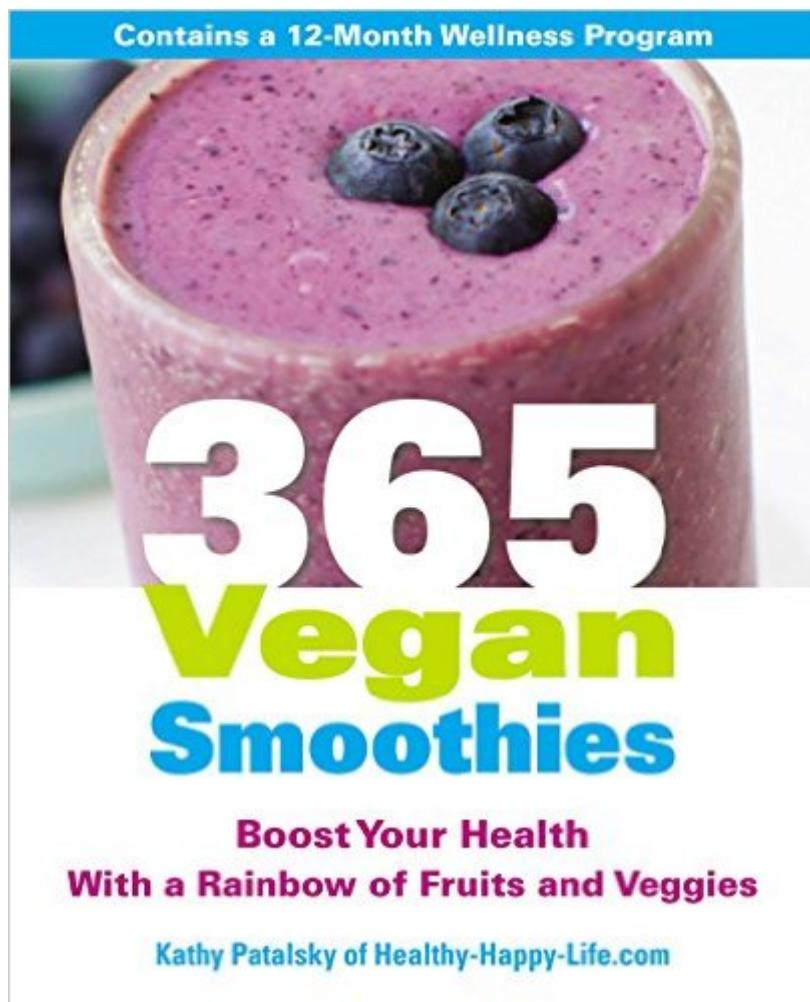


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365 Vegan Smoothies: Boost Your Health With A Rainbow Of Fruits And Veggies



Synopsis

With 100,000 Twitter followers and a blog that receives half a million unique visitors a month, food writer Kathy Patalsky loves sharing her passion for healthy, vegan cuisine. With 365 Vegan Smoothies, she makes it possible for everyone to enjoy this daily diet enhancement that is free of animal products (even honey) and the saturated fats, chemicals, and hormones that often accompany them. From her frosty sweet "Peach Pick-Me-Up" to green smoothies such as her revitalizing "Green with Energy," Patalsky's innovative smoothie recipes are built around themes such as brain boosters, weight loss, healthy digestion, and detoxification. She also includes mood tamers, such as the "Cheerful Chocolate Chia," with B-complex vitamins and omega fatty acids to boost serotonin levels. Featuring vibrant color photographs and simple steps to stock a healthier pantry, 365 Vegan Smoothies serves up the perfect blend for everyone.

Book Information

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Customer Reviews

I bought this book about 2-3 weeks ago and have made a different smoothie almost every day. They have all been very easy and delicious! I'm also a coffee addict and I swear I feel my addiction going away (I've been having a smoothie for breakfast). I try to eat about 60% vegan most of the time (but I still eat meat and dairy every now and then). But even if you're not a vegan and just looking for ways to get more fruits and vegetables into your diet, this book is perfect. We have a local grocery store that stocks mostly organic produce and natural products so I have no problem finding all of the ingredients (like chia seeds, for example), but most of the recipes call for everyday

items you could find anywhere. The range of combinations of ingredients will keep you far from bored. I've even started making some of the chocolate/peanut butter smoothies for dessert for my husband. They are much healthier than some other things we usually eat for dessert. My biggest tip is to stock up on ripe bananas and keep your freezer stocked with them. September Update: I found the first smoothie recipe I just couldn't stomach. It was a spicy arugula and red beet smoothie. I like both ingredients but couldn't stand it as a drink and had to pour it out. I guess with 365 smoothies there are bound to be some that I don't like. I just didn't want my review to be "too" glowing. I still think it deserves a 5 star rating overall.

We ordered 365 Vegan Smoothies, and I love it!!! We are health-conscious vegan, so, I'm not a fan of vegan 'junk' food, or anything high-sugar/ high-fat. And, I caution folks against going 'overboard' and blending, for example, 5-6 fruits all at once in a smoothie. Love that Kathy Patalsky's recipes are very well-balanced, and include some super-foods, etc. She has a variety of smoothies for energizing, detox, calming, immunity, and more, but with natural/ whole-foods 'boosts' instead of questionable powders, etc. that one might get at a smoothie shop. Great recipes, that have all been tested to taste great! (So, no smoothie 'oops!' like we've accidentally made on occasion from ingredients that just didn't go well together!) So glad to have this recipe book: it lives right next to our Vitamix!

Kathy Patalsky delivers 365 Vegan Smoothies, a 12 month wellness program, tips, photos and more. In her Foreword, she explains the health benefit of smoothies, including information for those who want simple and fast. She also highlights information on breakfast opinions, and nutritious choices. This book is informative, concise, and educational. The author gives reasons to drink smoothies, and why vegan smoothies are important. In addition, she includes 10 types of smoothies, myths and facts, and tips on Smoothie ingredients. There is additional information on kitchen tools, and helpful tips. The types of Smoothies include: detox; energizing; Slim-Down; strengthening; Calming; Brain-boosting; Healthy-Digestion; Healthy Heart; Anti-Aging; Mood-Boosting; Immunity-Boosting; and Beauty-Boosting. There are 5 tips for working without a high-speed blender. Also, there are Substitutions for: Greens; Citrus; Berries; Creamy texture; Roots; Sweeteners; and more. Some of the Smoothie Recipes include: JAZZY GINGER GRAPE; DANCING BLACKBERRY; FRESH STRAWBERRY -MATCHA MORNING; HOT PINK FROSTY; and many more tasty recipes. I made the COFFEE-BANANA FREEZE, and the FROZEN RASPBERRY LEMONADE Smoothies. They were delicious, and filling. As we try new recipes, I will

leave updates. Enjoyable, simple, and healthy. Highly recommended!

I was a bit disappointed to see that the first 76 pages are explanatory and informational only (with no recipes). BUT, there really are 365 vegan smoothie recipes that are separated in categories -- (1) detox; (2) energize; (3) slim-down; (4) strengthening; (5) calming; (6) brain-boosting; (7) healthy-digestion; (8) heart healthy; (9) anti-aging; (10) mood boosting; (11) immunity boosting; and (12) beauty boosting. I've been a vegan for over 20 years so I am very familiar with nearly all of the ingredients in this book. Some are easily found at Whole Foods but maybe not in your average neighborhood grocery store (acai berries, buckwheat groats, hemp seeds, cacao nibs). If you don't have a store near you, there are plenty of other recipes that include very normal and healthy ingredients. And the author also notes substitutes if some ingredients are not readily available. I have numerous vegan cookbooks. Numerous!! This cookbook gets pushed to the top of my list. If you are into smoothies already or want to start getting into smoothies, this book is ideal. (Nutritional information is also listed after each recipe which is incredibly helpful.) I don't think you will be disappointed if you buy this book. It's a whole lot of information and recipes for a very reasonable price.

This book hasn't left my counter top since it arrived. I've made 2-3 smoothies a day since I got this book and my husband and I are loving these recipes! They are delicious, made of easy-to-find ingredients, include a variety of types of smoothies (including some with matcha and others with some coffee), and this is really helping me with my eating goals. When I plan on having a smoothie as a snack, it helps me avoid grazing on whatever else is around, and from going through a coffee shop drive-through. The sections in the book are very helpful too. Depending on what I want and what time of day it is, I just go the appropriate section and pick one. I guess it's not what the author intended (I skimmed but haven't thoroughly read the first part of the book), but it's working for me. I think she usually calls for soy milk, and I've instead used almond milk or an almond/coconut blend, and it has come out fine every time. When she calls for soy yogurt, I used coconut yogurt and that was fine too. I love this book. Compared to the other smoothie books I have, which I haven't used very much, either because I didn't like the recipes once I made them, or I couldn't find the ingredients, this one's the keeper by a long shot.

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