

50 healthy, delicious recipes

Low-carb juices and smoothies



Amanda Cross

hamlyn

Low Carb Juices And Smoothies 50 Healthy Delicious Recipes

Robert R. Redfield



Low Carb Juices And Smoothies 50 Healthy Delicious Recipes:

Low-carb Juices and Smoothies Amanda Cross,2005-01-01 Contains 50 mouthwatering nutritious juices and smooties that use only low carb fruits and vegetables All the recipes are fully analysed so that you know the exact carb calorie and vitamin content of each drink

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