

Betty Crocker Smoothies Betty Crocker Cooking



BOOK DETAILS

- Author : Betty Crocker
- Pages : 224 Pages
- Publisher : Betty Crocker
- Language : English
- ISBN : 0544454340



BOOK SYNOPSIS

The go-to guide for more than 100 nutritious and delicious smoothies perfect for the whole family! This charming yet practical cookbook, filled with amazing recipes for preparing nutritious and delicious smoothies, has the ease of Betty Crocker written all over it. Consumers looking to feel good about what they are eating or drinking will love this collection—whether they are smoothie-making novices or pros. Betty Crocker Smoothies includes 100 recipes and photos, plus special features that show how to make great smoothies at home without spending a fortune. The book features everyday fruit-based smoothies; vegetable-based smoothies; indulgent drinks for special occasions; poppers, pops, and cubes that expand the idea of smoothie forms to include frozen treats; plus bonus content on juicing. Icons identify recipes that are calorie-controlled and dairy free.

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