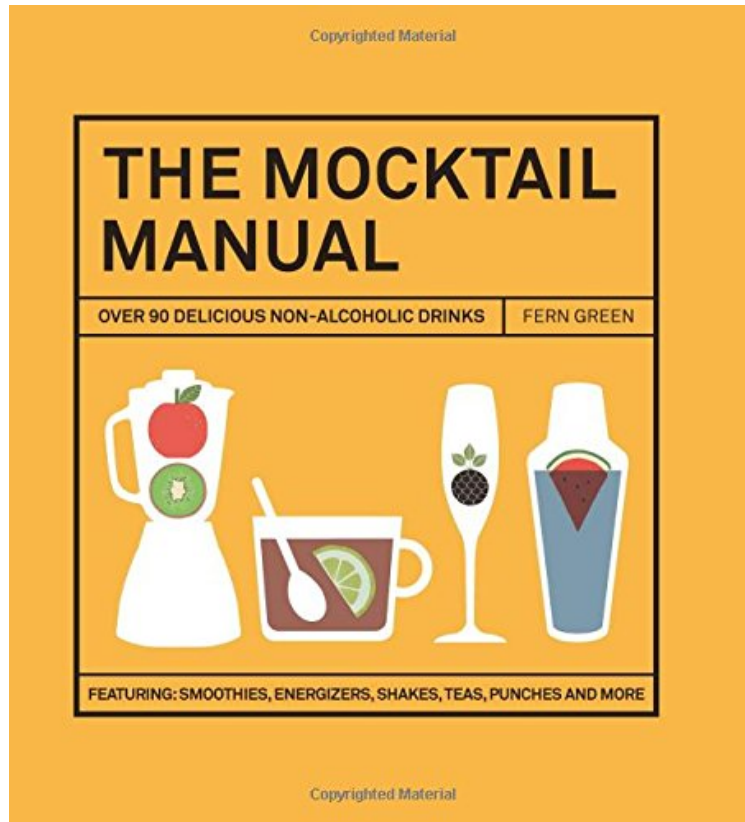


The Mocktail Manual: Smoothies, energisers, presses, teas, and other non-alcoholic drinks

Fern Green

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#806230 in Books Green Fern 2016-01-05 2016-01-05Original language:EnglishPDF # 1 6.75 x .75 x 6.75l, 1.25 #File Name: 1784880213128 pagesThe Mocktail Manual Smoothies Energisers Presses Teas and Other Non Alcoholic Drinks | File size: 61.Mb

Fern Green : The Mocktail Manual: Smoothies, energisers, presses, teas, and other non-alcoholic drinks before purchasing it in order to gage whether or not it would be worth my time, and all praised The Mocktail Manual: Smoothies, energisers, presses, teas, and other non-alcoholic drinks:

0 of 1 people found the following review helpful. One StarBy Sandra DossNot enough variety and few high protein shakes

Passing on the booze? Want to get more fruit and veg into your diet? Looking for some new, seriously good milkshake or hot chocolate recipes? Then The Mocktail Manual is the book for you. Whether you're looking for some mocktail recipes, trying to detox with some juices, or fancy a hot drink that will seriously dispel any winter blues, there's a recipe for you. Fern Green has concocted over 80 drinks that will quench your thirst in the most satisfying of ways. Why not switch your morning cereal for an energizing green goddess juice or a satisfying cacao, matcha, and banana smoothie? If you've had one hangover too many recently, swap your tippie for a delicious hibiscus mimosa or a rosemary limeade. And if you want a warm hug in a mug, look no further than the Mexican spiced hot cocoa. The

Mocktail Manual is filled with an array of both healthy and indulgent recipes - have a juice if you're feeling worthy, or a full-fat toasted marshmallow milkshake if you fancy a treat. With a quirky design, colourful illustrations and fun recipes, The Mocktail Manual will revolutionize the way you fix your drinks.

"With The Mocktail Manual, author Fern Green has managed to do what so many before her could not: make the non-alcoholic drink a valued part of a regimen you might actually be interested in following. . . In addition to offering up booze-free alternatives to your traditional happy hour fare, this book covers all of one's beverage needs - from teas to smoothies to punch." -Sweet via SnapChat About the Author Fern Green is a food stylist, writer, and boutique hotel owner. She regularly writes and styles for magazines such as jamie (Jamie Oliver) and various high-profile brands. This is her second book, after Breakfast: Morning, Noon and Night.