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Smoothies for Life! by Maureen B. Keane

[Smoothies for Life!](#) Yummy, Fun, and Nutritious! Written by [Daniella Chace](#) and [Maureen B. Keane](#) Trade Paperback, 288 pages | Three Rivers Press | Cooking - Health | **\$14.95** | 978-0-7615-1340-7 (0-7615-1340-X)

Blend Your Way to Better Health!

Join the millions of health-conscious individuals who have already discovered the tasty, nutritional, revitalizing goodness of smoothies. In **Smoothies for Life**, **Daniella Chace** and **Maureen Keane** (coauthor of the million-copy bestseller *Juicing for Life*) show you how to make high-energy, delicious smoothies right in your own home! All you need is a blender (or food processor), a few, simple ingredients, and you're ready to embark on a new taste and nutrition adventure. Learn how you can:

- Beat fatigue with Mocha Magic
- Build athletic endurance with Tropical Elixir
- Lose weight with Peachy Almond Freeze
- Boost immunity with Rasanana Berry
- Reduce stress with Ginseng Soother
- Improve your memory with Pink Hurricane
- Detoxify your body with Watermelon Cooler
- And much more!

These tantalizing smoothies contain creative combinations of antioxidant-rich fruits, healing tinctures, flavorful extracts, and natural sweeteners - and they are always delicious. Once you start, you'll be drinking these smoothies for life!

Includes information for adding revitalizing herbs such as ginkgo, echinacea, goldenseal, and kava!

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Pressure Cooking the Easy Way by Maureen B. Keane

[Pressure Cooking the Easy Way](#) Healthy One-Pot Meals Everyone Will Love **Written by** [Maureen B. Keane](#) and [Daniella Chace](#) **Trade Paperback**, 208 pages | Three Rivers Press | Cooking | **\$12.95** | 978-0-7615-1285-1 (0-7615-1285-3)

Cook without fat or oil!

Under pressure to prepare quick, healthy meals? Use a pressure cooker!

Imagine a tender roasted chicken in ten minutes, or perfect vegetables in just two or three! This book is a delicious collection of down-home American fare like stews, soups, roasts, and other main dishes, all cooked to perfection in a matter of minutes with the use of a handy pressure cooker! Maureen Keane and Daniella Chace have put their proven cooking talents to use to create hearty new dishes, as well as to convert old favorites to pressure cooker formulas.

Inside you'll find:

- Great recipes for vegetables, meat, seafood, and poultry
- Quick-fix dinners for one
- Easy feasts for a group
- Recipes for hearty main courses, yummy desserts, baby food, and more!
- Pressure cooking do's and don'ts
- What to look for when purchasing a new pressure cooker
- How the pressure cooker can make your meals more nutritious

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