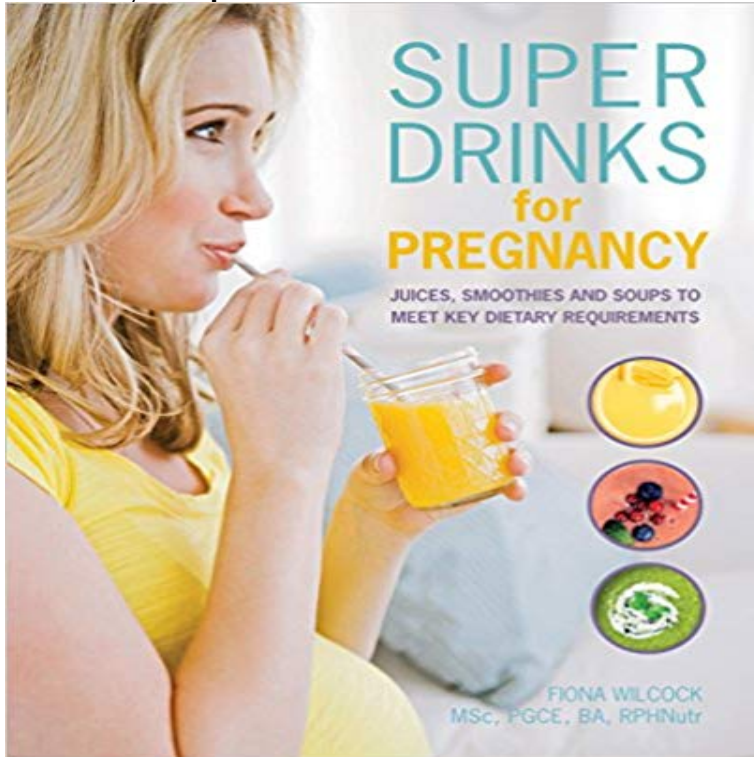


Super Drinks for Pregnancy: Juices, smoothies and soups to meet key dietary requirements



Super Drinks for Pregnancy provides over 100 easy-to-follow recipes developed to meet the nutritional needs of pregnant and breastfeeding women. Moreover, because certain complaints during pregnancy can make eating solids difficult, and, once the baby is born, time for eating can become restricted, these quick-to-prepare liquid meals are the perfect solution to keep a woman nourished, energised and optimally healthy.

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