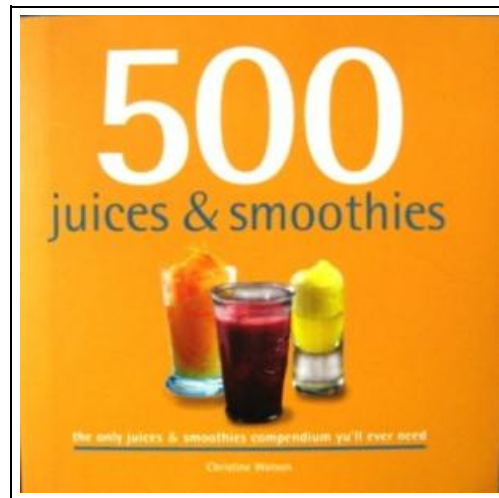


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Apple Press. Hardback. Book Condition: new. BRAND NEW, 500 Juices and Smoothies, Christine Watson, From the freshest, fruitiest blends and super-healthy detoxers to the smoothest, creamiest, most decadent shakes - juices and smoothies are incredibly versatile and stupendously varied. Whether you are looking for the ultimate health kick, a speedy, sustaining breakfast or the most fabulous indulgence to send you straight into the comfort zone, blending is clearly the way to go. With people growing more and more health-conscious, juices and smoothies are the obvious answer. Relying on the natural sweetness of fruits and vegetables and made with calcium-rich milk and yoghurt and healthy non-dairy ingredients such as soya milk, tofu and nuts - you can enjoy a glass of your favourite smoothie or sip on your favourite juice without any pangs of guilt. This book - with its comprehensive introduction covering all the essential blending techniques, plus information on buying, using and maintaining juicers and blenders, trouble-shooting tips, advice on choosing the perfect ingredients and garnishing drinks, followed by 500 fabulous recipes is the only guide to juices and blended drinks you will ever need. Christine Watson trained at the renowned Leiths School of Food & Wine in London and now works as a food writer and stylist. Christine writes and tests recipes for food magazines and books, and does food styling for commercials and TV programmes.



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