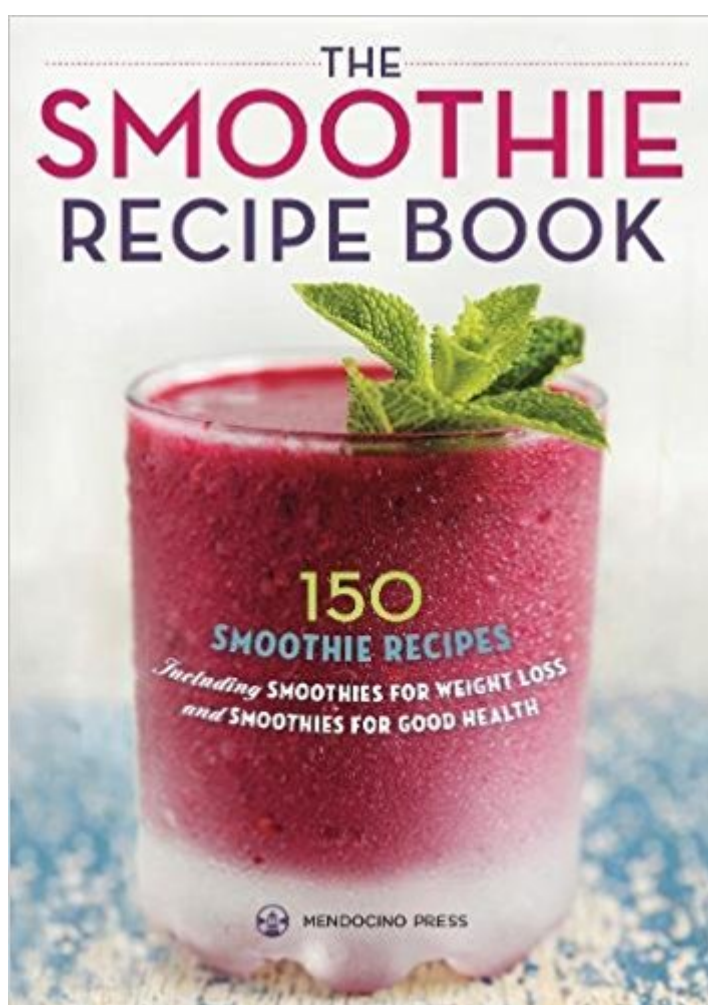


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Smoothie Recipe Book: 150 Smoothie Recipes Including Smoothies For Weight Loss And Smoothies For Optimum Health



Synopsis

#1 BESTSELLER The Smoothie Recipe Book gives you 150 delicious smoothie recipes to help you cleanse your body and lose weight! Smoothies are naturally packed with superfoods and antioxidants from fresh fruits and vegetables, making them the easiest and tastiest way to improve your health, and get glowing skin and hair! The Smoothie Recipe Book will make it easy to start enjoying smoothies on a daily basis and to get an extra boost of vitamins, nutrients, and antioxidants so that you can start losing weight right away! With The Smoothie Recipe Book learn how to make delicious, healthy smoothies with: 150 recipes for fresh, delicious fruit and vegetable smoothies--everything from breakfast smoothies to green smoothies and superfood smoothies Use your blender for delicious combinations like Blueberry Blast and Strawberry Banana smoothies Make smoothies that are fast and kid-friendly, like Pineapple Cherry Yummy and Popeye's Fruit Smoothie Lose weight fast with low-fat, fiber-rich weight-loss recipes Detox your system and restore balance through the power of smoothies Improve your health, strengthen your immune system, and get glowing skin

Book Information

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Customer Reviews

"It has been a couple of days and I already lost 5 pounds."-Christina Anderson "I have learned much from The Smoothie Recipe Book. It definitely exceeded my expectations and was well worth the price since this is a book I can use for the rest of my life. Everyone can learn something from this book. And what a fun way to nourish your body and stay healthy!"-mrspsstevens "I love every

recipe I have made thus far."-C.Bergh "I love this book! So many delicious recipes that address just about every physical ailment that is out there." -Tula

The Smoothie Recipe Book: 150 Smoothie Recipes serves as a great reference for those who are just beginning to explore the world of smoothie-making. Sure, we've all had a smoothie whip something up for us on the run, but this book teaches us the intricacies of what goes into making a truly healthy smoothie, as well as what ingredients will be most beneficial. The author breaks it down into sections based on desired outcomes. There are smoothies for breakfast, anti-aging, energy, cleansing, protein, weight-loss, and many more! There are even recipes that cater to diabetics and kids! I found myself itching to try several of the recipes, most of which came from the section for brain nourishment. The Mental Monkey Wrench is one that I am dying to try, and all I'll need to have handy are a blender, some green grapes, a couple of kiwis, and a banana! When reading about the infamous "green smoothies", I was very surprised that so many of them actually sounded rather tasty. I've always been afraid of green smoothies, as it has always seemed to me that they were made from all kinds of grasses and whatnot, and the one time I tried one, it was definitely not for me. However, now that I know more about the definition of a green smoothie, as well as the multitude of ingredients, I am definitely open to giving them another shot! One of the great things about this book is that it teaches the reader about the pros and cons of many of the individual ingredients, and encourages experimentation, adding, subtracting, and substituting various elements. The introduction to each section discusses the needs that we face on a daily basis and what is going on inside our bodies that we need to alter in order to meet those needs. I would highly recommend this book to anyone who simply enjoys a good smoothie!

if you like juicing with lots of strange ingredients this is for you. if you like yogurt based or juice based smoothies (think Jamba juice), then this book is not for you. I never have the ingredients required

At first I was a little leery about this book dedicated entirely to smoothies (I can't really remember the last time I even wanted a smoothie) I actually really enjoyed this book of recipes, and even tried a few in place of snacks like chips and ice cream. They were very tasty, and way better than I expected, especially considering that a good amount of them had a few fruits and vegetables that I'm not too fond of. I also liked the fact that this book actually taught me a few things about nutrition and my health, and it was explained in a way that made sense to me. I will definitely be referring

back to this book, both for the recipes, and the health information, and I would also recommend this book to anyone trying to live a healthier lifestyle.

Nice book at a reasonable price , easy to read . Recipes are easy to follow and easy to make.

The recipes I have tried are fine and taste good but I find that almost every recipe will have at least one ingredient that is just not something I would have on hand. Therefore, I do not use it as much as I thought I would or would like to.

Best smoothie book!!!! Love it and recipes you can follow easy and get creative with adding and omitting.

Great product

This is an ok smoothie book. There are lots of recipes that contain vegetables rather than just mostly fruit which is nice. She uses sweet potatoes in quite a few. I didn't see where she said to use them raw or cooked. I am not sure how digestible they are raw. There is no nutritional or calorie counts for the drinks. I really like to use frozen fruits in mine to make them thicker and colder, I didn't see many where she does this.

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