

<<爱情美食>>

图书基本信息

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## 内容概要

Smoothies and juices have it all--they taste delicious, are bursting with goodness, and take no time at all to make--perfect for when you need a quick and healthy snack. As they taste so delicious and are often colorful and attractive, they are an easy way of encouraging your family to consume more of what is good for them. The added bonus is that you control their content, and as they rarely require extrasweetening you can ensure they are packed with nothing but flavorsome and wholesome health-boosting ingredients. 112 tempting and delicious recipes

Brief introduction to each chapter, full of useful ideas and tips A clear and easy-to-follow ingredients list and method for each recipe to ensure a perfect result Inspiring photography of each recipe to set your taste buds tingling

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书籍目录

introductionenergizereviverefreshsootheblissindex

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