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Green Kitchen Stories Green Kitchen Smoothies

A pre-copy of our newest book, Green Kitchen Smoothies has landed in our kitchen and we are giddy as kids about it (and really proud)! Whilst we were working on the smoothie pack for our app, last summer, we realised how versatile smoothies can be and how much we loved both drinking and making them.

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Inspiration a plenty! Posted by Nicky B on 10th Oct 2014 Loved the smoothie book, lots of interesting combos and ideas for the 5 week no fruit phase of the IQS programme which are helping to change my taste buds from needing 2x frozen bananas in my green smoothies!

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