



500 Juices and Smoothies

By Christine Watson

Apple Press. Hardback. Book Condition: new. BRAND NEW, 500 Juices and Smoothies, Christine Watson, From the freshest, fruitiest blends and super-healthy detoxers to the smoothest, creamiest, most decadent shakes - juices and smoothies are incredibly versatile and stupendously varied. Whether you are looking for the ultimate health kick, a speedy, sustaining breakfast or the most fabulous indulgence to send you straight into the comfort zone, blending is clearly the way to go. With people growing more and more health-conscious, juices and smoothies are the obvious answer. Relying on the natural sweetness of fruits and vegetables and made with calcium-rich milk and yoghurt and healthy non-dairy ingredients such as soya milk, tofu and nuts - you can enjoy a glass of your favourite smoothie or sip on your favourite juice without any pangs of guilt. This book - with its comprehensive introduction covering all the essential blending techniques, plus information on buying, using and maintaining juicers and blenders, troubleshooting tips, advice on choosing the perfect ingredients and garnishing drinks, followed by 500 fabulous recipes is the only guide to juices and blended drinks you will ever need. Christine Watson trained at the renowned Leiths School of Food & Wine in London...



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Reviews

An extremely wonderful book with lucid and perfect information. It is one of the most awesome publication i have read. Your life period will probably be enhance the instant you total looking at this pdf.

-- Prof. Dan Windler MD

It is really an amazing publication i actually have at any time read. It is really simplistic but unexpected situations inside the 50 percent of your pdf. Its been written in an exceptionally simple way in fact it is just right after i finished reading this ebook where actually transformed me, alter the way i really believe.

-- Dr. Celestino Spinka III