



# Winter Smoothies

*Eliq Maranik*

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## **Winter Smoothies** Eliq Maranik

Who said that smoothies should be enjoyed in the summertime only?

With these brand new recipes from the smoothie expert Eliq Maranik, the high season for smoothies has moved to the coldest time of the year! The fresh, fruity and nutritious smoothies, that are flavored with typical warm winter spices such as ginger and cinnamon, will sweeten those cold winter nights and provide you with the nutrients your body craves, such as vitamins, micronutrients and fiber.

Whether you are new to the world of blending or an experienced smoothie veteran, this book will open your eyes to a whole new world of smoothie making. With straightforward introductory chapters, from the buying and handling of fruit and vegetables, your choice of blender and the preparation of the foodstuffs, you will quickly acquire the necessary knowledge required to make smoothies like a pro.

The Smoothies themselves are presented in three different chapters. Hot smoothies, such as kiwi, mango and orange with green tea, or raspberry and chamomile, will keep you snug over the winter months. Cold, fruity, spicy and light winter smoothies will ensure that bothersome head colds remain a thing of the past. Treat yourself to a spicy citrus kick, or the supergreen winter smoothie. The final section presents substantial, creamy, satisfying smoothies. Feast upon a strawberry, banana and oat smoothie, or what about a seasonal pumpkin protein smoothie.

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