



## **Innocent Smoothie Recipe Book: 57 1/2 recipes from our kitchen to yours (Bk. 2)**

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## **Innocent Smoothie Recipe Book: 57 1/2 recipes from our kitchen to yours (Bk. 2)** Innocent

The hard-working people at innocent spend their days blending all kinds of delicious ingredients to create smoothies and juices that taste good and do you good. These are their secret recipes.

This book contains fancy juices, healthy smoothies for kids, some posh stuff and tons of classic innocent smoothies, as well as recipes from proper foodies like that nice Jamie Oliver. Stuffed full of helpful advice on how to get your five a day, how to wreck a juicer, how to play monkey tennis and – perhaps most importantly – how to make innocent smoothies, the ‘innocent smoothie recipe book’ is a vital tome for any kitchen shelf.

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