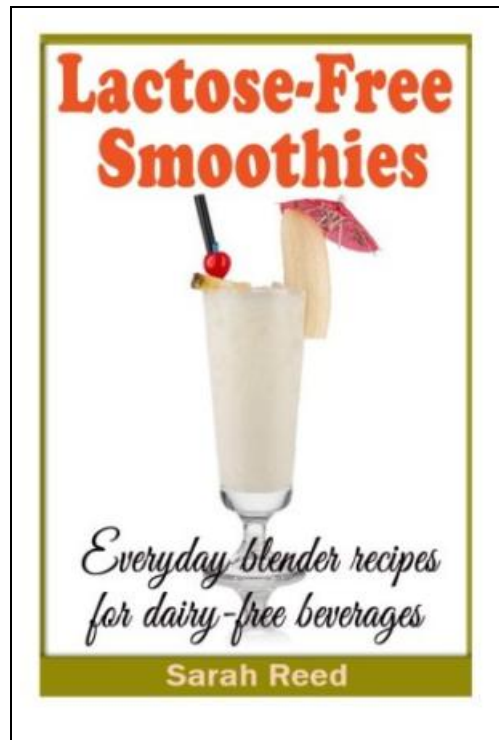


## Lactose-Free Smoothies Everyday blender recipes for dairy-free beverages



Filesize: 6.05 MB

### **Reviews**

*It is great and fantastic. I actually have read and so i am certain that i am going to going to go through once again yet again in the future. I realized this ebook from my dad and i encouraged this book to find out.*  
(Dr. Kayden Gerlach)

## LACTOSE-FREE SMOOTHIES EVERYDAY BLENDER RECIPES FOR DAIRY-FREE BEVERAGES



CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 36 pages. Dimensions: 9.0in. x 6.0in. x 0.1in. Are you under the impression that a loved one's or your own lactose intolerance means beverages made with dairy are beyond your reach? Did you know that there are many equally healthy, nutritious, and delicious dairy alternatives available in most grocery stores today? Did you ever think that all those fancy and delicious looking smoothies available out there are something you can only look at but not touch? Or simply did you ever want to be a smoothie maestro and make Lactose-free smoothies in your own kitchen? If you answered yes to any of these questions, you have found the right resource to learn about dairy alternatives that are easily available to you to create lactose-free smoothies right at home. With this book in your hands, you can create those fancy yet delicious smoothies right in your own kitchen without adding any dairy products such as milk, yogurt, or ice-cream, which seem to be the main ingredient in most smoothies available in the market. The exotic smoothies in this book help you welcome health in your life and you can please your taste buds with the excellent combinations of some of the exotic yet easily available fruits of this world. By purchasing this book you will have access to the following: 1. Brief introduction containing health and nutritional benefits of using four easily available dairy alternatives including; Coconut milk, Almond milk, Soy milk, and Rice milk 2. Coconut milk smoothie recipes 3. Almond milk smoothie recipes 4. Soy milk smoothie recipes 5. Rice milk smoothie recipes 6. All recipes use ingredients that are easily available in most grocery stores, all year round and a blender is all you...



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