came across it hard for me to just develop my own recipes therefore i found this publication and was so excited to get it. I simply love the smoothie dishes. Generally, that is a well rounded little book. Jury is still out on this book. So many great ideas! Such an excellent size to in a little kitchen, when space is bound. Saves money on gas too.. My favorites up to now will be the Mango, Coconut &..... If you're new to juicing and blending this publication is great, it's helped me begin my juicing trip with plenty of easy-to-make recipes to select from, it provides many types of basic fruit juices &.. I was thrilled reading the quality recipes until I kept viewing " place it through juice

extractor". This is not geared just for the people focused only on health food or weight reduction - there are so a great many other ideas here. So now I'll either need to use my blender and "strain" or just miss the dozens upon dozens of "juice" quality recipes this book offers. Other than that, the reserve has some very nice looking smoothie dishes that demand blending which I'll make use of my fresh nutri ninja IQ blender with If you value smoothies For a great breakfast especially when on a diet plan, smoothies are great. It's difficult to find a preferred, there all good. I first noticed the publication in a health grocery and thought I'd think about it. My mother is a fan of the Mango and Cardamon Lassi on web page 195 - I get this to for her whenever she visits. It's worth the purchase price. Beautiful photographs. However, most of the recipes are high in calories & This publication contains beautiful color photographs of the smoothie and juice final results. Five Stars Gift Great gift! Gave this while a Christmas present for a member of family who just purchased a juicer and he was thrilled! He marked all of the pages for the dishes he couldn't wait around to try! Book arrived earlier than expected and was in very good shape! This is an excellent little book and I love the fact that it's so compact and packed with delicious recipes! they have some amazing ideas. Therefore many recipes if your a smoothie lover well worth your buy, they have some amazing ideas. Nice Book Plenty of good ideas but lots of good recipes for a beginner haven't used it much, but plenty of good quality recipes for a beginner Well rounded with recipes for from healthy to alcoholic type smoothies So many ways to make super simple, uncomplicated and delicious smoothies.to use in conjunction for my wellness regime. I don't own a juice extractor.. Lime smoothie on page 75 - 4 substances and you have a tart cold summer refreshment that's perfect while reading on the deck. By enough time I arrived home I went directly on Amazon to buy it. There are several choices for "Boozy Smoothies" within the last section of the publication - Fruity Gin Fizz and Enthusiasm fruit Margaritas have both been popular with guests here. Instead of going out and purchasing expensive ice cream treats I simply make use of my blender and make my very own healthy deserts in the home.

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