

《Love food- easy Smoo》

图书基本信息

书名：《Love food- easy Smoothies Juices 爱情美食》

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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 colour ful and attractive , they are an easy way of encou raging your family to consume more of what is good for them . The added bonus is that you control thei r content , and as they rarely requi re extra sweetening you can ensure they are packed with nothing but flavoursome 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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精彩短评

- 1、很精致的一本小书，内容还算详细~~挺好的~
- 2、绝对提倡看的一本书虽然是一本全英文的但是很好，还是支持原版，最天然。他会让你学会营养的搭配

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