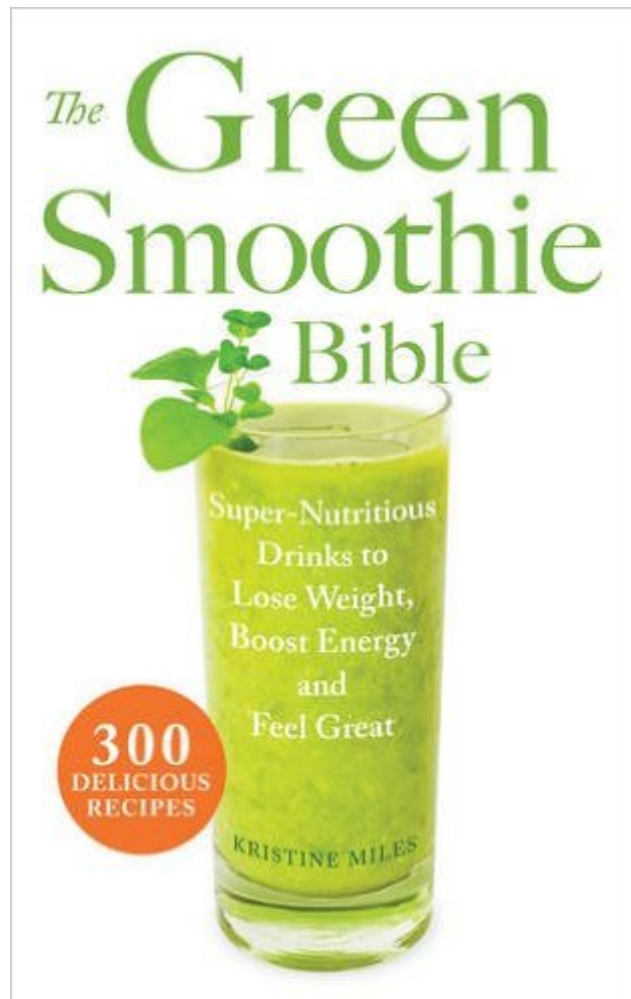


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# The Green Smoothie Bible: 300 Delicious Recipes



## Synopsis

**SUPERFOODS IN EVERY SIP** You know a daily diet rich in fruits and vegetables can maximize your health and well-being. But did you know that drinking a smoothie every day made from fruits and vegetables can dramatically increase the amount of life-saving nutrients your body takes in?&#149; Lose Weight&#149; Detoxify the Body&#149; Increase Energy&#149; Fight Heart Disease&#149; Prevent Diabetes, Depression and Certain Cancers&#149; Boost the Immune System&#149; Improve Skin and Hair More than 300 inviting recipes in *The Green Smoothie Bible* show how to combine leafy green vegetables and delicious, antioxidant-rich fruits into the most nutritious drinks imaginable&#151; leaving you healthy and feeling amazing inside and out.

## Book Information

Paperback: 240 pages

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Average Customer Review: 4.3 out of 5 stars Â Â See all reviews Â (252 customer reviews)

Best Sellers Rank: #113,088 in Books (See Top 100 in Books) #29 in Â Books > Cookbooks, Food & Wine > Kitchen Appliances > Blenders #108 in Â Books > Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies #1024 in Â Books > Health, Fitness & Dieting > Nutrition

## Customer Reviews

This is the tenth green smoothie book I've bought. It's GOT to be my last! The book opens with with an excellent, easy-to-understand tutorial on everything you need to know about incorporating green smoothies into your diet. This section is not overly long-winded, as in similar books. As might be expected, there is a hard sell towards consuming a high-raw-foods diet. The author discloses her favorite appliance for green smoothies, and it's not one of the two big names in high-speed blenders! She also discusses her favorite brand of superfood, and why. What I like most about this book is that the author categorizes recipes according to specific benefits. For example, she has some blends meant for enhancing bone health, high-fiber, cardiovascular health, high-antioxidant, low glycemic load, etc. A short introduction to each section explains the author's understanding of said condition which gives rise to how and why the recipes were developed as such. Yes, other

authors offer a smoothie for better skin, but it may just be lumped in with other sorts of recipes. There are other types of categories, too, like savory smoothies and dessert smoothies. Each recipe is meant to render about 1 liter of green smoothie, or two servings. The recipes are way too fruit-heavy for my personal liking. I wouldn't eat that much fruit out of hand. If you're like me and would like to use less fruit, I recommend

I bought this book, because a friend had been drinking green smoothies for about a month and loved how she was feeling. This is one of two books on green smoothies that I bought. I wanted a lot recipes and I love getting different perspectives from different authors. What I love about the book is that she gives you information on different herbs, how to grow sprouts and how to make different nut milks. What I loved best is how I feel. I sleep like a rock. I'm having a lot less stomach issues...IBS. My energy level is way up. Because I have more energy I'm more likely to go to the gym after work. Most people like to have their smoothie for breakfast. I make a big batch enough for a two to three days. I pour them in two to three large water bottles. This is so all I have to do is grab my smoothie on my way out the door and drink it either on my way to work or at work. Check the thickness of your smoothie before you leave your house is you plan to drink your smoothie on your way to work. Green smoothies tend to thicken up especially if you use apples. Just add some water until you reach the thickness of your choice. I still love my cup of coffee in the morning. When you first start making your smoothies keep it simple and use the fruits and greens you like. As you start to feel confident they you will start adding different greens. Buy a good blender, but don't feel obligated to spend a ton of money on a blender. I have a small group of friends that are blending. I bought a KitchenAid blender KitchenAid KSB565SM 5-Speed Blender with 48-Ounce Glass Jar, Silver Metallic that cost me \$99.

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