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SMOOTHIE-LICIOUS



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...

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- Authored by Jenna Helwig
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