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## THE HIGH SPEED BLENDER COOKBOOK: HOW TO GET THE BEST OUT OF YOUR MULTI-PURPOSE POWER BLENDER, FROM SMOOTHIES TO SOUPS



Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, The High Speed Blender Cookbook: How to Get the Best Out of Your Multi-Purpose Power Blender, from Smoothies to Soups, Carolyn Humphries, This book will show you how you can use it to whip up the most velvety, vitalising smoothies and drinks, even using tough, fibrous raw vegetables. You will be able to quickly make AND heat up nutritious soups and sauces and, amazingly, produce perfectly frozen, fabulous, ice creams...

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- Authored by Carolyn Humphries
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