



## **The best Smoothies, Milkshakes and Frappes Under 300 Calories: Coffee, green tea, fruit and vegetable recipes that will keep you in shape**

*Elizabeth Ambrose*

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These super drinks are more than enough to soothe your senses. These versatile smoothies, milkshakes and frappes can be served at any time of the day. Smoothies and milkshakes are best and beneficial when served at the time of breakfast. They will keep you fresh throughout the day. Frappes can make your summer evening cool. This amazing and No. 1 Best Selling Author cook book includes:

- An introduction to the smoothies, milkshakes and frappes.
- A brief history of smoothies, milkshakes and frappes.
- Benefits of coffee, green tea, fruit and vegetables in your diet.
- Benefits of smoothies, milkshakes and frappes
- The simple, easy and modifiable drink recipes that can easily be made at home.
- 15 amazing coffee smoothie, milkshake and frappe recipes.
- 15 green tea smoothie, milkshake and frappe recipes.
- 15 fruit smoothie, milkshake and frappe recipes.
- 15 vegetable smoothie, milkshake and frappe recipes..
- This book contains the nutritional analysis of every recipe which helps you to keep an eye on your nutritional intake.
- 15 bonus mixed fruit and vegetables recipes

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