

<<Love food- easy Smoo>>

图书基本信息

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内容概要

Smoothies and juices have it all—they taste delicious , are bursting with goodness and take no time at all to make —perfect for when you need a quick and healthy snack . As they taste SO delicious and are often colourful and attractive , they are an easy way of encouraging your family to consume more of what is good for them . The added bonus is that you control their content , and as they rarely require extra sweetening you can ensure they are packed with nothing but flavoursome and wholesome health—boosting ingredients .

112 tempting and delicious recipes

Brief introduction to each chapter , full of useful ideas and tips

A clear and easy-to-follow ingredients list and method for each recipe to ensure a perfect result

Inspiring photography

of each recipe to set your taste buds tingling

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