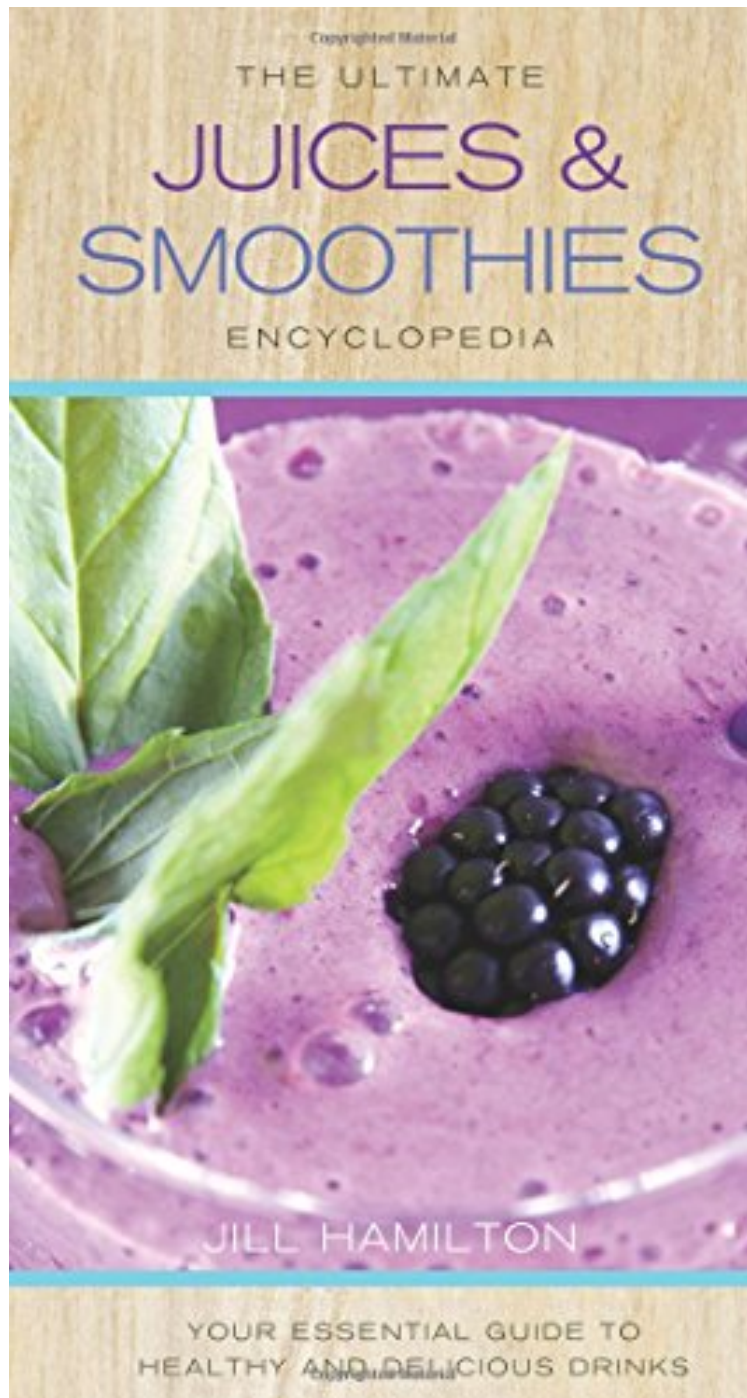


[Ebook free] The Ultimate Juices and Smoothies Encyclopedia

The Ultimate Juices and Smoothies Encyclopedia

Jill Hamilton

**Download PDF / ePub / DOC / audiobook / ebooks*



[Download](#)

[Read Online](#)

#630916 in Books 2014-05-06 Original language: English PDF # 1 11.00 x 1.50 x 6.00l, .0 #File Name: 1626860513320 pages | File size: 18.Mb

Jill Hamilton : The Ultimate Juices and Smoothies Encyclopedia before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Ultimate Juices and Smoothies Encyclopedia:

4 of 4 people found the following review helpful. No fuss ingredients, great taste, texture and flavor!By MaraAlright, at first I borrowed this book from the library and I never wanted to give it back. Unfortunately, I had to so I purchased my own. I love how the book is categorized into sections like kid smoothies, ailments, cleansing, protein, green, desserts, and appetizers. The ingredients usually range from 3-6. Flax seed and coconut shavings could be optional depending on how you like it. This book is loaded with pictures so you can almost be sure what it would look like because we all eat with our eyes first right? It's so colorful and easy to look at and browse, you'll almost always find a recipe where you probably have the ingredients already1 of 1 people found the following review helpful. Great Idea BookBy HermitessGot a few new (appetizer and dessert) smoothie ideas from this book. Love the large photos and how the smoothie and juice pictures are set in mouth-watering poses.Would definitely recommend this book to smoothie and juicing beginners as well as long time connoisseurs.4 of 4 people found the following review helpful. Beautiful book!By Cindy CaldwellThis book is so beautifully presented and provides every healthy smoothie and juice recipe you could ever want. I highly recommend it, as it's likely to be the last smoothie book you'll ever need. If there's one negative, it's that there is too much. But that's a good problem. Just pick one and start making your favorite smoothie.

From veggie juicer recipes to fruit smoothies, The Ultimate Juices and Smoothies Encyclopedia has it all! With over 300 pages of recipes, this encyclopedia contains the perfect recipe for whatever mood you are in. Whether you are seeking a juice remedy for a migraine, cleansers for a juice fast, a protein smoothie, or a chocolate truffle smoothie find it in The Ultimate Juices and Smoothies Encyclopedia.

About the AuthorJill Hamilton ELS is a freelance author and editor, specializing in life, physical, and medical sciences. She developed the American Museum of Natural History Birds of North America (2009), a complete guide to the bird species of North America, their behavior, and distribution. The author has also been a contributor to anatomical, health, and first aid references. She lives in New York.