



# My First Juices and Smoothies

*Amanda Cross*

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## **My First Juices and Smoothies** Amanda Cross

It's easy to get children to eat healthy fruit and veg if you know how. More than 60 recipes for juices and smoothies will ensure your kids get their 5-a-day the easy way. From fresh citrus fruits to sweet berries, whatever your children's tipples there's a juice or smoothie to please (grown-ups will enjoy them too).

Quick and easy to prepare, the delicious recipes inside are guaranteed to boost health and vitality. Each juice or smoothie is accompanied by notes to explain what essential vitamins and minerals they will provide, so you can target specific deficiencies.

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