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Smoothies: Healthy Shakes & Blends (Healthy Cooking Series)

Tracy Rutherford

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Smoothies: Healthy Shakes & Blends (Healthy Cooking Series) Tracy Rutherford
Create delicious smoothies to enrich health and vitality with this easy-to-follow recipe book.

Smoothies is a collection of delicious and easy drink recipes. Blended fresh fruit smoothies are high in vitamins and minerals and a great way to boost your daily calcium intake. With this book, you'll learn how to prepare dairy and dairy-free smoothies, icy frappes and revitalizing health shakes that are ideal for a quick, easy and nutritious breakfast, refreshing snack or decadent dessert!

There is nothing more refreshing than a tasty and energizing smoothie to start the day. Enjoy tasty fruit smoothies, tantalizing shakes, and create amazing blends of fresh fruit and vegetables. Discover tips and techniques for delicious power-packed smoothies, shakes, and blends, bursting with taste and vitality.

Smoothie recipes include:

- Cherry-Berry Smoothie
- Spiced Plum Smoothie
- Breakfast Smoothie
- Fresh Fig and Ginger Smoothie
- Iced Soy Latte
- Papaya, Lime and Coconut Smoothie
- Black Currant Shake
- Honey-Macadamia Shake
- Iced Coffee Shake
- Avocado Shots
- Pomegranate and Pear Ice
- Praline Shake
- Green Tea and Melon Frappe
- Mint Tea Slush
- Chilled Eggnog

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