



## Lactose-Free Smoothies Everyday blender recipes for dairy-free beverages

By Sarah Reed

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 36 pages. Dimensions: 9.0in. x 6.0in. x 0.1in. Are you under the impression that a loved one or your own lactose intolerance means beverages made with dairy are beyond your reach? Did you know that there are many equally healthy, nutritious, and delicious dairy alternatives available in most grocery stores today? Did you ever think that all those fancy and delicious-looking smoothies available out there are something you can only look at but not touch? Or simply did you ever want to be a smoothie maestro and make lactose-free smoothies in your own kitchen? If you answered yes to any of these questions, you have found the right resource to learn about dairy alternatives that are easily available to you to create lactose-free smoothies right at home. With this book in your hands, you can create those fancy yet delicious smoothies right in your own kitchen without adding any dairy products such as milk, yogurt, or ice-cream, which seem to be the main ingredient in most smoothies available in the market. The exotic smoothies in this book help you welcome health in your life and...



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