



How to Make Smoothies: Simple, Easy and Healthy Blender Recipes

Cathy Kidd

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How to Make Smoothies: Simple, Easy and Healthy Blender Recipes Cathy Kidd

Cathy has expanded her series of homemade recipes books with this new one of healthy and delicious smoothies made with your blender. In this book you'll find 215 simple, easy and unique recipes for five different types of smoothies. You can try basic fruit-based, Soy, Yogurt, Green and what she calls Smoothies with a Kick, which contain alcohol.

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