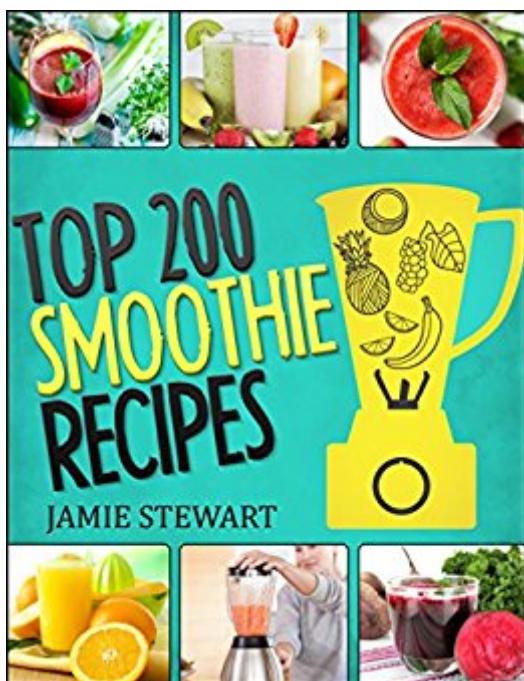


The book was found

Smoothie Recipes - Top 200 Smoothie Recipes: (Smoothies, Smoothie Cookbook, Vegan Smoothie, Paleo, Green Smoothie, Smoothie Recipes For Weight Loss, Smoothie Cleanse, Diet, Juicing, Healthy Food)



Synopsis

The Best Smoothie Recipes! Great Variety of Smoothies Suitable For Everyone, No Previous Experience Needed, Extremely Easy to Follow Directions! Free PDF file with photos available at the end of the book Do you make your healthy smoothies on a daily basis from habit? Do you even have a blender in your kitchen? If you are looking for a new way to eat healthier and better, this cookbook can be your great inspiration and a useful guide to the world of blending and juicing. Making a juicy and delicious smoothie is a great way to provide your family with some nutrient-rich foods such as vegetables, fruits, nuts, etc. If you do not already have this healthy habit, after reading this book, you will include the smoothies in your daily meal plan, perhaps. See for yourself, "200 Smoothie Recipes" will make your blending a breeze! Just three magic words "Unprocessed, Unsweetened, Natural Smoothie" is just as good as whole ingredients such as a whole apple, whole carrot or a glass of milk. Meal replacement smoothie is an important source of plant fiber, antioxidants and the other very useful nutrition. If you are in a hurry, you can drink your smoothie whenever you want, at any time of the day, in any occasion. You do not have to sit at the table, chewing your fruit or vegetables. You can simply take your meal with you. You can find simply recipes for a fruity start to the day in "200 Smoothie Recipes" cookbook. Then, you will find vegetable smoothies, which are the perfect snack between main meals, or simply and healthy dinner. When should you usually drink your favorite smoothie? Actually, there is no rule.

Book Information

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Customer Reviews

There are some great recipes here, very worth while reading, trying and modifying. The Cleveland Clinic has an idea that will make these recipes even more helpful for maintaining and enhancing your health. Robert C. Ross May 2015 How to Turn a Smoothie Into a Hearty, Healthy Bowl: Slow down and enjoy a health trend, by Kristin Kirkpatrick, MS, RD, LD | 4/30/15 For on-the go meals, smoothies have been an option for years. From the franchises you see around town to the make-at-home versions you've tried in your own blender, these thick drinks " when made properly and enjoyed in appropriate portions " provide a healthy meal alternative. But lately the trend is shifting from portable glasses to hearty bowls " and from grab and go to sit and enjoy. The "smoothie bowls" you've seen on Instagram or Pinterest take basic components of a smoothie, add less liquid and more thickening ingredients, and are topped with nutrient-dense, fiber-filled superfoods. Swap the straw for a spoon, and you've got a hearty dish. You end up with a combination of protein and fiber that leaves you feeling full without an intense spike in blood sugar. • Why choose a bowl? For one thing, making a smoothie bowl instead of an on-the-go drink encourages you to slow down and practice mindful eating. But perhaps more important, the bowl promotes variety in the form of toppings such as nuts, seeds and fruit. You end up with a combination of protein and fiber that leaves you feeling full without an intense spike in blood sugar. One note of caution: The toppings you'll see below are nutritional powerhouses such as nuts, seeds and grains.

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