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Not really kind of book you can read through in one sitting because it's mostly recipes ;) But the theoretical part is really neat and informative and the recipes themselves are so far really good.

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### **The Smoothie Bible**

The Smoothies Bible, was given to me recently, by a friend. I was delighted to find it in the mail one afternoon and have been finding some great recipes. Leafy Pear, a timely recipe using my kale and pears along with apple juice, has been quite good. This is carrot apple pear cucumber. This is apple beet.

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### **The Smoothies Bible von Pat Crocker ISBN 978 0 7788 0241**

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