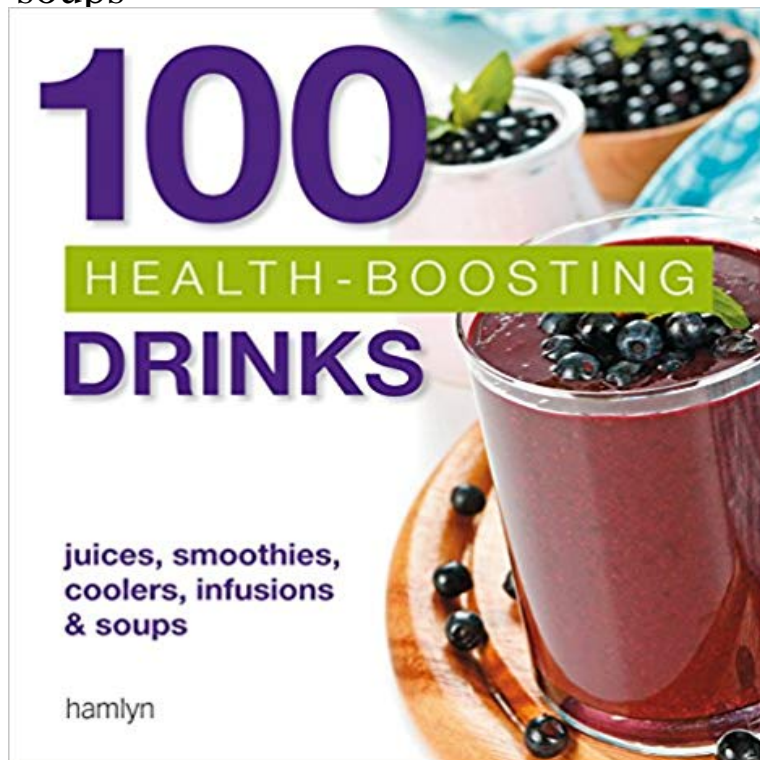


# 100 Health-Boosting Drinks: Juices, smoothies, coolers, infusions and soups



Did you know that herbal green tea can boost your immune system and that a prune and blackberry smoothie can help get rid of toxins? From almonds to apples and parsnip to pineapple, discover the nutritious drinks ingredients that will make a real difference to your health. Whether you are feeling tired, under the weather or in need of a pick-me-up, any one of these health-boosting drinks will act as an instant tonic. Discover 100 fantastic drinks to satisfy, invigorate, warm, refresh, calm and rejuvenate. There couldnt be a quicker or more delicious way to supply all your essential nutrients and rejuvenate mind and body.

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