



## Blender Drinks: From Smoothies and Protein Shakes to Adult Beverages (Paperback)

By Joanna White



Taylor Trade Publishing, United States, 2002. Paperback.  
Condition: New. 2002 ed.. Language: English . Brand New Book.  
Blenders are a great way to make drinks that are healthy, nutritious and delicious. Best-selling nitty gritty author Joanna White tells you how to make healthy energy-giving shakes with soy and protein powders and smoothies with fresh fruit, plus lots of recipes for sweet dessert drinks, espresso-based drinks, newly-popular chai tea recipes and alcoholic blender drinks.



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