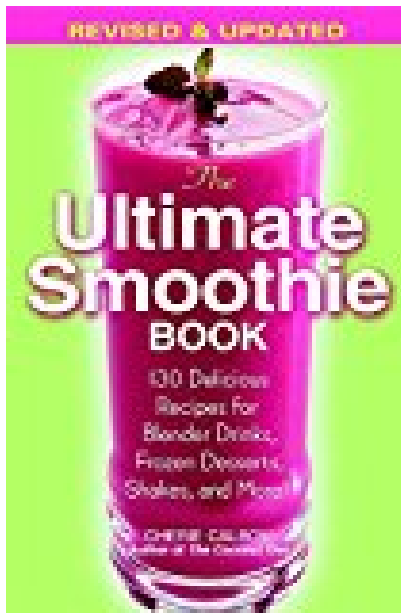


The Ultimate Smoothie Book 130 Delicious Recipes for Blender Drinks Frozen Desserts Shakes and More!



BOOK DETAILS

- Author : Cherie Calbom
- Pages : 368 Pages
- Publisher : Grand Central Life & Style
- Language : English
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BOOK SYNOPSIS

Written by nutritionist and renowned author Cherie Calbom, this text shows readers how to make scrumptious smoothies that will make them feel great. It includes charts that analyse calorie, fat, protein, and vitamin content of the smoothies.

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