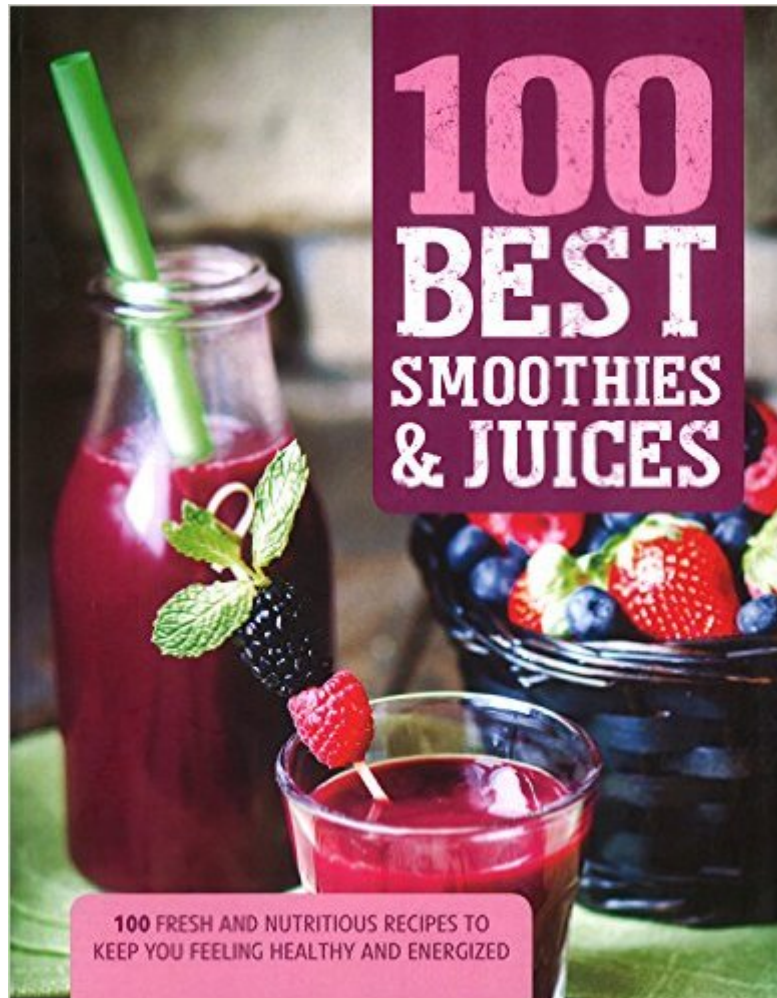


The book was found

100 Best Smoothies & Juices



Synopsis

You bought the equipment to make your fresh juices & smoothies now you need to know what to do with it. Smoothies and juices are packed with vitamins and nutrients, are a quick and delicious way to eat well. Featuring a variety of fruits and vegetables, 100 Best Smoothies & Juices is a vibrant, picture-filled guide to eating well with little more than fresh produce and a blender. Perfect as starters, complete meals, or rich yet healthy desserts, these juices and smoothies will help to keep you looking and feeling your best.

Book Information

Paperback: 224 pages

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Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (12 customer reviews)

Best Sellers Rank: #676,058 in Books (See Top 100 in Books) #88 in [Books > Cookbooks, Food & Wine > Kitchen Appliances > Juicers](#) #516 in [Books > Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies](#) #7429 in [Books > Cookbooks, Food & Wine > Special Diet](#)

Customer Reviews

I bought the ebook and have ordered the print book since I saw it in a store. The recipes are really good, simple and it's all about the recipes - no droning on about health issues. And a print book is certainly easier to use in the kitchen!

This book has excellent smoothie recipes. I already had a copy and showed it to a friend who loved but couldn't find it anywhere. I was able to find it on [Amazon](#) for her and gave it to her as a birthday present. Her whole family drinks smoothies and they've been fighting over the book.

The book is loaded with 100 recipes but they are all similar to each other and there's nothing new here that you can't download from the internet for free or figure out on your own.

This book is great with the exception that I thought the recipes would be really simple. Some are but

most of them require things that will make a grocery bill shoot through the roof.

Love that book. It has become my Bible. I like it so much that I have given it as gifts! Makes smoothies with ingredients you never imagined. Quick and simple recipes.

Beautiful pictures for each drink! Delicious and easy recipes with easily found ingredients. My new go to book for smoothies!

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100 Best Smoothies & Juices Superfood Juices & Smoothies: 100 Delicious and Mega-Nutritious Recipes from the World's Most Powerful Superfoods 500 Smoothies & Juices: The Only Smoothie & Juice Compendium You'll Ever Need (500 Cooking (Sellers)) Super Ninja Blender: Top 50 Detox Smoothies & Super Juices to Cleanse, Fight Inflammation, and Reset Your Body Super Ninja Blender: Top 25 Smoothies & Super Juices Recipes To Satisfy Every Craving From Breakfast To A Dessert Smoothie Recipe Book: 150 Smoothie Recipes Including Smoothies for Weight Loss and Smoothies for Optimum Health Smoothies For Kids: 80+ Recipes, Whole Foods Diet, Heart Healthy Diet, Natural Foods, Blender Recipes, Detox Cleanse Juice, Smoothies for Weight ... loss - detox smoothie recipes) (Volume 40) Smoothies for Diabetics: 85+ Recipes of Blender Recipes: Diabetic & Sugar-Free Cooking, Heart Healthy Cooking, Detox Cleanse Diet, Smoothies for ... loss-detox smoothie recipes) (Volume 54) Green Kitchen Smoothies: Healthy and Colorful Smoothies for Every Day Smoothies for Diabetics: Over 100 Quick & Easy Gluten Free Low Cholesterol Whole Foods Blender Recipes full of Antioxidants & Phytochemicals (Natural Weight Loss Transformation) (Volume 100) The Blender Girl Smoothies: 100 Gluten-Free, Vegan, and Paleo-Friendly Recipes The High Speed Blender Cookbook: How to get the best out of your multi-purpose power blender, from smoothies to soups Green Smoothies: 40 Best Green Smoothie Recipes to Lose Weight and Detox Your Body Fresh Vegetable and Fruit Juices Raw Juices Can Save Your Life: An A-Z Guide to Juicing. Homemade Soda: 200 Recipes for Making & Using Fruit Sodas & Fizzy Juices, Sparkling Waters, Root Beers & Cola Brews, Herbal & Healing Waters, ... & Floats, & Other Carbonated Concoctions Total Juicing: Over 125 Healthful and Delicious Ways to Use Fresh Fruit and Vegetable Juices and Pulp The Everything Juicing Book: All you need to create delicious juices for your optimum health Drink the Harvest: Making and Preserving Juices, Wines, Meads, Teas, and Ciders Juicing, Fasting, and Detoxing for Life: Unleash the Healing Power of Fresh Juices and Cleansing Diets

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