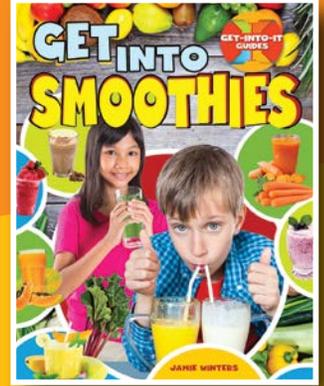
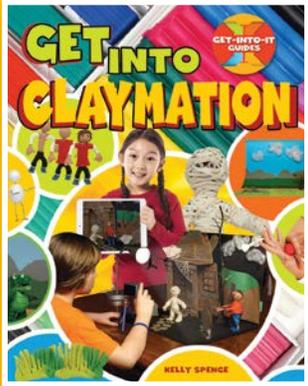




4 New Books! 10 Titles in Series!

Four new titles have been added to **Get-Into-It Guides**, a series that encourage young people to explore their interests, develop passions, and build skills. This high-interest series includes a diverse selection of popular games, arts, and activities. Each title includes custom how-to photos and clear, step-by-step instructions to help readers learn essential skills and techniques. Projects allow readers to apply and refine their skills. Fact boxes highlight notable records and achievements.

Specifications:
Ages 8-11
 32 pages, 8½ x 10¾", full color
\$8.95 PAP



Get into Claymation by Kelly Spence

Readers who love clay modeling and stop motion videos will enjoy this exciting book, which will inspire them to create claymation projects. From creating their own unique clay figures to taking projects to the digital screen, readers will like the engaging photographs and step-by-step instructions that show them the techniques and tools needed to design and create their visions in claymation!

ISBN 978-0-7787-3404-8 PAP

Get into Magic by Vic Kovacs

From simple card tricks to awe-inspiring magical illusions, this book dives into the techniques and skills needed to become a magician. Clear instructions, photos, and special tips guide readers through mind-bending tricks and illusions that are sure to amaze family and friends! Fact boxes highlight innovative magic tricks and the magicians who achieved them, inspiring every reader to release their inner magic.

ISBN 978-0-7787-3405-5 PAP

Get into Mixed Media by Janice Dyer

If you like the idea of combining materials such as fabric, paint, ink and google eyes on a canvas, then mixed media is the art form for you! This awesome book guides young artists in creating works in mixed media, a visual art form in which artists can combine different types of techniques and media, or materials. Creative ideas and endless possibilities will allow readers to create projects that showcase their individuality. Clear photographs and step-by-step techniques guide readers along the way.

ISBN 978-0-7787-3406-2 PAP

Get into Smoothies by Jaime Winters

Making healthy food can be fun—and taste delicious! This unique and engaging book explores the possibilities of smoothie making, from inventing a one-of-a-kind creation to whipping up yummy dairy- or gluten-free options. Readers will learn the basics of smoothie making and some techniques to achieve different tastes and consistencies using many healthy ingredients.

ISBN 978-0-7787-3407-9 PAP

From Get into Smoothies

LEAFY POWERHOUSES

The health value of a smoothie depends on its **ingredients**. Many smoothies include large servings of fruits and vegetables which are recommended in a healthy diet. Green smoothies typically contain about 40 percent green vegetables—usually raw leafy vegetables—the rest being mostly fruit. Green smoothies are or romaine lettuce— the rest being mostly fruit. Green smoothies are not only high in nutrients, vitamins, and fiber, they can also make any vegetable you probably don't like taste great. The secret behind blending the perfect smoothie is using sweet fruits or even seeds to give your drink a unique and great taste.

Kale is very nutritious. It is stuffed with 45 different **flavonoids**, packed with antioxidants, and full of fiber. Kale is also a very good source of vitamins A, C, K, and B6.

Spinach is a good source of dietary fiber, protein, and vitamins A, C, E, and B6.

Broccoli is a good source of calcium and a very good source of vitamins A, C, and B6. Adding banana with broccoli helps to sweeten the taste and gives it the right amount of creaminess.

Swiss chard is a very good source of vitamins A, C, E, K, and B6. Swiss chard tastes great with fruits like bananas, pineapples, oranges, and even apples or pears.

Celery is a great addition to your green smoothies because it can help reduce the sweetness of a smoothie that is just too sweet. It is a good source of vitamins A, C, K, and B6.

Romaine lettuce has a mild flavor that is easily masked by fruit. You can add an entire head of lettuce to a fruit smoothie and not change the taste at all. It is also a good source of vitamins A, C, K, and several B vitamins.

Cucumbers add a crisp, refreshing flavor to fruit and green smoothies. Cucumbers are a good source of vitamins C and A.

Fresh parsley adds a powerful dose of vitamins and minerals and tastes great in a green smoothie. Parsley is also a good source of vitamins A, C, E, K, and several B vitamins.

TRY THIS!
Spinach Smoothie with Celery, Cucumber, and Lemon
 You Will Need:
 • 1 medium celery stalk, sliced
 • ½ medium cucumber, sliced
 • 2 tbsp. of lemon juice (30 ml)
 • 1 cup of baby spinach (240 ml)
 • water to max line
 Place the celery, cucumber, lemon juice, spinach, and water in a blender. Process in the blender for about 1 minute or until mixture becomes smooth. Pour in a serving glass.

TRY THIS!
Kale Smoothie with Pineapple and Banana
 You Will Need:
 • ½ cup of coconut milk (120 ml)
 • 2 cups of chopped kale (475 ml)
 • 1½ cups of pineapple (350 ml)
 • 1 ripe banana, chopped

Kale Tip
 Freeze your kale before using it. Even if it's only half frozen, the kale will taste less bitter. You can de-rib it, rinse it, and throw it in the freezer, then grab it when you want and stuff



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