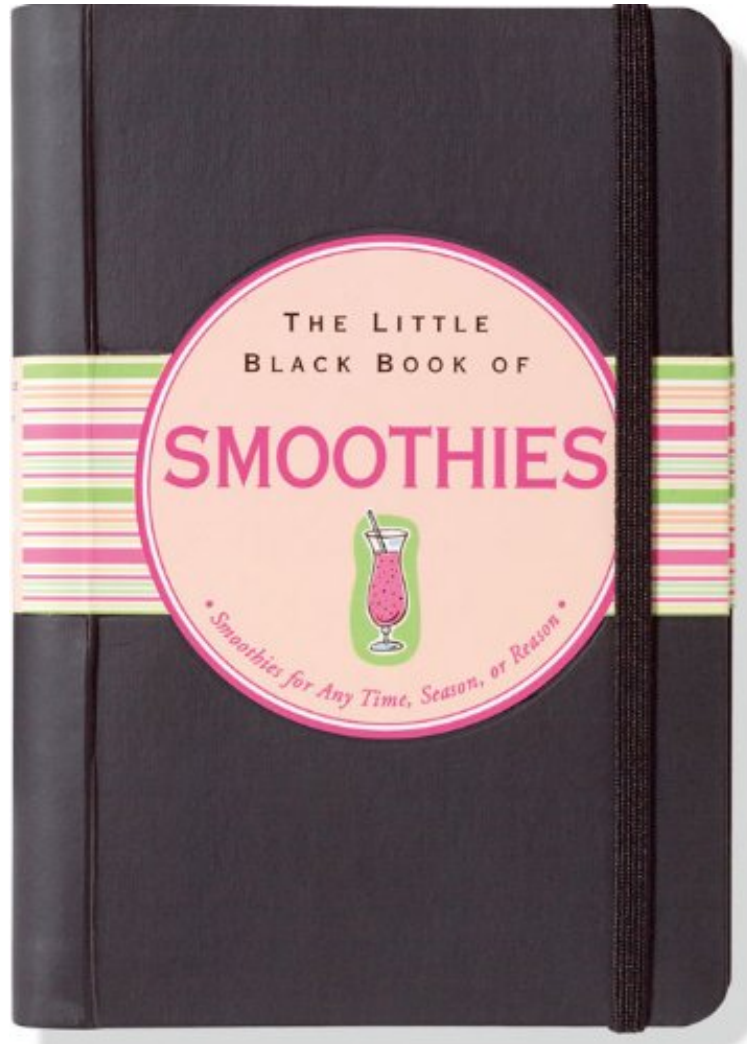


[PDF] The Little Black Book of Smoothies (Little Black Books)

The Little Black Book of Smoothies (Little Black Books)

Ruth Cullen, Peter Pauper Press
ePub | *DOC | audiobook | ebooks | Download PDF



[Download](#)

[Read Online](#)

#2795531 in Books Peter Pauper Press 2003-12-01 Original language: English PDF # 1 .61 x 4.18 x 5.581, .40
#File Name: 0880884703160 pages | File size: 35.Mb

Ruth Cullen, Peter Pauper Press : The Little Black Book of Smoothies (Little Black Books) before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Little Black Book of Smoothies (Little Black Books):

14 of 14 people found the following review helpful. Too Much Sugar By jamielf you are looking for a book that supplies HEALTHY recipe ideas using basic ingredients you are going to be disappointed. While some of the combinations ran anywhere between yummy to interesting, very few of them were in the healthy category. The occasional use of orange juice is fine with me in smoothies, but I find that there is way too much use of special juices, nectars, sherbet, and sorbets loaded with sugar. Some of the items like passion fruit sorbet, papaya nectar, and guava nectar are harder to find. I didn't like the use of special raspberry yogurt, lemon yogurt, or banana yogurt. I would

rather stick to the basic vanilla or plain yogurt and just add fresh fruit or a squeeze of lemon. While I can see how some people may like this book, it just didn't fit my needs. I wanted a book with the use of more whole ingredients and the option of adding my own sweetener or substitute instead of relying on sugary juices and sorbets. Having nutritional information would have been a big bonus. 0 of 0 people found the following review helpful. Five Stars By Reflective reader basic but very useful 0 of 0 people found the following review helpful. Great Ideas By C. Egeler I LOVE Smoothies!. I have them for breakfast to start the day light and healthy. This book gives you new ideas of what to mix to taste delicious. I learned a lot from it

Features scrumptious, nutritious summer shakes, fall frosties, liquid lunches, energy boosters, and sanity savers. Shake up your life with all you need to know about Smoothies. 160 pages; 4-1/4" wide x 5-3/4" high; concealed wire-o binding; book lies flat for ease of use; elastic band place holder.