

(Free) 42 Vegan Protein Shakes and Smoothies: Quick, Easy and Perfect for Clean Eating

42 Vegan Protein Shakes and Smoothies: Quick, Easy and Perfect for Clean Eating

Kelli Rae

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Kelli Rae : 42 Vegan Protein Shakes and Smoothies: Quick, Easy and Perfect for Clean Eating before purchasing it in order to gauge whether or not it would be worth my time, and all praised 42 Vegan Protein Shakes and Smoothies: Quick, Easy and Perfect for Clean Eating:

4 of 4 people found the following review helpful. Great for vegans and non-vegans alike By Irene What a great collection of healthy and vegan shakes! I am not vegan, but I was looking for a way to consistently eat healthy, which

this book covers well. **STRUCTURE.** True to title, the bulk of the book consists of 42 smoothies and protein shakes. Each recipe consists of one serving size's worth of ingredients and instructions for preparation. Although preparation for smoothies and shakes may seem straightforward, I appreciated the detailed instructions for each recipe in terms of whether or not liquid, solid, or frozen goods go in first and how to make the consistency just right. **CONTENT.** My favorite part of the book was the tips and tricks at the beginning about how to make smoothies faster and more flexibly to accommodate a busy lifestyle. I wish Kelli Rae had written more about this! The recipes themselves are varied usually involving a combination of fruit (bananas, blueberries, etc), thickener (protein powder, flax seeds, etc), and liquid (almond milk, etc). The diversity of recipe was surprising since I was expecting a book with different permutations of fruit. This is not the case! The author really takes the time to pair flavors and make the best smoothies possible. **OVERALL.** Would recommend for vegans and non-vegans alike. The recipes are compiled with great care, and 42 recipes is by far more than you need to make vegan smoothies a more consistent part of your life. 0 of 0 people found the following review helpful. **Healthy And Tasty!** By Customer I was very happy that a lot of these shake mixes were sweet and yet they were mixed with spinach and/or kale. I also liked the special parenthetical info included with each shake recipe. 0 of 0 people found the following review helpful. I liked it By lrbtwisted "Smoothies" are a no-brainer once you know the foundations. This book will give you that information and many combination ideas.

42 Amazingly Simple Vegan Protein Shakes and Smoothies PERFECT for anyone who wants to eat a healthy meal or snack but has very little time to spare. 42 Vegan Protein Shakes and Smoothies: Quick, Easy and Perfect for Clean Eating is all about feeling good and becoming healthier while also making a meal quicker and easier. What is a solution? Smoothies and protein shakes! Besides just being a healthy meal, they are also convenient because they can be consumed at any time during the day. They can also help fight a "sweet tooth". You may even lose some weight and also save some money on your grocery bill. There are a wide variety of ingredients in these recipes, including: • Strawberries • Chia seeds • Almond milk • Watermelon • Cherries • And more! These recipes are unique, enjoyable and also include a healthy fact about an ingredient in each recipe. Want to learn more? Download Your Copy Right Now! Just Scroll to the top of the page and select the Buy Button.