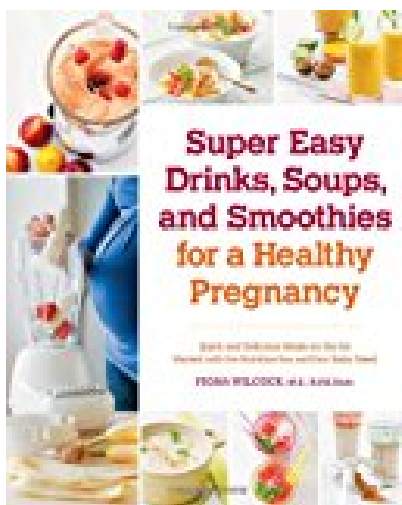


# Super Easy Drinks Soups and Smoothies for a Healthy Pregnancy Quick and Delicious Meals-on-the-Go Packed with the Nutrition You and Your Baby Need

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## BOOK DETAILS

- Author : Fiona Wilcock
- Pages : 128 Pages
- Publisher : Fair Winds Press
- Language : English
- ISBN : 1592335209

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## **BOOK SYNOPSIS**

Offers several recipes for smoothies, soups, and drinks that are easy and quick to prepare and will keep pregnant women and nursing mothers nourished and energized.

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