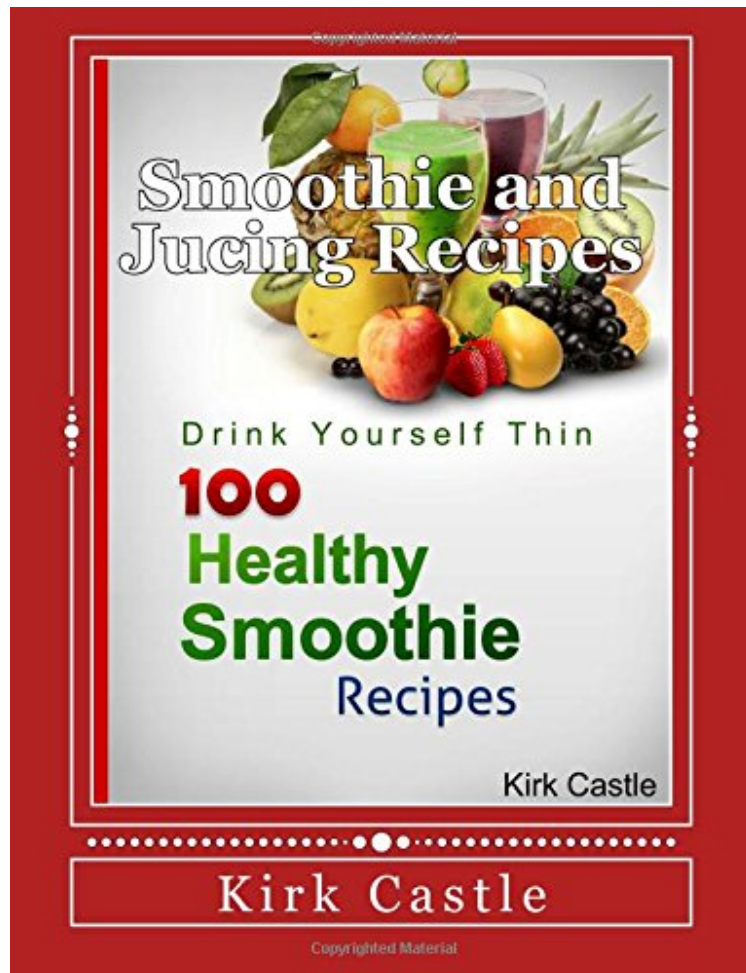


(Free) 100 Healthy Smoothie Recipes

100 Healthy Smoothie Recipes

Kirk Castle

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Kirk Castle : 100 Healthy Smoothie Recipes before purchasing it in order to gage whether or not it would be worth my time, and all praised 100 Healthy Smoothie Recipes:

8 of 8 people found the following review helpful. Green healthy smoothies are delicious! By Valerie Vonnegan At any point in time, someone in my house becomes obsessed with smoothies. Breakfast smoothies, after-workout smoothies, dessert smoothies - not a day goes by where we don't break out the blender or juicer for some reason or another. We were running short on recipes and I decided to splurge and try buying an ebook for recipes instead of trying to find good free recipes online (such a hassle). So happy that I decided to buy this book! My favorite smoothies are the healthy green smoothies. People ask what my "secret" to looking young is, and I usually just brush it off. To tell you the truth, however, the only secret is a clean lifestyle with lots of green foods just like these smoothies. These healthy smoothies are delicious! I was pleasantly surprised to find no real traces of any editing errors within this book. Like any good informed buyer, I scanned the previous reviews. It seems that the couple of lower-star ratings are now

invalid as the author gave a complete overhaul to the book. I highly recommend this book to anyone who considers themselves a fan of healthy smoothies. This would also make a wonderful gift for someone who is hoping to make healthy changes in their lifestyle. 3 of 3 people found the following review helpful. I'm not a "green" smoothie aficionado. By BeaOK so here's the thing - I recently bought a Vitamix and love it - but wanted to have other recipes than the ones it came with. I looked around AMZ and came across this book. It sounded good to me until I got it. The thing is I've not quite adapted my taste to all the "GREEN" things! I still need fruit mixed in and although this book does have some fruit/greens recipes it's just not the majority. Also the greens that he does use are things like dandelion greens, kale, mustard greens etc. which to me taste very bitter. So I've used one or two recipes but that's about it so far. If you aren't a fan of "greens" you might want to purchase a different book! 0 of 0 people found the following review helpful. A nice pick me up. By Eddie WannabeeA helpful guide to understand different fruits, but mostly greens, and the seasons in which they are available, plus the best ways to keep them fresh the longest. The recipes themselves are a take it or leave it, but the tone of the author is certainly a very positive one. He surely seems to be very familiar with the world of greens, and for a freshman in the wonderful world of healthy smoothies there is always a price to pay for information that will lead to greater knowledge. For example, I was not aware that oranges are not supposed to be kept in the refrigerator? Plus many more hints that will help select, and even discover a nice variety of greens that are healthy for the body, and the best season in which they can be found. At the end, I did not know if this author had all the credentials of a food expert, but one thing for sure I like the way he wrote the book, very friendly like, with plenty of information. Did the price equal the amount of information provided? That will be for the harsher critics to determine. I read this book once, have not picked it up again, and perhaps all the information could have been obtained for free with proper research. I have to admit that sometimes having the book is a little more reassuring, like the times when I used to purchase how to manuals for programs, or the new Safari operating system, only to read them once or twice, and then put them aside while the new versions came out and rendered them meaningless. Not so with fruits and vegetable, so as a reference guide this book gets 4 Stars.

Green smoothies are quickly taking the health world by storm. The basis of healthy green smoothies is surprisingly simple. A mixture of leafy greens such as kale or spinach, maybe a dash of green herbs, along with fruits and water or almond milk makes up a typical healthy green smoothie. Regardless of their simplicity, green smoothies are highly beneficial and tote many properties that lend to a healthier life. There are a number of benefits that drinking healthy smoothies offer. These benefits range from weight-loss to reduction in cravings. Healthy smoothies are a powerful dietary supplement. Healthy green smoothies offer an attractive way for us to receive the nutrients our bodies need without drastically changing our daily lives. If you dislike salads or have a problem consuming leafy greens you won't be forced to suffer through eating something you don't like to boost your health. Healthy smoothies taste delicious and many people quickly desire the taste. Even if you find the taste a bit disagreeable at first, you can still enjoy your smoothies. Simply mix in some fruit, flavored protein powder or even cocoa powder in your smoothie. This will mask the taste without affecting the nutrients you are receiving. You can enjoy smoothies any time of the day. They are extremely quick to make and taste great. Recipes are not mandatory, and you can easily create your own recipes based on your own taste and creativity. The benefits mentioned above only hit the tip of the iceberg when it comes to the benefits of healthy green smoothies. Not only can green smoothies drastically boost your health, but also reduce unhealthy cravings as well as improve your skin, hair and energy levels. Read this book and make healthy green smoothies a daily part of your diet and you will be pleased with the results.

This is far more than a cookbook and one that belongs on the kitchen counter top of every household concerned with health and getting (and staying) slim. Highly Recommended. - Grady Harp, October 13
Surprisingly, this book covers many tips including the chosen machine as well as the source of getting the ingredients to make healthy smoothies. It's not just the recipes! - Lancaster Collins Dec, 5th
From the Author
The Benefits of Healthy Smoothies: Smoothies, big deal, you say. You've had them before. But, in the past, you've thought of them as a frozen-fruit treat. The whole point with healthy smoothies is to maximize the greens, to add foods to your concoctions that you know are good for you but you perhaps rarely eat. If you need to, start with more fruit and less greens, but work your way up to the maximum green content. Remember, that's the point.
A Recipe Worth Trying: Chai Choice:
3 1/4 cups water/ice
1 Tbsp. chia seeds
Red leaf lettuce and/or chard leaves (with stems), blended into mixture to 6-cup line
1/2 tsp. stevia
4 black plums, pits cut out
2 bananas, frozen in chunks
3 cups frozen berries
Optional: dash of hot sauce
Blend first 3 ingredients until smooth. Add all other ingredients and blend well. Serve immediately, or refrigerate in glass jars for up to 24 hours and shake well before serving.
About the Author
Kirk Castle born in the Caribbean in 1974 to a small little known island called Trinidad and Tobago. I primarily enjoy writing Recipe books because I can't seem to ever leave the kitchen (my wife really loves that). I believe that great food can be the topic for any occasion and is the one thing that connects us all.