

NEW RELEASE | BOOKS | COOKERY

Juicing & Smoothies: Quick and Easy, Proven Recipes

Over 100 Quick and Easy recipes with clean and classic photography make this book ideal for anyone looking for the perfect juice or smoothie.

Search terms: smoothie recipes, juice recipes, quick and easy recipes

Juicing & Smoothies is **packed full of refreshing recipes** that will delight your tastebuds and give your health a boost. From a simple Beetroot & Orange Juice and rich Banana Sundae Smoothie, to a detoxing Blueberries with Aloe Vera & Yogurt and a fun fruity Virgin Raspberry Daiquiri, plus **information on ingredients and equipment**, you'll be juicing and smoothing at every opportunity!

Split into sections to suit any need, including **Just Juice, Tasty Treats & Summer Smoothies, Detoxing & Revitalising** and **Party Drinks**, this book provides over **100 easy-to-follow recipes** with serving suggestions and alternative twists for all occasions.

Written, prepared and photographed by an **expert team**, this highly practical, straightforward book contains a library of great recipes created for everyone, of any ability. The photography styling is **clean and classic**, recipes are **timeless** and the design is **unfussy** - perfect for beginners and the experienced alike.

Product short link: flametr.com/juicing-and-smoothies

