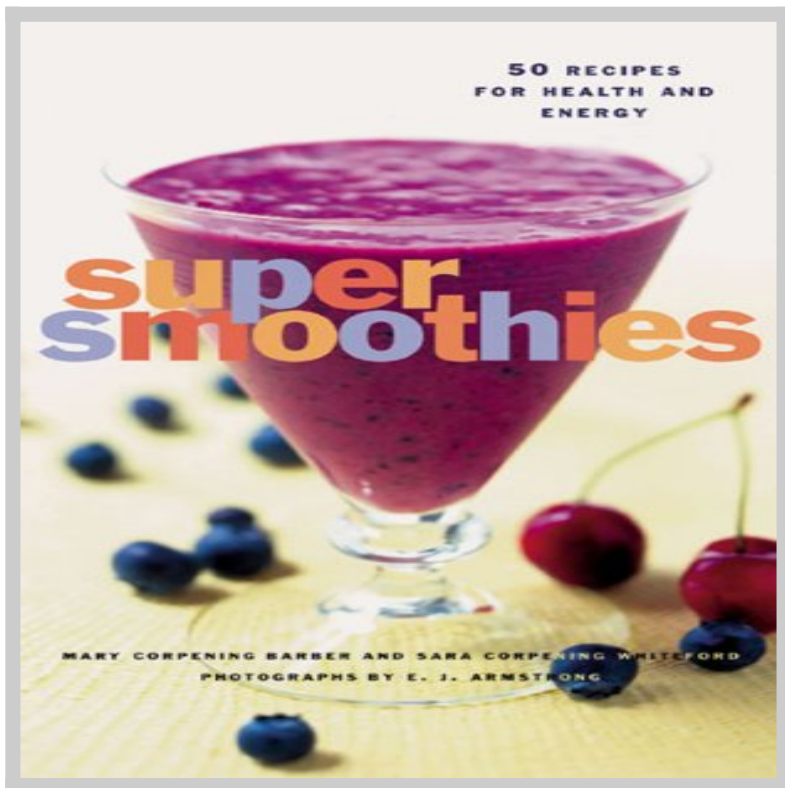


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## **Super Smoothies Recipes Health Energy Book Preview**

Encouraged by more than 180,000 copies of *Smoothies* sold, the best-selling authors of *Smoothies*, *Wraps*, and *Cocktail Food* are back to bring the blender into the new millennium. These days, smoothie lovers want more than just fruit-filled refreshment they want great nutrition along with great taste. *Super Smoothies* offers 50 energy-enhancing, health-boosting recipes. Whether you're looking for a potassium-charged postworkout drink, a flu-fighting immune system booster, or a kid-friendly breakfast on the go, *Super Smoothies* has a delicious, nutrition-packed smoothie for every lifestyle. With its eye-catching design and luscious full-color photography, *Super Smoothies* will turn any kitchen into a fabulous juice

bar.