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half recipes from our kitchen to yours. We spend a lot of time here at innocent coming up with new recipes for drinks that taste good and do you good. We don't mean to brag, but we reckon we're getting quite good at it, and so we've put together a book containing 57½ of our favourite recipes.

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(Editor), Louise Haines.

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innocent spend their
days blending all kinds
of delicious ingredients
to create smoothies and
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people at innocent spend

their days blending all

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recipes. This book
contains fancy juices,
healthy smoothies for
kids, some posh stuff

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ahead 49.3% and Trump has 49.14% of the vote. Michigan holds significantly more ...

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This is the second beautiful book of smoothie and juice recipes from the innovative team behind Innocent, the UK's largest growing food

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and drink company.

Recipe Book 57

A juicing book with a difference, which tells you how to make fresh

and delicious drinks whether you've just

finished a workout,

want a nightcap or want to go out partying.

Colorful, aromatic, and flavorful—and as simple as ordering in. The

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harmonious blending of color, aroma, and flavor has made Chinese cuisine one of the most popular on the planet. As the world's largest producer of fruits and vegetables, China boasts an impressive array of meat-free, egg-free, dairy-free dishes that has also made its cuisine one of the earth's healthiest. From tasty

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appetizers to

mouthwatering desserts,

The Chinese Vegan

Kitchen is a collection

of easy yet authentic

recipes from the various

culinary regions of

China—Canton, Hunan,

Peking, Shanghai,

Sichuan, Taiwan,

Tibet—that you can

prepare in your own

kitchen with ingredients

readily available in

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western supermarkets.

This book features:

- 225 delicious and nutritious recipes for appetizers, soups, salads, noodle dishes, rice dishes, tofu and other main dishes, side dishes, and desserts
- Nutritional analysis of calories, protein, total fat, saturated fat, cholesterol, sodium, carbohydrate, and

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dietary fiber for every recipe • Cooks' tips throughout • A glossary of ingredients and where to find them This is vegan cooking like you've never experienced it—but you will be coming back to this irresistible collection time and again.

We started making

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smoothies in 1999. On that first day we sold twenty-four bottles, and now we sell over 2 million a week, so we've grown since then. This book is about the stuff we've learned since selling those first few smoothies. About having ideas and making drinks, about running a business and getting started, about

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nature and fruit, about company life and working with friends, about the stuff we've got right and the stuff we got wrong, and about squirrels . . . and camping . . . and doing the right thing. We thought we'd write it all down in a book so we don't forget any of it, and to maybe help other people too. We started

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innocent from scratch,
so we've learnt a lot of
things by getting stuff
wrong. Some other
lessons have come from
listening carefully to
people clever than us.
And some stuff we just
got lucky on. But all of
it, the good the bad and
the useful, is in here.
Plus, perhaps our mums
will finally believe us
when we tell them we

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haven't rung home for a while because we've been a bit busy these past few years.

From Our

Jen Hansard and Jadah Sellner are on a fresh path to health and happiness--deprivation not included. In their book, Simple Green Smoothies, these two friends invite you into a sane and tasty approach

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to health that will
inspire and energize you
on your own journey
toward a happier life.

The Simple Green
Smoothies' lifestyle
doesn't involve counting
calories or eliminating
an entire food group.

Instead, it encourages
you to make one simple
change: drink one green
smoothie a day. Simple
Green Smoothies

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includes a 10-day green smoothie kick-start to welcome you into the plant-powered lifestyle, with shopping lists included. Follow it up with 100+ delicious recipes that address everything from weight loss to glowing skin to kid-friendly options.

Hansard and Sellner are two moms raising their own families on healthy,

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whole-food recipes.

They've seen the amazing health benefits of green smoothies

firsthand--from losing

27 pounds to getting more energy. Their

wildly popular website has changed the lives of over 1 million people and made them the #1 green smoothie online resource. Simple Green Smoothies will

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empower you to take control of your health in a fun, sustainable way that can transform you from the inside out.

Ready to join the plant-powered party?

Ninety crime writers from the world's oldest and most famous crime writing network give tips and insights into successful crime and

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thriller fiction.

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The Smoothie Recipe

Book: 150 Smoothie

Recipes Including

Smoothies for Weight

Loss and Smoothies for

Optimum Health

Smoothies are not only

an easy and delicious

way to increase your

daily intake of fresh

fruits and vegetables,

they also provide proven

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health benefits for both your mind and body.

The Smoothie Recipe Book serves up 150

enticing recipes for

every palate. Enjoying the many advantages of smoothies has never

been simpler: • 150

delicious recipes include green smoothies, protein smoothies, low-fat

smoothies, weight-loss

smoothies, anti-aging

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smoothies, smoothies for diabetics, and more.

- Learn how smoothies can help you reach your weight-loss goals and keep the weight off for good without making you feel like you're starving.
- Make kid-friendly smoothies that get them to eat their daily dose of fruits and vegetables without ever knowing it!
- The

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Smoothie Recipe Book

is your guide to the optimum health and weight loss. Working

healthful, nutritious

food into busy, on-the-

go lifestyles can be difficult, so let The

Smoothie Recipe Book

be your quick guide to

detoxing and cleansing your system as well as

for getting essential,

natural vitamins and

natural vitamins and

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minerals to gain boundless energy and optimum health. Fiber-rich, low-calorie smoothies made with whole fruits and vegetables, herbs, and spices are also a tasty way to take unwanted pounds off as part of your weight-loss regimen. With The Smoothie Recipe Book: 150 Smoothie Recipes

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Including Smoothies for
Weight Loss and
Smoothies for Optimum
Health, you'll

experience the vitality
and energy to be your
best.

'Glorious and
sumptuous. From the
simplest dishes through
to the more complex,
Irimi totally captures the
gastronomy of Greece.'

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Victoria Hislop 'This is my favourite cookbook of the year. A total joy from start to finish.'

Russell Norman 'A treasure trove of personal and factual information about the food of Greece and its islands.' Simon Rogan Under the Olive Tree is a stunning and user-friendly collection of delicious Greek family

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recipes from Irini

Tzortzoglou, the 2019
champion of
MasterChef UK.

Including accessible,
everyday dishes for the
home cook, as well as
an entertaining section
full of Irini's tips and
tricks for when you
have a little more time
or want to impress your
guests. Not only is Irini
a fabulous cook, but she

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is a great teacher who cannot wait to show readers the dishes of her beloved homeland. With over 80 recipes, from breakfasts to quick dinners via salads full of sunshine, and on to feasting for Christmas, Easter and dinner parties, this cookbook is Irini's celebration of Greece. 'These recipes represent me as a cook

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and diner in that I like to experiment a little in putting flavours together, mixing classic combinations with my own touches.' Recipes include: * Chickpea and cumin fritters with a lemon and coriander yoghurt dip * Cured salmon with star anise, yoghurt and ouzo cream, cucumber and fennel salad *

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Aubergine topped with bulgur, sultanas, sundried tomatoes and pine nuts * Braised

Octopus in Red Wine with Sweetcorn Puree and Pepper Salsa *

Moussaka with beef, aubergine and red pepper sauce * Slow-roasted lamb with herbs, lemon, mustard and honey * Olive Oil, Almond and Candied

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Orange Baklava

Recipe Book 57

"Written during the last
years of the Weimar

Republic, the two

novels collected here
address the urgent
problems of that age.

Both Erich Maria

Remarque (1898-1970)

and Joseph Roth

(1894-1939) served in

World War I, Remarque

with the German army

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and Roth with the Austrian. Their experiences would help define what Gertrude Stein referred to as the "Lost Generation." All Quiet on the Western Front is the testimony of a soldier who had become aware of how much he, and those of his generation who had survived, had been affected by the trauma

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of the Great War. For Joseph Roth, World War I had cost him his homeland and turned him into a nomad. Job, in abridged form for The German Library, addresses the theme of Jewish identity in a newly mobilized society."--Jacket.

Founded in November
2015 by a brother and

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sister who came to New York from the Middle East, Eat Offbeat is a unique catering

company staffed by refugee and immigrant chefs who have found a new home, and new hope, for their lives.

Now, in 70 authentic, nourishing recipes, with roots and soul that run as deep as their flavors, The Kitchen without

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Borders brings the culinary traditions of fourteen chefs from around the world including Syria, Iran, Eritrea, and Venezuela, right to our tables. Discover delicious, unexpected flavor combinations, and ingredients—like sumac, pomegranate molasses, tahini—that will enhance the repertoire of any

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Smoothie

home cook or adventurous eater. Here is Iraqi Biryani, a rice dish combining

vegetables and plump

dried fruits with

warming spices. Or an

irresistibly cooling

yogurt and fresh mint

drink native to

Afghanistan, known as

doogh. Gorgeously

smooth Syrian hummus,

the original inspiration

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for Eat Offbeat. And Chari Bari, hand-formed meatballs simmered in a Nepali-spiced tomato and cashew sauce. More than a celebration of delicious foods from around the world, this recipe collection—with its intimate chef profiles and photographic portraits—allows people who have been displaced to share their

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cherished cuisines, in their own words. And it makes a thoughtful, inspiring gift for any home cook, for anyone concerned about or affected by the world's refugee crisis, or for anyone who understands the profound link between food, home, and keeping traditions vibrantly alive. From May 15, 2020, to May

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15, 2021, (including any preordered copies that ship during this period), Workman Publishing will donate 2% of the cover price for every copy of *The Kitchen without Borders* cookbook sold in the United States and its territories, the United Kingdom, Canada, Australia and European Union member states, to

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the IRC, a not-for-profit organization dedicated to providing humanitarian aid, relief and resettlement to refugees and other victims of oppression or violent conflict, with a minimum contribution of \$25,000 USD. For more information, visit rescue.org/cookbook and <https://www.workman.com/kwob>. No portion of

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