



Carbs Cals Smoothies: 80 Healthy Smoothie Recipes 275 Photos of Ingredients to Create Your Own! (Paperback)

By Chris Cheyette, Yello Balolia

Chello Publishing, United Kingdom, 2016. Paperback. Condition: New. Language: English . Brand New Book. The brains behind the #1 bestselling Carbs Cals are back! This time with the perfect smoothie book for the health-conscious. Featuring 80 delicious recipes, the book is beautifully presented showing detailed nutritional information for every smoothie. Whether you re on a low-calorie, high-fibre or high-protien diet, or just want to achieve your 5-a-day fruit veg, this is the ideal smoothie book for you. FEATURES; 80 delicious smoothie recipes. Beautiful image of every smoothie. Photos of ingredients in each recipe. Values for carbs, calories, protein, fat, fibre and 5-a-day fruit veg. 275 photos of individual ingredients so you can create your own recipes. Intro explaining the benefits of smoothies.

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