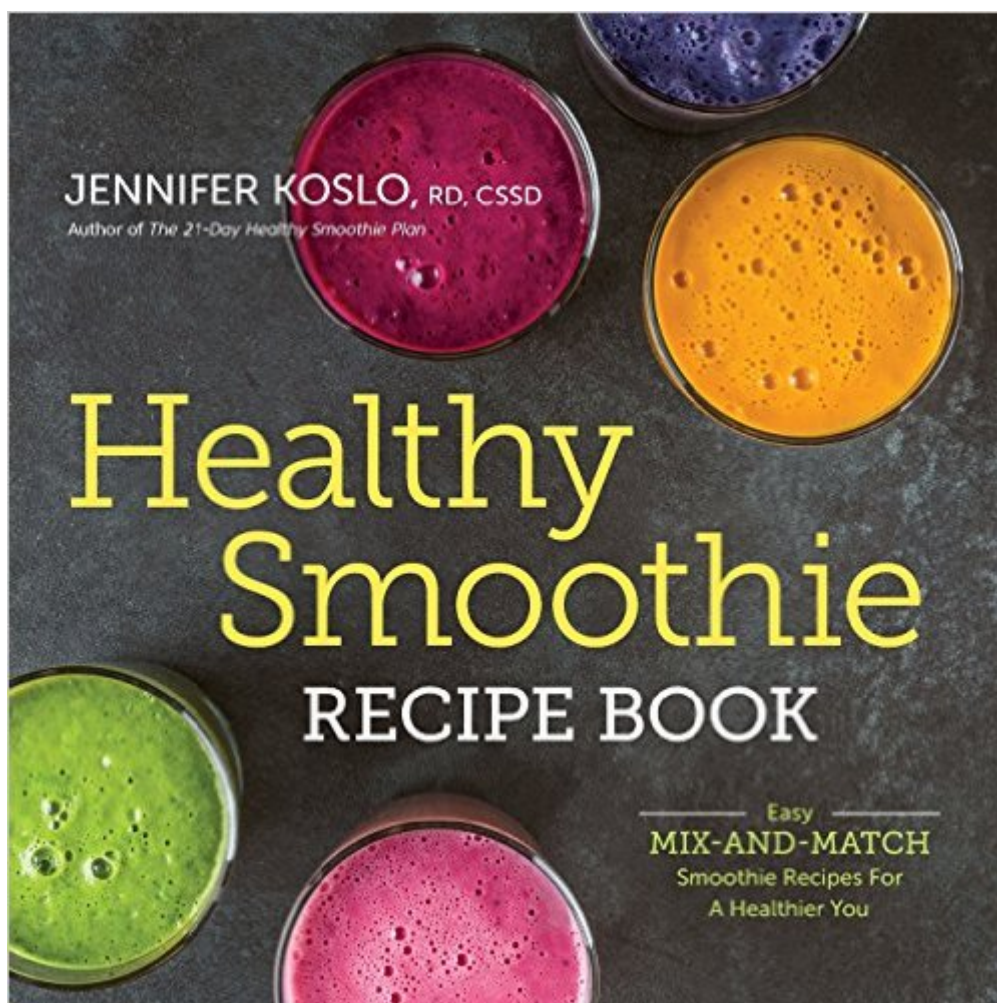


The book was found

Healthy Smoothie Recipe Book: Easy Mix-and-Match Smoothie Recipes For A Healthier You



Synopsis

Healthy Smoothie Recipe Book: Easy Mix-and-Match Smoothie Recipes for a Healthier You From registered dietician Jennifer Koslo, Author of The 21-Day Healthy Smoothie Plan Enjoy nearly endless options for imaginative and healthy smoothies with more than 100 nutritious, easy-to-make recipes. The Healthy Smoothie Recipe Book is packed with tasty mix-and-match ideas for crafting creative smoothiesâ from brain-boosting breakfasts to supercharged afternoon snacks. Whatever you crave, The Healthy Smoothie Recipe Book is your go-to guide for creating customizable smoothies that are perfect for you. Cutting calories? Choose low-fat ingredients for lighter versions. Spicing things up? Handy spice charts give your smoothies an extra kick. Stumped for ideas? Mix-and-match charts help you customize smoothies to your tastes. Smoothie troubleshooting tips: Too thick? Too bland? Too watery? Thereâ™s a smoothie solution for that. Handy dietary labels: Colorful icons match smoothies to health goals, from weight loss, immune boosting, and more. Jennifer Koslo, PhD, RD, CSSD, is a registered dietitian, a board certified specialist in sports dietetics, and a nationally recognized nutrition expert who has impacted hundreds of peopleâ™s lives through her nutrition consulting work and her writing.

Book Information

Paperback: 208 pages

Publisher: Rockridge Press (December 30, 2015)

Language: English

ISBN-10: 1623156718

ISBN-13: 978-1623156718

Product Dimensions: 8 x 0.6 x 8 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 starsÂ Â See all reviewsÂ (119 customer reviews)

Best Sellers Rank: #32,989 in Books (See Top 100 in Books) #42 inÂ Books > Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies #203 inÂ Books > Cookbooks, Food & Wine > Cooking Methods > Quick & Easy #769 inÂ Books > Cookbooks, Food & Wine > Special Diet

Customer Reviews

So I got a new blender for Christmas and what an incredible book to get me started with different things that I can do with my new blender! I always thought it was basically yogurt, fruit and ice....man was I ever wrong! The Healthy Smoothie Recipe book was so perfect for me and what I want out of a smoothie!So, when you get this smoothie book there is a nice little table of contents to

get you started. In this book your chapters are; custom smoothies for vibrant health, detox and cleanse, inflammation fighters, weight loss and diabetes, digestion support, brain and energy boosters, immune support, anti aging and beauty, muscle bone and joint support, heart healthy, overall wellness. In the back of the book there is a section called the dirty dozen and the clean fifteen. They give you a table of the dirty dozen fruits and veggies that you should only buy in the organic section of the store and then they give you a list of 15 fruits and veggies that are more safe to buy non - organic. This is some really helpful information that I never even knew existed! There is a short glossary, a recipe index and an index for all of the recipes in this book! So, after checking out A LOT of different recipes and really not knowing which one to go with first, I figured one with berries in it would be a great start! So, the recipe that I tried can be found on page 164, Raspberry Heart Smart. In my concoction I used blackberries and strawberries instead of raspberries and bananas, other than that I stuck to the rest of this recipe. Not only did I find this recipe easy to make, but so yummy to my tastebuds! Even my 3 year old daughter told me it was nummy! There is so much information in this book to help you decide what to buy for whatever reason you're making your smoothies!

[Download to continue reading...](#)

Healthy Smoothie Recipe Book: Easy Mix-and-Match Smoothie Recipes for a Healthier You
Smoothie Recipes - Top 200 Smoothie Recipes: (Smoothies, Smoothie Cookbook, Vegan Smoothie, Paleo, Green Smoothie, Smoothie Recipes For Weight Loss, Smoothie Cleanse, Diet, Juicing, Healthy Food) Smoothies: 365 Days of Smoothie Recipes (Smoothie, Smoothies, Smoothie Recipes, Smoothies for Weight Loss, Green Smoothie, Smoothie Recipes For Weight Loss, Smoothie Cleanse, Smoothie Diet) Green Smoothies - Top 200 Green Smoothie Recipes: (Green Smoothies, Green Smoothie Recipes, Green Smoothie Cleanse, Green Smoothie Diet, Green Smoothie for Everyday, Healthy Juice) NUTRIBULLET RECIPES FOR KIDS: 100 Quick and Easy Nutribullet Recipes: Healthy Smoothie Recipes, Nutribullet Recipe Book, Easy Smoothies for Kids, Delicious Smoothie Recipes Recipe Book: The Best Food Recipes That Are Delicious, Healthy, Great For Energy And Easy To Make (Healthy Cooking, Easy and Healthy Recipes, Recipe Cookbooks) SMOOTHIES: Antioxidant Power Super Healthy Smoothie & Ice Kreme Recipes For Kids (Smoothie Recipes, Green Smoothies, Healthy Eating For Kids, Juicing, Vegan, Weight loss) 10 Day Green Smoothie Cleanse: Detox Your Body with 10 Day Green Smoothie Cleanse and Lose Weight with Low Carb Cookbook (smoothies, green smoothie recipes, ... cookbooks, smoothies , sugar detox) 10 Day Green Smoothie Cleanse: Lose 15lbs with 10 Day Green smoothie diet For Weight Loss. Weight loss green smoothie recipes, green smoothies: Sip Up, Slim Down ! Lose upto

15 Lbs in 10 Days! The Mix & Match Guide to Companion Planting: An Easy, Organic Way to Deter Pests, Prevent Disease, Improve Flavor, and Increase Yields in Your Vegetable Garden Delicious Cake Mix Cookie Recipes! (Delicious Cake Mix Desserts! Book 1) Hiking Trail Mix Recipes: A Camping Snack Mix Cookbook (Campfire Cookbook 2) Red Smoothies: Over 80 Blender Recipes, weight loss naturally, green smoothies for weight loss,detox smoothie recipes, sugar detox,detox cleanse juice,detox ... - detox smoothie recipes Book 260) The Successful Match 2017: Rules for Success in the Residency Match Concrete Mix Design (Mix Design Methods Book 1) Shakespeare Insult Generator: Mix and Match More than 150,000 Insults in the Bard's Own Words Doll Days! Sew an Everyday Wardrobe for 18" Dolls: Stylish Patterns to Mix, Match & Embellish The Mix & Match Color Guide to Annuals & Perennials Creative Cursing: A Mix 'n' Match Profanity Generator Pure Green: 100+ Delicious Green Smoothie Recipes For A Sexier, Healthier, More Vibrant You!

[Dmca](#)