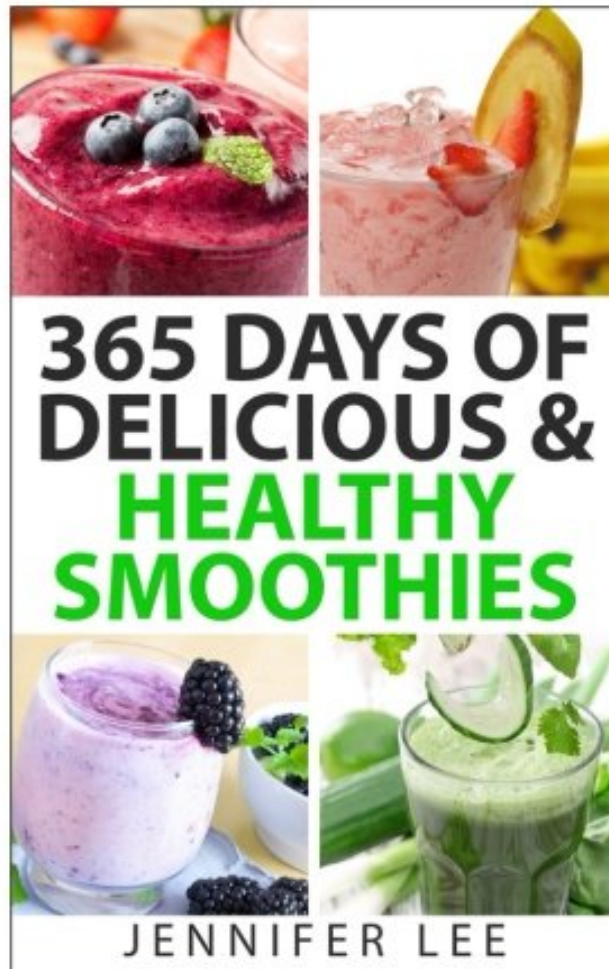


[FREE] 365 Days of Delicious Healthy Smoothies: 365 Smoothie Recipes To Last You For A Year

365 Days of Delicious Healthy Smoothies: 365 Smoothie Recipes To Last You For A Year

Ms. Jennifer Y. Lee

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Ms. Jennifer Y. Lee : 365 Days of Delicious Healthy Smoothies: 365 Smoothie Recipes To Last You For A Year
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Healthy Smoothies: 365 Smoothie Recipes To Last You For A Year:

10 of 10 people found the following review helpful. Don't need to sneak in greens for my kidsBy Sb WhartonI couldn't

figure out what to mix with the greens on my smoothies and I always had lumps of greens whenever I make some for my family. This book really helped me make excellent smoothies and my kids love them. I never have to figure out a way to sneak some greens into their food again. The only downside to this book is the lack of pictures. I would have loved to see more pictures. With 365 recipes my children will not get bored and neither will I. My nutritionist told me to always eat as clean and as close to nature as I can. Now I have a list of smoothies that will help me and my families eat right. This book was a very good read. 6 of 6 people found the following review helpful. Good recipe and how-to book
By Book Lover
I've been a smoothie fanatic for years and I thought I've learned everything there was to know about smoothies until I got this book. The author does an excellent job of explaining what makes an excellent smoothie and how to make them. 9 of 10 people found the following review helpful. Worst Table of Contents
By Deeann Morua
My review is not based on how good or bad the smoothies taste, but on the layout of the ebook. Most recipe type ebooks will list each item in the table of contents, so you can easily look at that recipe. This book does not do that. You have to go page by page to find the ones you want to try, bookmark them, and then go through your bookmarks to find the one you are looking for. The instructions for how to mix the smoothie are the same for each smoothie - she lists the 4 steps after each smoothie. All that does is double the amount of pages you have to tab thru so that brings it to 730 pages minimum for the 365 smoothies. There could have been one page in the beginning stating "Steps for mixing the smoothie." Not user friendly. I doubt I will try very many since I don't want to tab through 730 pages trying to find ones that sound good.

Do you want to join the Smoothie Revolution? Whether you're a beginner or a fitness freak, who's been making smoothie for years, you'll find some of the most delicious and simple smoothie recipes in this book. This Book Will Help You:
• With over 365 delicious smoothie recipes to last you for an entire year
• Learn how to pick the right ingredient combinations for your smoothies
• Teach you how to pick the right blender for your smoothies
• Discover how to use your blender to make the perfect smoothies that don't clump up and leave you in a mess
• How to prepare your ingredients
My Smoothie Guide Also Addresses Questions Like:
• What is the right ratio of ingredients to make tasty smoothies?
• What are the correct proportions of ingredients to use for weigh/fat loss?
• Is fresh always best for making smoothies?
• What are some of the nutritional benefits of the ingredients you put in your smoothie?
What Some People Say About Me:
"One of the biggest lessons I've learned from Jen is that smoothie making is as much of an art as it is a science. Smoothie making is about discovering what your preferences are and working on it to make your perfect smoothie."
Eden Hartmann, Executive Pastry Chef
"What I love about Jennifer's classes is her passion for teaching. She has given me a lot of confidence when it comes to making smoothies."
Mellissa Hertz, marathoner
"While Jen's experience and knowledge of making smoothies is what created this book. Her passion for teaching is what makes it a priceless resource for making smoothies."
Mary Onozawa, triathlete
A Personal Note From the Author Making smoothies has always been one of my biggest passions. I've been making smoothies for quite some time now and I realize that it's the perfect intersection of my passion for fitness and my work as a pastry chef. Smoothies have made a very big impact in life and it has helped me make healthier choices. My goal is to make smoothie making accessible to you by giving you a year's worth of smoothie recipes. No recipe is set in stone but with this book I'm hoping to guide you with some unique flavor combinations that you might enjoy. Hopefully you can start making smoothies that are perfect for you.