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Malia Smith

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Malia Smith : 80 Time Honored Smoothie Recipes: Great Smoothies to Suit All Tastes: The Best Smoothie Recipes to Suit All Occasions before purchasing it in order to gage whether or not it would be worth my time, and all praised 80 Time Honored Smoothie Recipes: Great Smoothies to Suit All Tastes: The Best Smoothie Recipes to Suit All Occasions:

0 of 0 people found the following review helpful. Loads Of Recipes In This BookBy Gold Coast GalI bought this book because it offered so many great smoothie recipes all in one place..and it did not disappoint! There are eighty yummy smoothie recipes all split in easy to find sections such as 'sugar free""vegan" "energy boosting" etc. The only thing that would have made this book better for me would have been a few more pictures.. I always look for pictures that make my mouth water..then I look for the recipe.Overall though a great selection of smoothie recipes all in one place!0 of 0 people found the following review helpful. Lots of variety and interesting combinationsBy Rachael P.I love smoothies and bought this book to find more recipes. The recipes are yummy and different than most other smoothie books I have. There are some interesting combinations I hadn't thought of including adding uncooked oats. The author recommends sweetening with splenda but I prefer to use the natural stevia. Overall, good variety of recipes and lots of options so you don't get bored.0 of 0 people found the following review helpful. Very useful recipesBy DonaldI like the fact that there are so many recipes in this book. The book author states clearly that the recipes can be tweaked to better suit a person's taste if necessary. This process is much easier than what I thought it would be and this book is the perfect resource. I've been waiting for a kindle book like this and was not disappointed to read this one.

80 Time Honored Smoothie Recipes: Great Smoothies to Suit All Tastes" is a book which highlights

About the AuthorMalia Smith really knows her smoothies. She was exposed to the process of making smoothies from an early age and it has carried through to her adulthood. She introduced the process to her colleagues while she was in college and they all found it to be rather beneficial especially when finals were upon them and they had no time to prepare a meal as studying was the only thing on their minds. As Malia realized that the general culture was changing and that more and more individuals were seeking other alternatives to slaving over a hot stove and preparing a nutritious meal or simply buying fast food, she saw the opportunity to reintroduce the world to the benefits of smoothies through her book. Malia is aware that the process is simple and easy and really benefits the individual that opts to do it. A well prepared smoothie is a great meal replacement and will provide the body with long lasting energy until the next meal. She also targets those who are trying to lose weight but seem to be having road blocks.