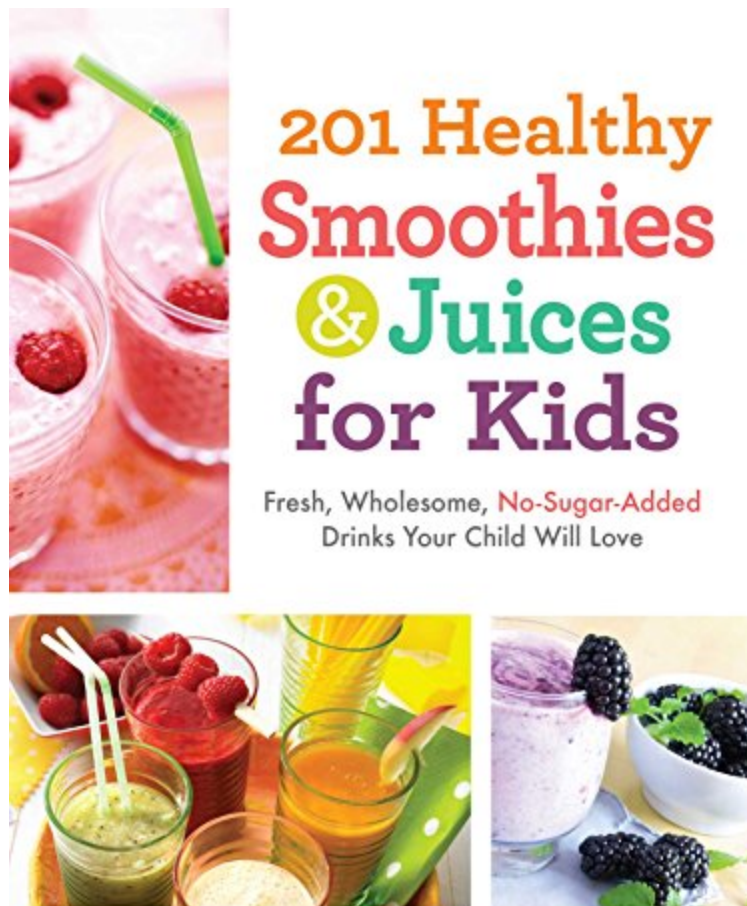


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## 201 Healthy Smoothies Juices for Kids: Fresh, Wholesome, No-Sugar-Added Drinks Your Child Will Love

Amy Roskelley

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AMY ROSKELLEY, Founder of SuperHealthyKids.com, with NICOLE CORMIER, RD, LDN

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**Amy Roskelley : 201 Healthy Smoothies Juices for Kids: Fresh, Wholesome, No-Sugar-Added Drinks Your Child Will Love** before purchasing it in order to gage whether or not it would be worth my time, and all praised 201 Healthy Smoothies Juices for Kids: Fresh, Wholesome, No-Sugar-Added Drinks Your Child Will Love:

3 of 3 people found the following review helpful. Delicious!By MS mom of 1I've made many of the recipes in this book and they are really good. My only complaint is that some of the juice ones don't make very big quantities. Even though the recipe states it's a "big batch" recipe it only yields maybe two half cup servings. To me big batch means it makes enough for several full glasses. Great book though, especially if you are new to smoothies and juicing.4 of 4

people found the following review helpful. Packed full of recipesBy ElinLove how you can search under certain ingredients in the back and find all of the recipes. If you have blueberries or strawberries on hand, there are recipes listed under that fruit so you don't have to go searching through the book. I have used this recipe book time and time again.0 of 0 people found the following review helpful. Five StarsBy customer #12Lots of yummy and healthy recipes!

More than 200 delicious alternatives to sugary drinks!Quenching your kids' thirst in a healthy way is easier than ever! Now you can whip up these delicious and nutritious smoothies and juicesand your kids will be begging for more!Let them drink upwhat they don't know about all the vitamins, minerals, antioxidants, and phytonutrients they're getting won't hurt them. In 201 Healthy Smoothies and Juices for Kids, you'll find all the essential recipes you need to replace boring, sugary, one-fruit bottled juice with satisfying, nourishing combinations that will:Boost young immune systemsBalance natural sugars with essential vitamins and nutrientsSneak in extra servings of fruits and vegetables even the pickiest eater won't pick up onReplace soda and pricey store-bought drinksfor good!With this book, you'll introduce your children to the wonderful flavors of fruits and vegetables with every delightful glassand your kids will be begging for more!

"This little book may be small in size but it is big on flavor with 200+ nutrition packed smoothies and juices that will appeal to adults as well as kids. I highly recommend this gem for anyone interested in boosting or maintaining their child's health." --DCL CooksAbout the AuthorAmy Rosekelley, Founder of SuperHealthyKids.com (Lehi, UT), is a mom of three and a graduate of Health Education. She counseled Department of Health employees on healthy lifestyles for ten years. SuperHealthyKids.com won the Jamie Oliver Food Revolution Blog of the Month in January 2011.