

My First Juices and Smoothies: A Comprehensive Guide to Delicious and Nutritious Drinks for Kids

As a parent, you want to give your child the best possible nutrition. But it can be hard to get kids to eat their fruits and vegetables. That's where juices and smoothies come in.



My First Juices and Smoothies: Healthy recipes children will love by Amanda Cross

★★★★☆ 4.3 out of 5

Language : English
File size : 29522 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 128 pages



Juices and smoothies are a great way to get kids to consume more fruits and vegetables. They're also a good source of vitamins, minerals, and antioxidants. And they can be a fun and delicious way to start the day or refuel after a workout.

If you're new to making juices and smoothies, don't worry! My First Juices and Smoothies is here to help. This comprehensive guide includes everything you need to know to get started, from choosing the right ingredients to using the right equipment.

With over 100 recipes, My First Juices and Smoothies has something for everyone. There are simple fruit smoothies for beginners, as well as more complex green juices for experienced juicers. All of the recipes are easy to follow and use fresh, whole ingredients, so you can be sure that your kids are getting the nutrients they need.

In addition to recipes, My First Juices and Smoothies also includes helpful tips on how to get kids to drink more juices and smoothies. You'll also find information on the different types of juicers and blenders available, as well as how to clean and store your equipment.

Whether you're a busy parent looking for a quick and easy way to get your kids to eat more fruits and vegetables, or you're a seasoned juicer looking for new and exciting recipes, My First Juices and Smoothies is the perfect book for you.

Free Download Your Copy Today!

My First Juices and Smoothies is available now at all major bookstores. You can also Free Download your copy online at [Our Book Library.com](http://OurBookLibrary.com).

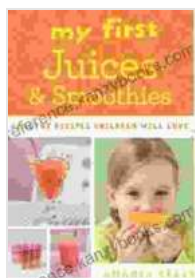
Don't wait any longer to give your child the gift of healthy and delicious juicing and smoothies. Free Download your copy of My First Juices and Smoothies today!

About the Author

I'm a registered dietitian and certified personal trainer with over 10 years of experience helping people achieve their health and fitness goals. I'm passionate about helping kids develop healthy eating habits, and I believe that juices and smoothies are a great way to do that.

I wrote My First Juices and Smoothies to make it easy for parents to get their kids to drink more fruits and vegetables. The recipes in this book are all delicious and nutritious, and they're sure to please even the pickiest eaters.

I hope you enjoy My First Juices and Smoothies! Please feel free to contact me with any questions or comments.

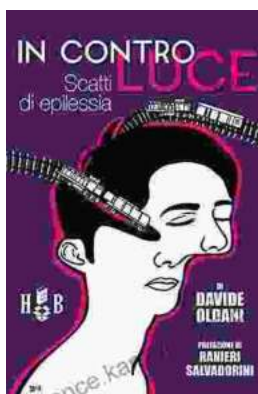


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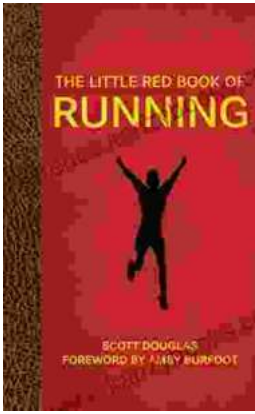
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