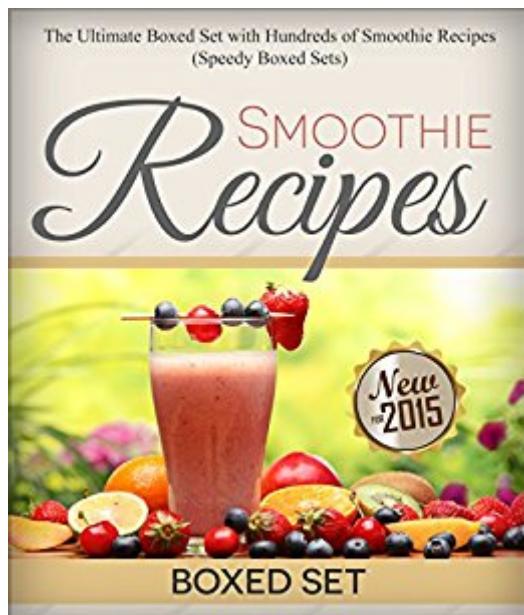


The book was found

Smoothie Recipes: Ultimate Boxed Set With 100+ Smoothie Recipes: Green Smoothies, Paleo Smoothies And Juicing



Synopsis

This boxed set of three smoothie books covers how smoothies benefit your overall health and can help you to achieve your weight loss goals as well. There are tips and recipes throughout the collection of books.

Book Information

File Size: 2763 KB

Print Length: 484 pages

Publisher: Weight A Bit (June 13, 2014)

Publication Date: June 13, 2014

Sold by: Digital Services LLC

Language: English

ASIN: B00M5P6LU6

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #347,521 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #68 in Books > Cookbooks, Food & Wine > Kitchen Appliances > Juicers #83 in Books > Cookbooks, Food & Wine > Kitchen Appliances > Blenders #93 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Cooking by Ingredient > Fruits

Customer Reviews

Excellent recipes. I am not sure why this is called a boxed set in the Kindle version, but the recipes are well written and several I tried were delicious. Here's a basic recipe that I like playing with. If a guest doesn't like the taste of kale, this works great: Serves 1 Ingredients 3/4 cup chopped kale, ribs and thick stems removed 1 small stalk celery, chopped 1/2 banana 1/2 cup apple juice or one small apple 1/2 cup ice 1 tablespoon fresh lemon juice Directions 1. Place the kale, celery, banana, apple juice, ice, and lemon juice in a blender. 2. Blend until smooth and frothy. Leave out the banana and apple if you like the taste of kale as I do; substitute oat milk for water for better heart health. Let your imagination be your guide; you can't really go wrong. :) And, maybe you should move from a glass and straw to a bowl; the Cleveland Clinic makes the case: The authoritative Cleveland Clinic has some good advice: For on-the go meals, smoothies have been an option for years. From the

franchises you see around town to the make-at-home versions you've tried in your own blender, these thick drinks " when made properly and enjoyed in appropriate portions " provide a healthy meal alternative. But lately the trend is shifting from portable glasses to hearty bowls " and from grab and go to sit and enjoy. The "smoothie bowls" you've seen on Instagram or Pinterest take basic components of a smoothie, add less liquid and more thickening ingredients, and are topped with nutrient-dense, fiber-filled superfoods. Swap the straw for a spoon, and you've got a hearty dish.

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