



Smoothie-Licious

By Jenna Helwig

Houghton Mifflin Harcourt Publishing Company. Paperback. Book Condition: new. BRAND NEW, Smoothie-Licious, Jenna Helwig, A blessing for busy parents, they are whipped up in minutes, perfectly portable, and enjoyed by even the pickiest eaters. In Smoothie-licious, Parents magazine editor Jenna Helwig shows how to make 75 smoothies and whole-fruit juices that are both healthy and delicious. Kids will love the bright colours and playful names like Peanut Berry Blast and Mexican Frozen Hot Chocolate; parents will love that they feature nutrient-dense seeds, dark greens and fresh fruit, and use no refined sugars. Nutrition information accompanies every recipe and icon note high sources of vitamins and minerals as well as vegan, gluten free, and meal-in-a-glass smoothies. A treats chapter turns smoothies into fun popsicles, slushes, and shakes.



READ ONLINE
[6.78 MB]

Reviews

Extremely helpful to any or all category of individuals. It really is rally fascinating throug studying time period. I am just quickly could possibly get a pleasure of reading a composed ebook.

-- **Lawrence Keeling**

This publication may be worthy of a read through, and a lot better than other. It is among the most incredible book we have read through. Your daily life period will be change when you total reading this article publication.

-- **Garett Baumbach**

Related eBooks



[How to Make a Free Website for Kids](#)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Table of Contents Preface Chapter # 1: Benefits of Having a Website Chapter # 2: Signing Up for a Website...



[Crochet: Learn How to Make Money with Crochet and Create 10 Most Popular Crochet Patterns for Sale: \(Learn to Read Crochet Patterns, Charts, and Graphs, Beginner s Crochet Guide with Pictures\)](#)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Getting Your FREE Bonus Download this book, read it to the end and see BONUS: Your FREE Gift chapter after...



[My Life as a Third Grade Zombie: Plus Free Online Access \(Hardback\)](#)

Gallopade International, United States, 2013. Hardback. Book Condition: New. 224 x 142 mm. Language: English . Brand New Book. When you purchase the Library Bound mystery you will receive FREE online eBook access! Carole Marsh Mystery Online eBooks are an easy, effective,...



[The Mystery in Chocolate Town: Hershey, Pennsylvania](#)

Gallopade International. Paperback. Book Condition: New. Paperback. 145 pages. Dimensions: 7.4in. x 5.2in. x 0.4in.When you purchase the Library Bound mystery you will receive FREE online eBook access! Carole Marsh Mystery Online eBooks are an easy, effective, and immediate way to read...



[The Mystery in Chocolate Town Hershey, Pennsylvania Carole Marsh Mysteries Teachers Guide](#)

Gallopade International. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 11.0in. x 8.2in. x 0.1in.When you purchase the Library Bound mystery you will receive FREE online eBook access! Carole Marsh Mystery Online eBooks are an easy, effective, and immediate way to read...



[The Well-Trained Mind: A Guide to Classical Education at Home \(Hardback\)](#)

WW Norton Co, United States, 2016. Hardback. Book Condition: New. 4th Revised edition. 244 x 165 mm. Language: English . Brand New Book. The Well-Trained Mind will instruct you, step by step, on how to give your child an academically rigorous, comprehensive...