



Cooking Light Chill: Smoothies, Slushes, Shakes, Juices, Drinks & Ices

Editors of Cooking Light Magazine

Download now

[Click here](#) if your download doesn't start automatically

Cooking Light Chill: Smoothies, Slushes, Shakes, Juices, Drinks & Ices

Editors of Cooking Light Magazine

Cooking Light Chill: Smoothies, Slushes, Shakes, Juices, Drinks & Ices Editors of Cooking Light Magazine

Whether you're looking for the ultimate healthy smoothie, a quick on-the-go breakfast, or a delicious snack or dessert, you'll find something to suit your tastes among the more than 125 recipes in this book. Reliable, test-kitchen-rated recipes using easy-to-find ingredients, tips on equipment, and step-by-step techniques for creating a variety of healthy smoothies, slushes, juices, and ices that don't sacrifice flavor or texture.

- *Cooking Light Chill* is a playful book full of smoothies and juices, lighter slushes, and cool ices packed with fresh fruits and vegetables, nuts, low-fat dairy and utilizing natural sweeteners.
- Healthy cool treats that are indeed healthy. Example: Smoothie King's Shape Up Strawberry Smoothie packs in 964 calories, 13 grams of saturated fat, and 125 grams of sugar. *Cooking Light's* version: 200 calories, 2 grams of saturated fat, and less than 25 grams of sugar from naturally occurring sources like fruit, low-fat dairy, and honey.
- "To Your Health" tips that share the health-boosting science behind the flavor and Tasty Twist boxes that offer suggestions for varying the flavors.
- When it comes to fruits and vegetables, volume is a good thing, but getting in all the vegetables and fruits you need each day can be challenging. *Cooking Light Chill* offers a fun and varied way to help readers meet their "eat more fruits and vegetables" goal.
- Recipes in *Cooking Light Chill* support a healthy lifestyle-smoothies can be a quick and refreshing meal (such as *Cooking Light's* Banana Breakfast Smoothie, full of the protein you need to power your morning). Fresh juices celebrate seasonal fruits and vegetables, are a great pick-me-up after a workout, and give parents options for giving children juice while controlling sugar.
- Every recipe is professionally developed and rated in our Test Kitchen, and meets Cooking Light's nutritional standards.

 [Download Cooking Light Chill: Smoothies, Slushes, Shakes, J ...pdf](#)

 [Read Online Cooking Light Chill: Smoothies, Slushes, Shakes, ...pdf](#)

Download and Read Free Online Cooking Light Chill: Smoothies, Slushes, Shakes, Juices, Drinks & Ices Editors of Cooking Light Magazine

From reader reviews:

Darrell Guess:

Reading a publication tends to be new life style in this era globalization. With reading you can get a lot of information that will give you benefit in your life. Having book everyone in this world can certainly share their idea. Textbooks can also inspire a lot of people. Lots of author can inspire all their reader with their story or their experience. Not only the story that share in the publications. But also they write about the data about something that you need instance. How to get the good score toefl, or how to teach your young ones, there are many kinds of book that exist now. The authors on this planet always try to improve their proficiency in writing, they also doing some exploration before they write to the book. One of them is this Cooking Light Chill: Smoothies, Slushes, Shakes, Juices, Drinks & Ices.

Charles Payne:

Are you kind of occupied person, only have 10 or perhaps 15 minute in your time to upgrading your mind proficiency or thinking skill possibly analytical thinking? Then you are having problem with the book in comparison with can satisfy your short space of time to read it because pretty much everything time you only find e-book that need more time to be learn. Cooking Light Chill: Smoothies, Slushes, Shakes, Juices, Drinks & Ices can be your answer given it can be read by an individual who have those short spare time problems.

Eileen Williams:

In this era which is the greater individual or who has ability to do something more are more important than other. Do you want to become certainly one of it? It is just simple way to have that. What you are related is just spending your time little but quite enough to experience a look at some books. On the list of books in the top list in your reading list is definitely Cooking Light Chill: Smoothies, Slushes, Shakes, Juices, Drinks & Ices. This book that is qualified as The Hungry Slopes can get you closer in turning into precious person. By looking way up and review this e-book you can get many advantages.

Jason Savage:

A lot of guide has printed but it takes a different approach. You can get it by internet on social media. You can choose the very best book for you, science, comedian, novel, or whatever by means of searching from it. It is named of book Cooking Light Chill: Smoothies, Slushes, Shakes, Juices, Drinks & Ices. You'll be able to your knowledge by it. Without making the printed book, it may add your knowledge and make you actually happier to read. It is most crucial that, you must aware about e-book. It can bring you from one location to other place.

**Download and Read Online Cooking Light Chill: Smoothies,
Slushes, Shakes, Juices, Drinks & Ices Editors of Cooking Light
Magazine #4RHZLYDVK6B**

Read Cooking Light Chill: Smoothies, Slushes, Shakes, Juices, Drinks & Ices by Editors of Cooking Light Magazine for online ebook

Cooking Light Chill: Smoothies, Slushes, Shakes, Juices, Drinks & Ices by Editors of Cooking Light Magazine Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Cooking Light Chill: Smoothies, Slushes, Shakes, Juices, Drinks & Ices by Editors of Cooking Light Magazine books to read online.

Online Cooking Light Chill: Smoothies, Slushes, Shakes, Juices, Drinks & Ices by Editors of Cooking Light Magazine ebook PDF download

Cooking Light Chill: Smoothies, Slushes, Shakes, Juices, Drinks & Ices by Editors of Cooking Light Magazine Doc

Cooking Light Chill: Smoothies, Slushes, Shakes, Juices, Drinks & Ices by Editors of Cooking Light Magazine Mobipocket

Cooking Light Chill: Smoothies, Slushes, Shakes, Juices, Drinks & Ices by Editors of Cooking Light Magazine EPub