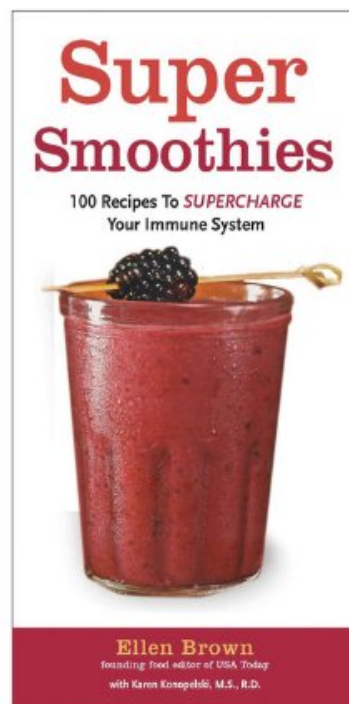
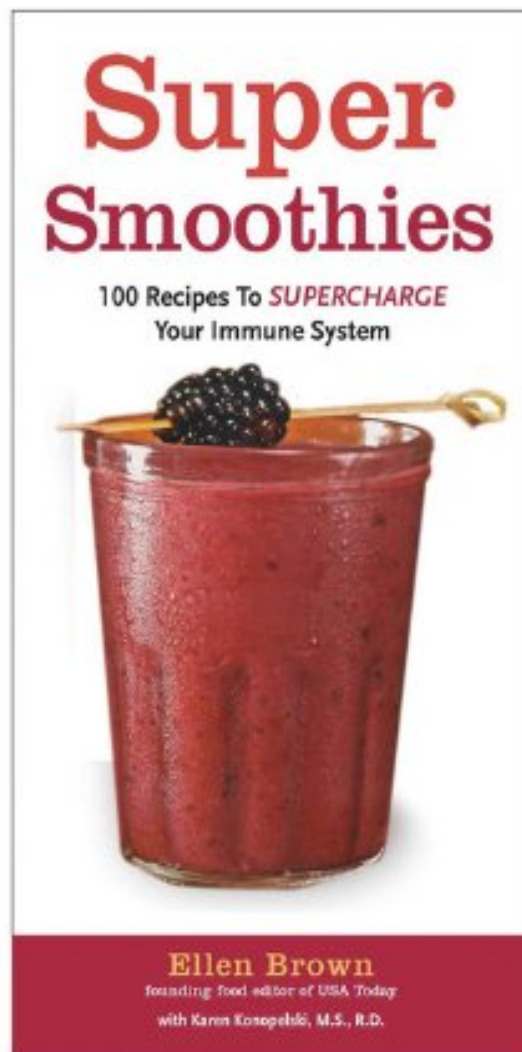


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About the Author

Ellen Brown, founding food editor of USA today, has over thirty years of experience in cooking and is the author of eighteen cookbooks. Karen Konopelski, M.S., R.D., is a nutrition consultant at Princeton University and former sports nutritionist at the University of Connecticut.

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The smoothies inside this book pump up your immune systems so it's ready to protect against infections and illness at any moment. They're easy to make, delicious to drink, and charge your body with the energy and nutrients you need to stay healthy.

The benefits of these frothy drinks come from "functional foods," foods that contain large amounts of immunity-boosting nutrients to fortify your entire body—a feat no pill or supplement can match.

Each of these 100 wholesome and luscious smoothie recipes is annotated for both its overall nutritional profile and for the specific nutrients it delivers so you'll learn exactly what benefits you're getting from each and every drink.

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