



# Cooking Light Chill: Smoothies, Slushes, Shakes, Juices, Drinks & Ices

*Editors of Cooking Light Magazine*

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Whether you're looking for the ultimate healthy smoothie, a quick on-the-go breakfast, or a delicious snack or dessert, you'll find something to suit your tastes among the more than 125 recipes in this book. Reliable, test-kitchen-rated recipes using easy-to-find ingredients, tips on equipment, and step-by-step techniques for creating a variety of healthy smoothies, slushes, juices, and ices that don't sacrifice flavor or texture.

- *Cooking Light Chill* is a playful book full of smoothies and juices, lighter slushes, and cool ices packed with fresh fruits and vegetables, nuts, low-fat dairy and utilizing natural sweeteners.
- Healthy cool treats that are indeed healthy. Example: Smoothie King's Shape Up Strawberry Smoothie packs in 964 calories, 13 grams of saturated fat, and 125 grams of sugar. *Cooking Light's* version: 200 calories, 2 grams of saturated fat, and less than 25 grams of sugar from naturally occurring sources like fruit, low-fat dairy, and honey.
- "To Your Health" tips that share the health-boosting science behind the flavor and Tasty Twist boxes that offer suggestions for varying the flavors.
- When it comes to fruits and vegetables, volume is a good thing, but getting in all the vegetables and fruits you need each day can be challenging. *Cooking Light Chill* offers a fun and varied way to help readers meet their "eat more fruits and vegetables" goal.
- Recipes in *Cooking Light Chill* support a healthy lifestyle-smoothies can be a quick and refreshing meal (such as *Cooking Light's* Banana Breakfast Smoothie, full of the protein you need to power your morning). Fresh juices celebrate seasonal fruits and vegetables, are a great pick-me-up after a workout, and give parents options for giving children juice while controlling sugar.
- Every recipe is professionally developed and rated in our Test Kitchen, and meets Cooking Light's nutritional standards.

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### **From reader reviews:**

#### **Nannie Hand:**

This Cooking Light Chill: Smoothies, Slushes, Shakes, Juices, Drinks & Ices book is just not ordinary book, you have it then the world is in your hands. The benefit you will get by reading this book will be information inside this book incredible fresh, you will get data which is getting deeper you actually read a lot of information you will get. This particular Cooking Light Chill: Smoothies, Slushes, Shakes, Juices, Drinks & Ices without we know teach the one who reading it become critical in pondering and analyzing. Don't end up being worry Cooking Light Chill: Smoothies, Slushes, Shakes, Juices, Drinks & Ices can bring any time you are and not make your handbag space or bookshelves' grow to be full because you can have it with your lovely laptop even mobile phone. This Cooking Light Chill: Smoothies, Slushes, Shakes, Juices, Drinks & Ices having great arrangement in word along with layout, so you will not really feel uninterested in reading.

#### **Kenneth Grimes:**

Reading a publication tends to be new life style in this era globalization. With reading through you can get a lot of information that can give you benefit in your life. Together with book everyone in this world can share their idea. Publications can also inspire a lot of people. Many author can inspire their own reader with their story or even their experience. Not only the storyline that share in the publications. But also they write about the knowledge about something that you need illustration. How to get the good score toefl, or how to teach your sons or daughters, there are many kinds of book that exist now. The authors on this planet always try to improve their talent in writing, they also doing some study before they write for their book. One of them is this Cooking Light Chill: Smoothies, Slushes, Shakes, Juices, Drinks & Ices.

#### **Jason Allen:**

Cooking Light Chill: Smoothies, Slushes, Shakes, Juices, Drinks & Ices can be one of your basic books that are good idea. All of us recommend that straight away because this guide has good vocabulary that can increase your knowledge in vocab, easy to understand, bit entertaining but still delivering the information. The article author giving his/her effort to place every word into delight arrangement in writing Cooking Light Chill: Smoothies, Slushes, Shakes, Juices, Drinks & Ices although doesn't forget the main level, giving the reader the hottest along with based confirm resource data that maybe you can be considered one of it. This great information may drawn you into brand new stage of crucial thinking.

#### **Anne Young:**

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