

《Love food- easy Smoo》

图书基本信息

书名：《Love food- easy Smoothies Juices 爱情美食》

13位ISBN编号：9781407549064

10位ISBN编号：1407549065

出版时间：1970-1

页数：240

版权说明：本站所提供下载的PDF图书仅提供预览和简介以及在线试读，请支持正版图书。

更多资源请访问：www.tushu111.com

《Love food- easy Smoo》

内容概要

Smoothies and juices have it all—they taste delicious , are bursting with goodness and take no time at all to make —perfect for when you need a quick and healthy snack . As they taste SO delicious and are often colour ful and attractive , they are an easy way of encou raging your family to consume more of what is good for them . The added bonus is that you control thei r content , and as they rarely requi re extra sweetening you can ensure they are packed with nothing but flavoursome and wholesome health—boosting ingredients .

112 tempting and delicious recipes Brief introduction to each chapter , full of useful ideas and tips A clear and easy-to-follow ingredients list and method for each recipe to ensure a perfect result · Inspiring photography of each recipe to set your taste buds tingling

《Love food- easy Smoo》

书籍目录

introductionenergizereviverefreshsootheblissindex

《Love food- easy Smoo》

精彩短评

- 1、绝对提倡看的一本书虽然是一本全英文的但是很好，还是支持原版，最天然。他会让你学会营养的搭配
- 2、很精致的一本小书，内容还算详细~~挺好的~

《Love food- easy Smoo》

版权说明

本站所提供下载的PDF图书仅提供预览和简介，请支持正版图书。

更多资源请访问:www.tushu111.com