

《SMOOTHIES & JUICES自制》

图书基本信息

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内容概要

Smoothies & Juices is your complete guide to nourishing and tasty drinks, from vitamin-packed refreshment for the health conscious, to cool and sophisticated concoctions for the party goers, this book is bursting with fresh ideas and devilishly delicious drinks. Each chapter will introduce you to a new wave of thirst-quenchers, including Fresh & Fruity, Raw & Revitalizing, Chilled & Crushed and Smooth & Creamy. Each drink recipe is accompanied by fabulous colour photography and easy-to-follow instructions.

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