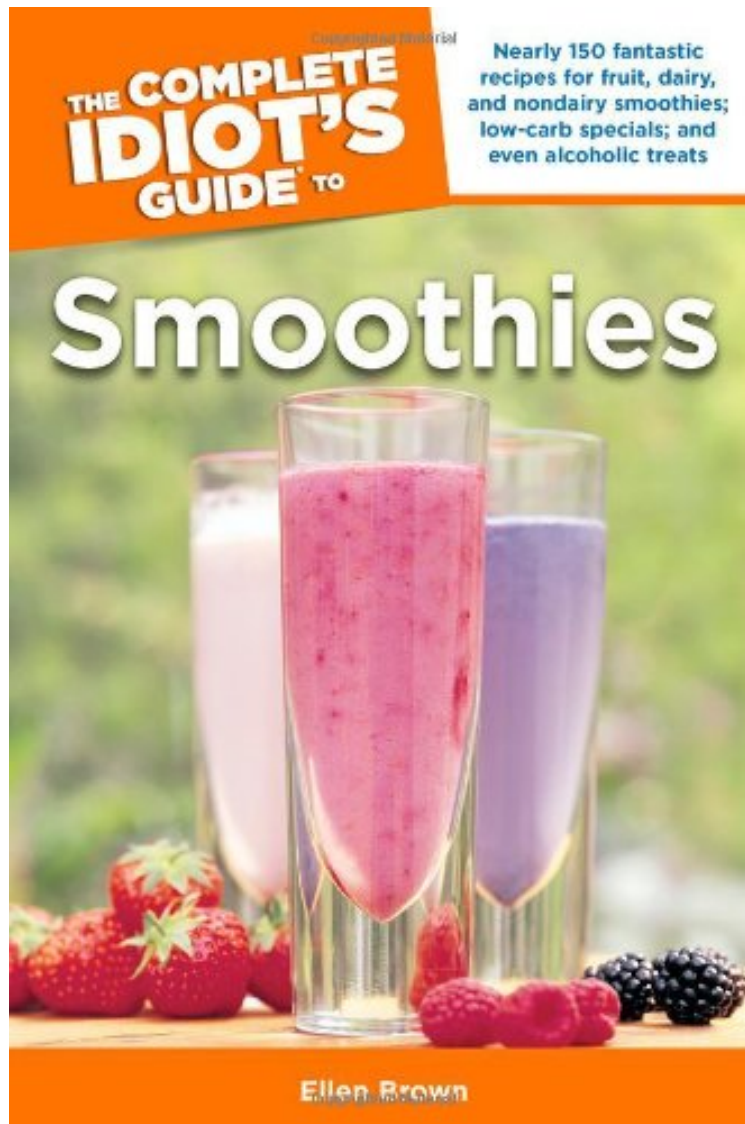


[Read now] The Complete Idiot's Guide to Smoothies

The Complete Idiot's Guide to Smoothies

Ellen Brown

*audiobook / *ebooks / Download PDF / ePub / DOC*



DOWNLOAD



+

READ ONLINE

#1286695 in Books Alpha 2005-04-05 2005-04-05Original language:EnglishPDF # 1 8.86 x .60 x 5.981, .67
#File Name: 1592573185256 pages | File size: 56.Mb

Ellen Brown : The Complete Idiot's Guide to Smoothies before purchasing it in order to gage whether or not it would be worth my time, and all praised The Complete Idiot's Guide to Smoothies:

From old favorites to new combinations, these 150 recipes include such fantastic fruit flavors as Purely Peach and Coconut Mango. Readers will learn everything they need to know to whip up fruit, dairy, non-dairy, sweet, and even

alcoholic smoothies, add healthy supplements, and make low-fat, low-carb, and kid-friendly smoothies. bull; Includes 150 delicious recipes bull; Contains easy-to-make recipes for low-carb, non-dairy, low-fat, and dessert smoothies