



Low-Carb Smoothies: More Than 50 Fabulous Recipes the Whole Family Will Love

Dana Carpender

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Smoothies are one of the most popular food trends—they are healthy meal replacements, and easy, on-the-go snacks. But, the problem is, most are high in carbs. Not anymore! Low-carb diet guru Dana Carpender offers readers 50 all-new recipes for smoothies along with beautiful full-color photos in this one-of-a-kind book. Readers of Dana's previous books will love it, and the millions of people on low-carb diets will welcome the chance to bring their blenders out to make delicious milkshake alternatives.

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