

*The Ultimate Smoothie Book 101 Delicious Recipes For Blender Drinks*







### **The Ultimate Smoothie Book 101**

The Ultimate Smoothie Book: 130 Delicious Recipes for Blender Drinks, Frozen Desserts, Shakes, and More! by Cherie Calbom. Written by nutritionist and renowned author Cherie Calbom, this text shows readers how to make scrumptious smoothies that will make them feel great.

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The Ultimate Smoothie Book, revised edition, also includes low-carb smoothies and basic recipes for those who want to get started by making a simple, delicious smoothie. It also gives you a healthy alternative to soy milk (soy is a goitrogen that can adversely affect the thyroid), a change from my original view that you can read in the [rest of ...

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