



# Smoothies & Juices

*Ed Marquand*

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## **Smoothies & Juices** Ed Marquand

Combining the hottest trend in beverages since the coffee craze with a longtime health food favorite, *Smoothies & Juices* packs a natural punch. Featured here are easy-to-prepare, healthful recipes for drinks using a blender or a juicer. Both types of beverages are generally low in fat and calories while providing a natural, energizing pickup — the ultimate in good taste, good health, and convenience.

Smoothies are the fast food of the 90's . Healthy and delicious, they are popular, drinkable combination of fruits, vegetables, juice, and a thickening base like frozen yogurt, sherbet, or ice. This blended ambrosia can be an accompaniment to a meal, a healthy substitute for a fattening dessert, a light snack on the run, or even a meal in itself. The nutritional advantages of juice are enormous and well documented, but in order to receive the most benefits juice can offer, you must drink it fresh; now you can make your own!

*Smoothies & Juices* will show you how to make these delicious drinks at home inexpensively so you can treat yourself everyday without paying the high prices at juice and smoothie bars. Thanks to the useful list of supplements in the back of the book, you'll also have the tools to customize your own drinks by adding the flavors you crave and the nutrients you need. Now you can drink your veggies and move on to dessert without touching peas or green beans!

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