

## Shakes & Smoothies: 75 Irresistible Recipes for Blended Drinks, Shown Step by Step in More Than 300 Stunning Photographs



Filesize: 1.28 MB

### **Reviews**

*The book is straightforward in read through better to recognize. I could possibly comprehended every thing using this published e book. Your way of life period will be convert the instant you full reading this article publication.*

*(Susan Ortiz)*

## SHAKES & SMOOTHIES: 75 IRRESISTIBLE RECIPES FOR BLENDED DRINKS, SHOWN STEP BY STEP IN MORE THAN 300 STUNNING PHOTOGRAPHS

[DOWNLOAD](#)

Anness Publishing. Paperback. Book Condition: new. BRAND NEW, Shakes & Smoothies: 75 Irresistible Recipes for Blended Drinks, Shown Step by Step in More Than 300 Stunning Photographs, Joanna Farrow, This title features 75 irresistible recipes for blended drinks, shown step by step in more than 300 stunning photographs. This is a fabulous collection of recipes for shakes and smoothies, from healthy breakfast pick-me-ups and exotic coolers to creamy smoothies and luxurious liquid desserts. Vibrant photography illustrates every recipe, with over 300 pictures, including stage-by-stage images and glorious finished images to help you achieve stunning results. Step-by-step sequences throughout show all the techniques and preparation stages, and provide easy-to-follow instructions for guaranteed success. It offers smoothie recipes for every occasion, from healthy to indulgent treats: try wheatgerm Vitality Juice, Immune Zoom, Espresso Crush or Death by Chocolate. Essential information is included on the nutritional benefits of ingredients and how they can be used to boost health and wellbeing. Fresh blended drinks have a seductive appeal - they look fantastic, smell wonderful and taste delicious. They are also quick and easy to prepare, and they can be made with almost any combination of ingredients. Filled with fresh, new ideas, this book introduces creative drinks of all kinds, including health boosters, breakfast wake-ups, vital veggies, fruit coolers and luxurious dessert blends. It opens with an essential guide to ingredients and techniques. There follows a superb collection of 75 smoothies and shakes, from a zesty Citrus Tingle to a relaxing White Chocolate and Hazelnut Cream. Recipes are inspired by every corner of the globe, including Turkish Delight, Tropical Calm and the Latin American Green Devil.



[Read Shakes & Smoothies: 75 Irresistible Recipes for Blended Drinks, Shown Step by Step in More Than 300 Stunning Photographs Online](#)



[Download PDF Shakes & Smoothies: 75 Irresistible Recipes for Blended Drinks, Shown Step by Step in More Than 300 Stunning Photographs](#)

## Related eBooks



### **Three Simple Rules for Christian Living: Study Book**

Abingdon Press, United States, 2009. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book. Three Simple Rules for Christian Living by Jeanne Torrence Finley and Rueben P. Job This small-group...

[Read eBook »](#)



### **TJ new concept of the Preschool Quality Education Engineering: new happy learning young children (3-5 years old) daily learning book Intermediate (2) (Chinese Edition)**

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the...

[Read eBook »](#)



### **TJ new concept of the Preschool Quality Education Engineering the daily learning book of: new happy learning young children (3-5 years) Intermediate (3)(Chinese Edition)**

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the...

[Read eBook »](#)



### **TJ new concept of the Preschool Quality Education Engineering the daily learning book of: new happy learning young children (2-4 years old) in small classes (3)(Chinese Edition)**

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the...

[Read eBook »](#)



### **Environments for Outdoor Play: A Practical Guide to Making Space for Children (New edition)**

SAGE Publications Ltd. Paperback. Book Condition: new. BRAND NEW, Environments for Outdoor Play: A Practical Guide to Making Space for Children (New edition), Theresa Casey, 'Theresa's book is full of lots of inspiring, practical, 'how...

[Read eBook »](#)



**Read Write Inc. Phonics: Yellow Set 5 Storybook 7 Do We Have to Keep it?**

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. Tim Archbold (illustrator). 211 x 101 mm. Language: N/A. Brand New Book. These engaging Storybooks provide structured practice for children learning to read the Read

[Download PDF »](#)



**Illustrated Computer Concepts and Microsoft Office 365 Office 2016**

Cengage Learning, Inc, United States, 2016. Paperback. Book Condition: New. Language: English . Brand New Book. Now you can master today s most important computer concepts as well as key Microsoft Office 2016 skills with

[Download PDF »](#)



**Oxford Bookworms Library: Stage 3: Tooth and Claw: 1000 Headwords**

Oxford University Press. Paperback. Book Condition: new. BRAND NEW, Oxford Bookworms Library: Stage 3: Tooth and Claw: 1000 Headwords, Rosemary Border, Conradin is ten years old. He lives alone with his aunt. He has two

[Download PDF »](#)



**SY] young children idiom story [brand new genuine(Chinese Edition)**

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2003-05-01 Pages: 151 Publisher: Anhui Literature and Art Shop Books All

[Download PDF »](#)



**Big Book of Spanish Words**

Usborne Publishing Ltd. Book Condition: New. Suitable for young language learners, this book includes over a thousand words of basic Spanish vocabulary. A picture associated with each word aids learning, there is a bilingual word

[Download PDF »](#)