

Smoothies, Smoothies & More Smoothies - Leah Shomron

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A mouthwatering collection for kids and grown-ups with an eye on health! Here's a toast to the celestial smoothie-timeless classics like Orange-Ginger Delight; yummy health boosters, such as Very Berry Vanilla, Minty Watermelon, and Pomegranate Punch; sweet treats with chocolate, and cocktail hour delights with a spike. This mouthwatering collection, whipped up by two chefs expert in the art of healthy, delicious cooking, offers drinks to please every palate. The fun begins with a blender, ice, and assorted other ingredients-fruits, vegetables, nuts, granola, yogurt, ice cream, or almost any other favorite. Basic, easy-to-follow instructions on using the blender, getting the right texture, and maintaining the right proportion between solids, liquids, and frozen components help assure a perfect result. Author: Shomron, Leah Publisher: Imagine, a Charlesbridge Imprint Illustration: N Language: ENG Title: Smoothies, Smoothies & More Smoothies Pages: 00144 (Encrypted PDF) On Sale: 2011-08-12 SKU-13/ISBN: 9781936140244 Category: Cooking : Beverages - Bartending

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