



## Innocent Smoothie Recipe Book: 57 1/2 recipes from our kitchen to yours (Bk. 2)

*By Innocent*

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**Innocent Smoothie Recipe Book: 57 1/2 recipes from our kitchen to yours (Bk. 2)** By Innocent

The hard-working people at innocent spend their days blending all kinds of delicious ingredients to create smoothies and juices that taste good and do you good. These are their secret recipes.

This book contains fancy juices, healthy smoothies for kids, some posh stuff and tons of classic innocent smoothies, as well as recipes from proper foodies like that nice Jamie Oliver. Stuffed full of helpful advice on how to get your five a day, how to wreck a juicer, how to play monkey tennis and – perhaps most importantly – how to make innocent smoothies, the ‘innocent smoothie recipe book’ is a vital tome for any kitchen shelf.

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### **Editorial Review**

#### About the Author

From starting with a team of three, innocent's smoothies, fresh juices and veg pots are now some of the most easily recognisable products on our supermarket shelves. innocent have gone from selling 20 smoothies on their first day in 1999 to two million a week in 2010. innocent are now an international brand, have won numerous awards, including the Quality Food and Drink Awards and The Grocer Gold Awards, and are stocked by over 10,000 retailers nationwide. Their most recent book is 'Hungry? The innocent recipe book for filling your family with good stuff' (2011).

### **Users Review**

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