

1. Record Nr.	UNINA9910164052103321
Autore	Pawassar Irina
Titolo	Smoothie power : 80 power packed smoothie recipes for everyday and everyone // Irina Pawassar & Tanja Dusy
Pubbl/distr/stampa	Beverly, Massachusetts : , : Fair Winds, , 2017 ©2017
ISBN	1-59233-798-8
Descrizione fisica	1 online resource (187 pages) : color illustrations, photographs
Disciplina	641.875
Soggetti	Smoothies (Beverages) Smoothies (Beverages) - Health aspects
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes index.
Sommario/riassunto	Learn how to improve your health and wellbeing in a very simple, fun, and low cost way with the 80 healthy and easy recipes offered in Smoothie Power.