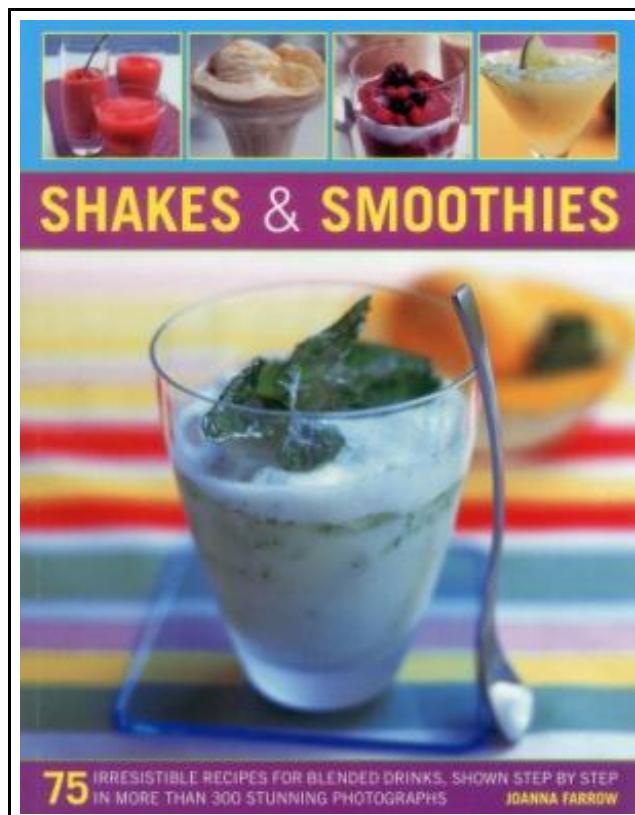


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Anness Publishing. Paperback. Book Condition: new. BRAND NEW, Shakes & Smoothies: 75 Irresistible Recipes for Blended Drinks, Shown Step by Step in More Than 300 Stunning Photographs, Joanna Farrow, This title features 75 irresistible recipes for blended 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 Tingler 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.

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