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Smoothies Hamlyn All Colour

Cookbook Hamlyn All Colour

**200 Juices**

***Smoothies Hamlyn***

***All Colour***

***Cookbook Hamlyn***

***All Colour Cookery***

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Cookery

*As parents, we all know that children can be notoriously difficult to cook for. Many of us fall into the habit of cooking the same dishes over and over again, simply because we cannot bear the*

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*idea of scraping wasted food into the bin at the end of a meal. However, a child's formative years are when they learn to accept and like new foods, and it is therefore of great*

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*importance to encourage*

*them with new tastes and*

*different textures as often as*

*you can. Hamlyn All Colour*

*Cookbook: 200 Recipes for*

*Kids has been put together*

*with this in mind, but also*

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*with the knowledge that children are generally fussy creatures and like their food to be simple and to look good. Each recipe has been photographed to show you exactly what you will be*

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*cooking (and what they will  
be eating), and has of course  
been tested for child-appeal.*

*To prevent your children  
getting bored by the same  
meals, we have also added a  
creative variation at the end*

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Smoothies Hamlyn All Colour  
Cookbook Hamlyn All Colour  
*of each recipe.*

*Blend Your Way to Better  
Health! Join the millions of  
health-conscious individuals  
who have already discovered  
the tasty, nutritional,  
revitalizing goodness of*

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*smoothies. In Smoothies for  
Life, Daniella Chace and*

*Maureen Keane (coauthor of  
the million-copy bestseller  
Juicing for Life) show you*

*how to make high-energy,  
delicious smoothies right in*



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*your own home! All you need is a blender (or food processor), a few, simple ingredients, and you're ready to embark on a new taste and nutrition adventure. Learn how you*

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*can:* ·Beat fatigue with  
Mocha Magic ·Build athletic  
endurance with Tropical  
Elixir ·Lose weight with  
Peachy Almond Freeze  
·Boost immunity with  
Rasanana Berry ·Reduce

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*stress with Ginseng Soother*

*·Improve your memory with*

*Pink Hurricane ·Detoxify*

*your body with Watermelon*

*Cooler ·And much more!*

*These tantalizing smoothies*

*contain creative*

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*combinations of antioxidant-rich fruits, healing tinctures, flavorful extracts, and natural sweeteners — and they are always delicious.*

*Once you start, you'll be drinking these smoothies for*

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*life! Includes information for  
adding revitalizing herbs*

*such as ginkgo, echinacea,  
goldenseal, and kava!*

*Gluten-free is the way to be  
for many of those who suffer  
from coeliac disease, gluten*

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*allergies and even those who*

*simply want to cut wheat*

*from their diet. With over*

*200 delicious recipes,*

*Hamlyn All Colour: 200*

*Gluten-Free Recipes*

*showcases how easy life can*

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*be when eating gluten-free,  
and beautiful photographs  
and clear instructions make  
this book perfect for every  
cook at all ability levels.*

*With recipes such as  
breakfast cereal bars, Thai*

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*coconut chicken, Victoria  
sandwich cake, chocolate  
caramel shortbread and  
lemon drizzle cake, this  
book enables home cooks to  
create healthy meals at  
home without sacrificing*



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*flavour.*

*This is the second beautiful  
book of smoothie and juice  
recipes from the innovative  
team behind Innocent, the  
UK's largest growing food  
and drink company.*

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*The Ultimate Ninja Foodi  
Pressure Cooker Cookbook*

*200 Low Fat Dishes*

*57 1/2 Recipes from Our  
Kitchen to Yours*

*Over 100 Healthy Green  
Smoothie Recipes to Look*

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*and Feel Amazing*  
*Healthy Smoothie Recipe*  
*Book*

*200 Super Salads*

**Rid your body of toxins  
and lose weight in the  
process with this latest**

*Page 19/175*

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Cookery  
addition to the Hamlyn  
All Colour series. 200  
Juice Diet Recipes  
provides a selection of  
juice recipes to help  
you slim down or simply  
cleanse your system.

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Thai food is globally renowned for its distinctive flavours and delicious mix of spicy and sour tastes. No matter what your level of ability, experiencing

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Cookery  
this wonderful cuisine  
need not be limited to  
restaurant visits -  
Hamlyn All Colour  
Cookbook: 200 Thai  
Favourites will allow  
you to re-create that

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**authentic Thai flavour  
in your own home. From  
firm favourites such as  
red curry with roasted  
duck to the more exotic  
such as red snapper with  
three-flavour sauce,**

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Cookery  
this book has a dish to  
suit everybody. Each  
recipe is accompanied by  
easy-to-follow  
instructions and a full  
page colour photograph  
to ensure perfect



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results. Check out some  
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the series: 200 5:2 Diet  
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**Bruce Weinstein is a guy**

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who knows how to party.

And his key to partying

is choosing the right

drink. Spiked or zero

proof, Bruce has shaken,

stirred, blended, or

ladled concoction for

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Cookbook Hamlyn All Colour  
every occasion and  
Cookery  
everyone on your guest  
list. The cocktail  
traditionalist will  
savor Bruce's world-  
class Bloody Mary, while  
those on the cutting

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Cookery  
edge will sip one of his  
twelve exotic and tasty  
variations of this  
favorite libation. His  
classic martini comes  
with no fewer than  
fifteen spin-offs. Got a



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Cookery  
crowd coming over? No  
problem. Just pull out  
the punch bowl and fill  
it with Groovy Banana  
Wine Punch or  
teetotaling Pink Plum  
Lemonade. On a hot

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summer day, serve a

blended tropical Papaya

Smoothie or Orange

Jewelious. Or blast away

winter's chill with a

warming coffee, tea, or

fruit juice toddy. From

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an intimate dinner for  
two to a block-party  
bash, raise your glass  
and celebrate with Bruce  
Weinstein's The Ultimate  
Party Drink Book.

Everyone enjoys a fancy

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tipple from time to

time, whether partying

among friends or taking

a moment alone to relax,

but sometimes you need

more than just a rum &

coke. This book provides

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you with 200 recipes to  
create the perfect drink  
for any ocassion, from a  
minty Mojito or classic  
Margarita to a  
sophisticated Champagne  
Cocktail or exotic

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Russian Spring Punch.

With full-page colour

photographs and easy-to-

follow recipes, Hamlyn

All Colour Cookbook: 200

Cocktails is the

essential guide to

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impressing your guests  
and making your drinks  
toast of the town.  
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Smoothies  
Nutribullet Recipe Book  
200 Slow Cooker Recipes

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**The Green Smoothie**

**Recipe Book**

**200 Super Soups**

**The Ultimate Party Drink**

**Book**

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**provides 200 varied salads  
for every occasion  
including healthy summer  
salads, exotic fruit  
salads and warm salads for  
winter. Beautiful  
photographs and clear**

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**instructions make this  
book perfect for every  
cook. Presented in a handy  
format with easy-to-follow  
recipes, 200 Super Salads  
is great value for money.  
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quick and tasty juices and  
smoothies, each recipe's  
ingredients provide**



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**something here for**

**everyone. Bursting with**

**delicious recipes and**

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**specific books so that you**

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is a cute but crucial  
addition to any kitchen.  
Provides over two hundred**

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for kids, including such  
beverages as blackberry  
banana blast, pineapple  
tangerine twister, and  
green veggie goodness.  
Good food is essential for**

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you're a student living in  
uni accommodation. The  
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Meals cookbook is the  
ultimate reference for  
healthy and delicious**

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enough for a first time  
cook to follow - and tasty  
enough that a cheap  
takeaway will become a  
thing of the past. It  
contains over 200 mouth-**

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includes everything from  
traditional favourites  
like Shepherd's Pie to  
more exotic fare that is  
sure to impress your  
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and drinks. With clear  
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*Healthy Smoothie Plan Enjoy*

*nearly endless options for*

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*Book is packed with tasty mix-*

*and-match ideas for crafting*

*creative smoothies--from brain-*



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*boosting breakfasts to  
supercharged afternoon snacks.  
Whatever you crave, The Healthy  
Smoothie Recipe Book is your go-  
to guide for creating  
customizable smoothies that are  
perfect for you. Cutting calories?*

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*Choose low-fat ingredients for lighter versions. Spicing things up? Handy spice charts give your smoothies an extra kick.*

*Stumped for ideas? Mix-and-match charts help you customize smoothies to your tastes.*

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*Smoothie troubleshooting tips:  
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watery? There's a smoothie  
solution for that. Handy dietary  
labels: Colorful icons match  
smoothies to health goals, from  
weight loss, immune boosting,*

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*and more. Jennifer Koslo, PhD, RD, CSSD, is a registered dietitian, a board certified specialist in sports dietetics, and a nationally recognized nutrition expert who has impacted hundreds of people's lives*

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*through her nutrition consulting  
work and her writing.*

*Got a sweet tooth? No problem!*

*This book offers many delightful  
milkshake recipes that will*

*definitely satisfy your sweet*

*cravings. All you need is good*

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*blender and just a few common ingredients and you are ready to create your own fabulous milkshakes at home. It has a great selection of flavors from chocolate to coffee to fruit flavored milkshakes. This*

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Cookery

*awesome book covers everything  
you need and the recipes here  
are very easy to follow that even  
your kids will enjoy making them.  
A must have recipe book! Go  
ahead and grab a copy NOW!*

*"Drinking daily juices and*

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*smoothies is a great way to get all the vitamins and nutrients you need to maintain a balanced diet, as well as being an easy and delicious way to keep hunger at bay. Hamlyn All Colour*

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*Page 72/175*



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*Smoothies gives you a huge  
choice of quick, simple recipes*

*that use all your favourite fruits*

*and vegetables to ensure that*

*your diet will never get*

*dull!"--Publisher's description.*

*This funky carton contains a huge*

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Cookery

*more exotic, vitamin-packed  
Mango, Orange, Cranberry and  
Honey, there's something here  
for everyone. Bursting with  
delicious recipes and arranged  
into three recipe-specific books  
so that you can select the right*

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*Fruity, Veggie or Smoothie*

*recipes whenever you want them,*

*the Juice Collection is a cute but  
crucial addition to any kitchen.*

*Over 200 Drinks for Health and*

*Vitality*

*200 Thai Favourites*

*Page 76/175*

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*Over 200 Delicious Recipes*

*200 Cupcakes*

*Smoothies & Juices*

*201 Healthy Smoothies and  
Juices for Kids*

Soup is the ultimate comfort food:  
warm, filling and satisfying. It is also

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extremely good for you - most soups are low in fat and packed with nutrients, especially if they are homemade. 200 Super Soups provides you with recipes for everything from classic favourites, such as Potato and parsley soup, to exotic new ideas. The book also

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Cookery  
contains a section on chilled soups, perfect for when the weather begins to get warmer. Each recipe is accompanied by easy-to-follow instructions and a full page color photograph to ensure perfect results every time.

Barbecuing is one of the most easy,

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enjoyable and healthy ways to cook food, but most amateur chefs simply stick to grilling sausages and flipping burgers. Hamlyn All Colour Cookbook: 200 BBQ Recipes is packed with hundreds of inspirational recipes and variations that will guarantee you never have a boring barbie again. The



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Cookery  
book includes delicious ideas for main courses, accompaniments and desserts as well as vegetarian options and healthy salad choices, home-made marinades and appetizers that are great served at dinner parties.

With stunning colour photography for each recipe and presented in a handy

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format, 200 BBQ Recipes is fantastic  
value for money. Check out some of

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Favourites (ISBN 978-0-600-63346-4)

Cookery

The blender now has a permanent spot on kitchen counters in no small part due to the rise of smoothies as a snack fave. Strawberry is the most popular smoothie flavor, while chocolate is the milkshake fave. Although most smoothies share

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## Cookery

banana as a common ingredient, for milkshakes, it's, well, milk! (Though that milk might be in the form of ice cream.) Whether you're having your smoothie as part of breakfast or as a snack, and whether your shake is a treat or a dessert, grab a straw and enjoy.

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Over 100 green smoothie recipes packed with vitamins, minerals, superfoods, and antioxidants Green smoothie recipes for weight loss, energy, detoxing, improving digestion, beauty, and more Step-by-step instructions for purchasing a blender, preparing produce and blending your

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Cookbook Hamlyn All Colour

Cookery

own green smoothie ingredients A guide to shopping for produce, and when to buy organic Smoothies for all seasons and occasions, including Berry Basket Breakfast Smoothie, Banana-Walnut Wonder, Cucumber-Melon Cooler, and kid-friendly recipes like Chocolate-Covered Cherry



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Smoothies Hamlyn All Colour

Cookbook Hamlyn All Colour

200 Gluten-Free Recipes

200 Student Meals

Juice Collection

Simple Superfood Smoothies: A

Smoothie Recipe Book to

Supercharge Your Health

Over 200 Drinks for Health & Vitality

Hamlyn All Colour Cookery

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Smoothies Hamlyn All Colour

Cookbook Hamlyn All Colour

***Hamlyn All Colour Cookery:***

***200 Juices &***

***Smoothies Hamlyn All Color***

***Cookbook Hamlyn***

***In Juices and Smoothies***

***you'll find a huge selection***

***of over 200 quick and tasty***

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*juice and smoothie recipes,*

*all containing essential*

*nutrients to help maintain*

*your health and vitality.*

*From energy-boosting juices*

*such as Celery, Tomato and*

*Red Peppers to the more*

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***exotic, vitamin-packed  
Mango, Orange, Cranberry  
and Honey, there's  
something here for  
everyone. With tips on  
juicing and nutritional  
information for each recipe,***

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Cookery

***this book shows you how to  
get the most from your  
juicer.***

***Whether you want to boost  
your energy levels, detoxify  
your system or simply  
quench your thirst, Juices***

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***and Smoothies shows you the tasty and easy way to drink 5-a-day. With no loss of all the essential nutrients found in fresh fruit and vegetables, these quick and easy-to-make recipes will***

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*refresh and revitalise you,  
helping you stay healthy and  
happy throughout the day.*

*As well as over 200 fantastic  
recipes, this book also  
contains useful information  
on how to select the best*

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***ingredients, advice on  
buying the right type of  
juicer, and a complete index  
of ingredients so that you  
can find the right juices and  
smoothies for you.***

***Is losing weight something***



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***that is on your agenda? Do you want to do it but enjoy great tasting treats at the same time? This book has everything you need! For anyone who has ever tried to lose weight, the hardest***

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***thing to sacrifice is the taste of something nice and indulgent. This is where many diets end their days, with something you know you shouldn't eat but can't help yourself. The good news***

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***for dieters is that there are certain treats that are actually good for you and taste great, meaning you can stay on track with your weight loss program. Inside the pages of The Best***

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***Smoothies for Weight Loss Book, you'll find a range of great tasting smoothies that are good for you and will actually help you lose weight, including such delights as: Orange***

Page 100/175

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**antioxidant refresher Fresh  
purple fig smoothie Tomato,  
grape and lime Banana,  
almond and dark chocolate  
Fat-burning green smoothie  
Chia seed smoothie And  
many more... Smoothies are**

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***an excellent way to give your body what it needs when it comes to fibre, vitamins and nutrients, and they are the perfect tool for fighting all sorts of diseases and medical conditions. Packed***

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*with 60 recipes, all with full-colour photos and detailed instructions and ingredients, The Best Smoothies for Weight Loss Book is all you will need to make sure you get the nutrition your body*

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**Cleanse**

***Smoothie Recipes for Weight-Loss, Detox, Anti-Aging & So Much More!***

***Juices and Smoothies***

***Yummy, Fun, and Nutritious!***

***The Best Smoothies for***

*Page 105/175*

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Cookbook Hamlyn All Colour  
***Weight Loss Book***

Make the most of your  
time with this new  
collection of fast  
recipes from the ever-  
popular Hamlyn All  
Colour series. Chicken

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Smoothies Hamlyn All Colour

Cookbook Hamlyn All Colour

is a versatile and

Cookery  
inexpensive ingredient

that is both nutritious

and easy to prepare,

making it an ideal

solution for a quick-fix

dinner. With a

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collection of recipes

that take up to 30

minutes to cook, Hamlyn

All Colour Cookbook: 200

Fast Chicken Dishes

offers a variety of

fresh ideas for a swift

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meal.

Drinking daily juices  
and smoothies is a great  
way to get all the  
vitamins and nutrients  
you need to maintain a  
balanced diet, as well

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as being an easy and

delicious way to keep

hunger at bay. Hamlyn

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you a huge choice of

quick, simple recipes

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that use all your

favorite fruits and

vegetables to ensure

that your diet will

never get dull! Every

mouthwatering recipe is

accompanied by fantastic

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Cookery

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this great-value book

ideal for all!

Drinking daily juices

and smoothies is a great



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way to get all the

vitamins and nutrients

you need to maintain a

balanced diet, as well

as being an easy and

delicious way to keep

hunger at bay. Hamlyn

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All Colour Cookbook: 200

Cookery

Juices & Smoothies gives

you a huge choice of

quick, simple recipes

that use all your

favourite fruits and

vegetables to ensure

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that your diet will  
never get dull! Every  
mouthwatering recipe is  
accompanied by fantastic  
colour photography, and  
it's all bound in a  
handy format, making

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this great-value book  
ideal for all!

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an air fryer--it even  
has a built-in crisping  
element! Welcome to your  
newest all-in-one

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ultimate guide to  
cooking with the  
Foodi--with 125 recipes

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from Food Network  
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celebrity chef Justin  
Warner who helped test  
and design the appliance  
along with full color  
photos. Finally, a one-  
step countertop cooking

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appliance that truly

does it all. The 125

recipes in the Foodi

cookbook offer air-

frying, pressure-

cooking, and slow-cook

recipes from breakfast

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through dinner.

Approachable and

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guidance for making air-

fried French toast

sticks as well as

perfect Japanese-style



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Cookery

omelets; golden-brown

and crisp-topped

macaroni and cheese;

miso-glazed cod;

Singapore-style mei fun;

crispy-fried chicken

wings; taquitos; and

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Eclectic, worldly, and

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Foodi Cookbook offers

something for everyone.

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Under 300 Calories You  
Can Make with 5  
Ingredients  
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Cookery: 200 Ten-Minute  
Meals  
Easy Mix-and-match

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Healthier You

Over 750 Recipes for  
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Blender Drinks, Non-  
Alcoholic Drinks, and  
More

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60 Healthy Drinks  
Cookery  
Smoothies Recipes for  
Weight Loss Diet

*Everyone likes to eat  
healthily and eat well, but  
sometimes it's difficult to*

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*combine the two without  
your diet becoming*

*repetitive. However, help is  
at hand in the form of*

*Hamlyn All Colour Cookbook:  
200 Low Fat Recipes, a  
cookbook crammed with low-*

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*fat recipes. Choose from 200  
simple, healthy, tasty meals  
including Thai-style Haddock  
Parcels with Coconut Rice,  
Chargrilled Lamb with  
Hummus & Tortillas,  
Monkfish Brochettes with*

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*Cannellini Beans & Pesto and  
Spicy Goan Aubergine Curry.*

*And once you've enjoyed  
your main course, treat  
yourself to a wide selection  
of low-fat desserts such as  
the Mango & Passion Fruit*



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*Trifle or Chocolate &  
Nectarine Soufflé Cake. Every  
recipe is accompanied by a  
full-page colour photograph  
and clever variations and  
ideas so that you have over  
200 meals to choose from,*

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*meaning you and your family  
can stay healthy and happy  
without going hungry!*

*Cupcakes are a delectably  
indulgent treat - and so  
quick and easy to make!*

*From colourful cakes to keep*

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*the kids entertained to sophisticated recipes for special occasions - Hamlyn All Colour Cookbook: 200 Cupcakes has something for everyone. Why not treat yourself to some gorgeous*

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*mocho cupcakes or delight a friend on their birthday with some maple, pecan and white chocolate muffins?*

*Each recipe is accompanied by easy-to-follow instructions and a full page colour*

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*photograph to ensure perfect results every time. Check out*

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*to-prepare recipes make it  
easy to get the*

*recommended daily portions  
of fruits and vegetables, with  
their important enzymes,  
vitamins, and minerals. Need  
a jolt of energy? Try a*

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*"rocket fuel" smoothie made with mango and pineapple juice or a cheerful "raspberry ripple." Get bonus protein with a banana and peanut butter smoothie, or revitalize after an evening out with the*

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*"all nighter." Tempting  
photographs showcase each  
colorful, tantalizing taste  
treat, and tips on choosing  
and preparing ingredients  
and equipment are included.*

*JJ Smith, author of the #1*

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*New York Times bestseller*

*10-Day Green Smoothie*

*Cleanse, provides an all-new  
and accessible detox system  
that rids the body of  
unwanted fat and bacteria  
for renewed energy and*

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*lasting weight loss. In the  
tradition of certified weight  
loss expert and nutritionist JJ  
Smith's 10-Day Green  
Smoothie Cleanse, Think  
Yourself Thin, and Green  
Smoothies for Life, comes*

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*the 7-Day Apple Cider  
Vinegar Cleanse. This  
revolutionary cleanse  
includes meals and drinks  
that help support the body's  
natural detoxification  
process and promote a*



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*healthy environment for  
good bacteria in the body. All  
of the new and delicious 25  
recipes for breakfast, lunch,  
dinner, and snacks will  
effectively help rid of your  
body of toxins and unwanted*

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*fat in just 7 days,*

*jumpstarting your journey to  
permanent weight loss.*

*Fresh, Wholesome, No-Sugar-  
Added Drinks Your Child Will  
Love*

*Lose Up to 15 Pounds in 7*

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*Days and Turn Your Body  
into a Fat-Burning Machine*

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*Hamlyn All Colour Cookbook*

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*all tastes and guarantee a great meal in minutes. Choose from a delicious selection, including Spicy Cajun popcorn chicken, Creamy leek and butterbean gratin and Chocolate mint mascarpone tart. Whether it's*

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***Satisfy your anytime cravings with a smoothie! On a summer day, after an intense workout, or on a lazy afternoon, nothing refreshes better than a cold smoothie. Unfortunately, it can often take a lot of time and effort***

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***to make and enjoy them. But not the smoothie recipes in Healthy, Quick & Easy Smoothies. You won't need more than 10 minutes and no more than 5 ingredients to make any smoothie in this book-and they're all under 300***



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***calories! Healthy, Quick & Easy***

***Smoothies includes these***

***features: 100 mouthwatering***

***recipes for tropical fruit, berry,***

***combination, and green***

***smoothies Complete nutritional***

***data to help with your weight***

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from Dana Angelo White,  
nutritionist for the Food Network,  
on why smoothies are better  
than juices and how to best  
make smoothies Every recipe  
contains complete nutritional***

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***data to help you plan your meals and meet your daily dietary needs. Many recipes also offer modifications you can make-but the healthy, quick, and easy promises never change. And because you have so many***

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*delicious smoothies to choose*

*from, your blender is sure to*

*occupy a permanent place on*

*your countertop!*

*130 superfood smoothies--made*

*super easy. Blend health into*

*every day with a smoothie recipe*

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*book featuring a whopping 130 recipes that feel like you're drinking liquid goodness. The chapters are organized by each of the 15 included superfoods--like berries, avocados, yogurt, and*

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***cinnamon--and every smoothie is labeled according to the health benefits it offers, from weight loss to boosting energy and reducing inflammation. Discover how many basic and affordable ingredients at your local grocery***

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***store are actually superfoods  
and learn the powerful  
differences each one can make  
in your smoothies--and in your  
health. A smoothie recipe book  
that's truly super: Make  
smoothies fun again--Whether***

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Cookbook Hamlyn All Colour

***quick to make. Troubleshooting***

***tips--Get a list of common***

***problems with smoothies (too***

***thick, too sour, too grainy) and***

***what you can do to fix them.***

***Raise the goodness factor with a***

***smoothie recipe book that offers***

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Cookery

***unprecedented options for  
supercharged smoothies.  
Would you like to cut down on  
convenience food? Want to eat  
home-cooked meals but just  
don't have the time or energy to  
prepare them after a busy day?***

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***Then a slow cooker could be the solution for you. Requiring only minimal preparation, a slow cooker will cook your ingredients throughout the day or overnight, producing a delicious meal that will be ready to eat as soon as***

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Cookbook Hamlyn All Colour

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***Slow Cooker Recipes provides  
over 200 recipes for you to enjoy,  
with delicious ideas for  
breakfasts and light bites, meat  
dishes, vegetarian meals, fish  
and seafood dishes and***

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**200 Cocktails**



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Recipes for Kids***

***Innocent Smoothie Recipe Book  
125 Recipes to Air Fry, Pressure  
Cook, Slow Cook, Dehydrate,  
and Broil for the Multicooker  
That Crisps***

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*Italians are famous for their fabulous food and their passion for cooking - ingredients must be fresh and seasonal, cooking techniques must merely enhance the delicious natural flavour of food.*

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*Italian cuisine has also become hugely popular in the UK, with an Italian restaurant appearing on nearly every high street. From antipasti to indulgent desserts, this book provides you with 200 delicious ideas*

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*for re-creating that authentic Italian flavour in your own home. Each dish is accompanied by easy-to-follow instructions and a full page colour photograph to ensure perfect results every time.*

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*Reached the Amazon Top 100  
list. Rated 5 Stars by Grady  
Harp: Amazon Hall of Fame,  
Top 100 Reviewer; "Stop  
thinking and start  
whizzing." Movie Maker  
"Rik," Amazon Vine Voice  
"Just terrific, and well*

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Cookbook Hamlyn All Colour

*priced! Tons of feel great recipes, but TWO of them are particularly outstanding!*

*Read on!"*

*Drinking daily juices and smoothies is a great way to get all the vitamins and nutrients you need to*

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Cookbook Hamlyn All Colour

*maintain a balanced diet, as well as being an easy and delicious way to keep hunger at bay. "Hamlyn All Colour Cookbook: 200 Juices & Smoothies" gives you*