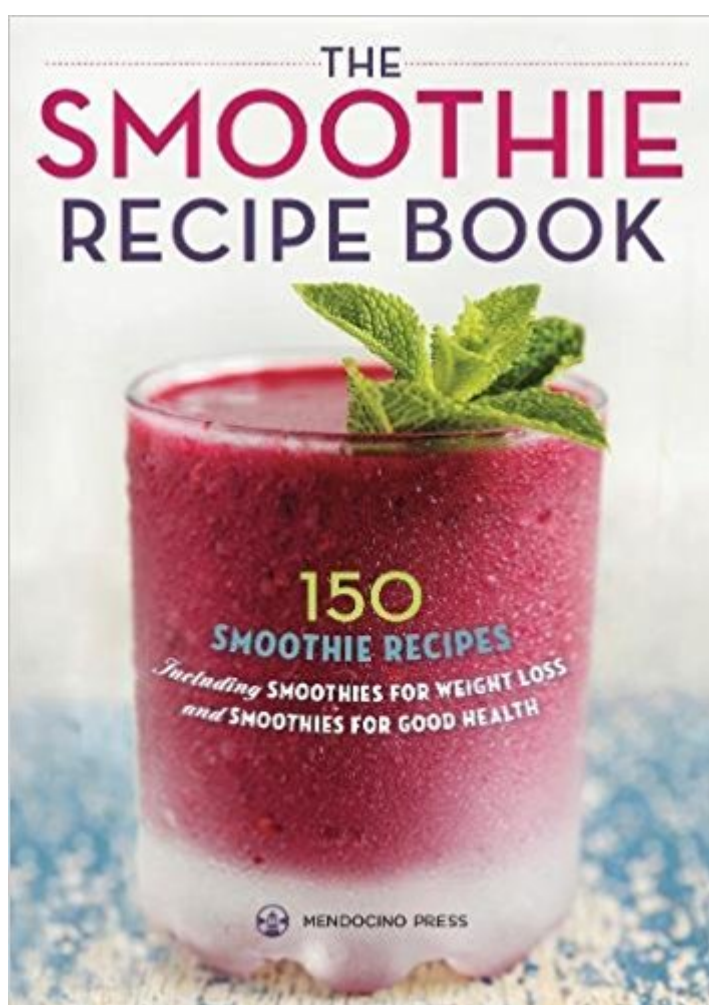


The book was found

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

Paperback: 116 pages

Publisher: Mendocino Press; 2/18/13 edition (March 20, 2013)

Language: English

ISBN-10: 1623151015

ISBN-13: 978-1623151010

Product Dimensions: 5.8 x 0.3 x 8.3 inches

Shipping Weight: 7 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 277 customer reviews

Best Sellers Rank: #67,595 in Books (See Top 100 in Books) #22 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Fruits #61 in Books > Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies #120 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Vegetables

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!"-mrspstevens "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.

[Download to continue reading...](#)

Smoothies: 365 Days of Smoothie Recipes (Smoothie, Smoothies, Smoothie Recipes, Smoothies for Weight Loss, Green Smoothie, Smoothie Recipes For Weight Loss, Smoothie Cleanse, Smoothie Diet) Smoothies: Everyday Smoothies For Beginners (Smoothie, Smoothies, Smoothie Recipes, Smoothies for Weight Loss, Green Smoothie, Smoothie Recipes For Weight ... Diet)) (healthy food for everyday Book 5) Smoothie Recipe Book: 150 Smoothie Recipes Including Smoothies for Weight Loss and Smoothies for Optimum Health Green Smoothie Recipe Book: 500 Delicious Green Smoothie Recipes for Weight Loss, Better Health, Energy & Cleansing (Green Smoothies, Nutribullet Recipe ... Juicing Recipes, Fat Loss, Cleanse, Detox) Ninja Blender Recipe Bible: 50+ Delicious Recipes for your High Powered Blender (Ninja Recipes, Ninja Recipe Book, Green Smoothies, Weight Loss Smoothies, ... Protein Shake Diet, Green Smoothie) Ninja Recipe Book: Quick, Easy And Delicious Ninja Smoothies For Your Ninja Professional Blender (Ninja Bullet Recipe Book, Ninja Blender Recipe Book, ... and Smoothies for Weight Loss Book 1) Nutribullet Recipes: 365 Days of Smoothie Recipes for Rapid Weight Loss, Detox & Burning Fat: Smoothie

Recipes for Weight-Loss, Detox, Anti-Aging & So ... Loss Drinks, Anti-Aging, Juicing Recipes)
Weight Loss: Lose Weight and Body Fat: 3 Simple and Easy Methods to Improve: Health, Fitness
and Nutrition (Weight Loss Strategies, Proven Weight Loss, ... Habits, Belly Fat, Weight Loss Tips)
Juicing For Weight Loss: 75+ Juicing Recipes for Weight Loss, Juices Recipes, Juicer Recipes
Book, Juicer Books, Juicer Recipes, Juice Recipes, Juice Fasting, ... diet-juicing recipes weight loss
Book 103) Vegan Protein Smoothies: Superfood Vegan Smoothie Recipes for Vibrant Health,
Muscle Building & Optimal Nutrition (Vegan Cookbooks, Vegan Smoothies, Vegan Smoothie
Recipes) (Volume 1) Nutri Ninja Recipe Book: Smoothie Recipes - 50 Delicious, Easy, and Healthy
Smoothie Recipes ã ã Look Good ã ã Feel Better ã ã Live Strong (Smoothie
Bible) The Juicing and Smoothie Recipe Book: The Complete Guide to Healthy Juices & Smoothies
ã ã Easy recipes for Weight Loss & Cleanses ã ã Suitable for the Nutribullet, ... Ninja
and Vitamix (Juicing for Beginners) ATKINS DIET: Weight Loss Secrets and a Quick Start Guide
For a New and Permanent You: Rapid Weight Loss Guide For Beginners, Rapid Weight Loss
Guide, Atkins Rapid Weight Loss Slow Carb Recipes: Simple Weight Loss Recipes To Lose 20
Pounds in 30 Days and Increase Energy Without Exercise!: Weight Loss Recipes (Slow Carb
Weight Loss Book 1) Atkins Diet: The Complete Atkins Diet Guide And Low Carb Recipe Plan For
Permanent Weight Loss And Optimum Health (36 Delicious, Quick And Easy, Low Carb Recipes for
Every Meal) CAKE COOKBOOK: The Top 100 Cake Recipes: cake recipes, cake cookbook, cake,
cake recipe, cake recipe book, delicious cake recipes (cake recipes, cake ... cake recipe book,
delicious cake recipes) Nutri Ninja Recipe Book: 70 Smoothie Recipes for Weight Loss, Increased
Energy and Improved Health (Nutri Ninja Recipes Book 1) Weight Watchers Cookbook: 14 Days
Diet for Weight Loss and Healthy Habits: (Weight Watchers Cookbook, 14 Days Diet, Weight
Watchers Recipes, Weight Watchers 2015, Weight Watchers Diet) South Beach Diet Smoothie
Cleanse: Weight-Loss, Detox, Anti-Aging , Quick and Delicious South Beach Diet Smoothie Recipes
to Lose Weight, Boost Brain Power and Increase Energy Hair Loss: Hair Loss Solutions for
Beginners - Hair Loss Basic Guide - Hair Loss Cure (Hair Loss Protocol - Hair Loss Black Book -
Hair Loss for Dummies 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)