

(Read and download) Ultimate Smoothies: Delicious Recipes for Over 125 of the Best Smoothies, Freezes, and Blasts

Ultimate Smoothies: Delicious Recipes for Over 125 of the Best Smoothies, Freezes, and Blasts

Donna Pliner Rodnitzky

*ePub | *DOC | audiobook | ebooks | Download PDF*



DOWNLOAD



+

READ ONLINE

Donna Pliner Rodnitzky : Ultimate Smoothies: Delicious Recipes for Over 125 of the Best Smoothies, Freezes, and Blasts before purchasing it in order to gauge whether or not it would be worth my time, and all praised Ultimate Smoothies: Delicious Recipes for Over 125 of the Best Smoothies, Freezes, and Blasts:

0 of 0 people found the following review helpful. Great basic smoothie resourceBy langleeFavorite smoothie book, using normal ingredients, recipes are tasty and serving sizes are right. Many recipes for each type of fruit, contains some that you can make with alcohol for a different kind of treat0 of 0 people found the following review helpful. Five StarsBy Leah BeattyGreat recipes, lots to try.0 of 0 people found the following review helpful. Five StarsBy Robert MathisonA+++ Good Value

From Nourishingly Nutritional to Decadently Delicious--Smoothies for Everyone!Smoothies are not simply drinks for the health conscious. These quick and filling, tasty "meals on the go" are surging in popularity among people from all walks of life. It's easy to see why. Not only are these refreshing treats nutritious, they're also mouthwateringly delicious! In Ultimate Smoothies, you'll find easy-to-make recipes for the most delectable energy boosting smoothies, freezes, and blasts imaginable. Donna Pliner Rodnitzky shares more than 125 of her yummiest creations, including:·Honey, I Ate the Banana Smoothie ·The Chicago Berries ·Last Mango in Paris ·Oh My Papaya ·Peach Blanket Bingo ·Shaked-Pear in Love ·Peter, Peter, Pumpkin Smoothie ·And many more!With a nutritional analysis for each recipe, you can create both healthy and delicious treats from home in this delightful countertop partner to Ultimate Juicing.

From Nourishingly Nutritional to Decadently Delicious--Smoothies for Everyone!From the Inside FlapFrom Nourishingly Nutritional to Decadently Delicious--Smoothies for Everyone!Smoothies are not simply drinks for the health conscious. These quick and filling, tasty "meals on the go" are surging in popularity among people from all walks of life. It's easy to see why. Not only are these refreshing treats nutritious, they're also mouthwateringly delicious! In "Ultimate Smoothies, you'll find easy-to-make recipes for the most delectable energy boosting smoothies, freezes, and blasts imaginable. Donna Pliner Rodnitzky shares more than 125 of her yummiest creations, including: - Honey, I Ate the Banana Smoothie -The Chicago Berries -Last Mango in Paris -Oh My Papaya -Peach Blanket Bingo - Shaked-Pear in Love -Peter, Peter, Pumpkin Smoothie -And many more!With a nutritional analysis for each recipe, you can create both healthy and delicious treats from home in this delightful countertop partner to "Ultimate Juicing.From the Back CoverFrom Nourishingly Nutritional to Decadently Delicious--Smoothies for Everyone!