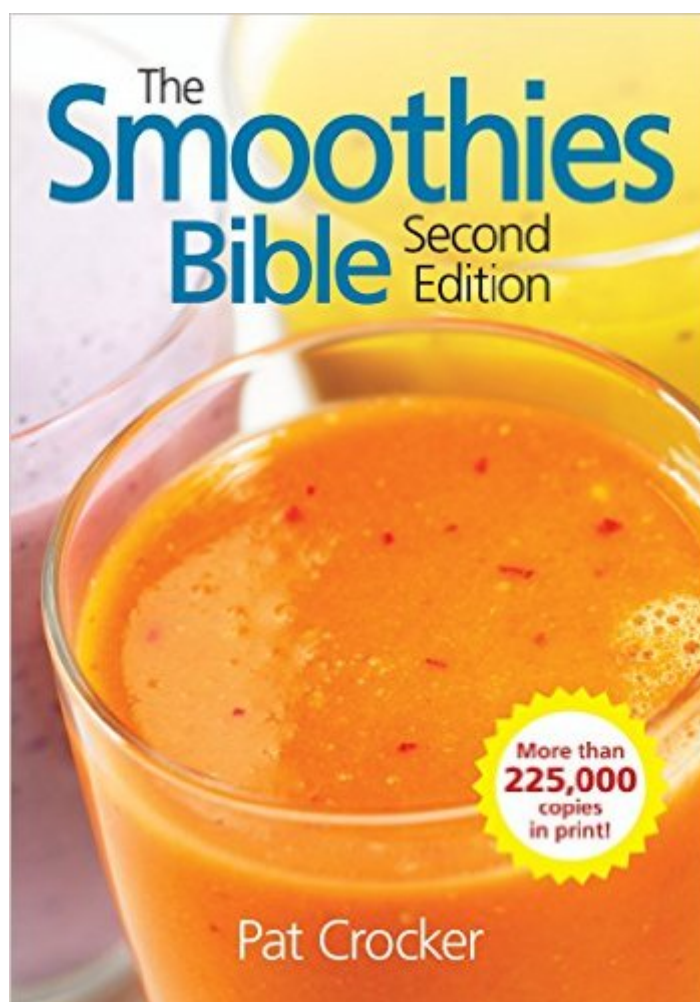


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# The Smoothies Bible



## Synopsis

A companion reissue to The Juicing Bible with an additional 16 new photographs. With more than 225,000 copies in print The Smoothies Bible continues to be one of the bestselling smoothies books today. In response to consumer demand, we've decided to reissue this successful seller with an additional 16 color photographs, which takes the total photo count up to 32. As always, smoothies are a fast, easy and great-tasting way to achieve good health. Home cooks can now introduce even more antioxidant fruits and vegetables into their daily routine. The Smoothies Bible makes it easy. More than 400 healthy smoothie recipes that include fruit smoothies like flu fighter #1 and berry bonanza to mango madness and nectar of the gods. Get a daily dose of vegetables with peppered beet, squash special, zippy tomato or gazpacho smoothies. More than 100 fully illustrated profiles of fruits, vegetables and herbs. 80 common health concerns matched with healing smoothies. In addition to the hundreds of recipes and practical health information, what really sets this book apart is its "The Healthy Body Systems" section, which features information on the seven major body systems as well as diet and lifestyle changes that will help keep these systems working as well as they can.

## Book Information

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## Customer Reviews

I got this from the library first and didn't want to return it after having it for 4 weeks!! This book is great for information about what foods are good for you and which ones aren't. Plenty of smoothies to make that address many health issues and I really like that she has sections on different issues you can have with your body. For example, I had NO idea that soy causes endometriosis to be

more painful! Now that I do know, I have cut it all out of my diet and this book is the one that opened my eyes to it. I have made many of the smoothies for myself and my family and we really enjoy them. This is a great book for those who are looking for smoothies to do more than just taste good.

I purchased the smoothie bible after having the juicing bible for a long time. Let me tell you that I LOVE the juicing bible. But after getting the smoothie bible it is almost the exact same thing as the juicing bible...matter of fact, there are the same recipes in both. But the biggest thing is that I made the Flu Fighter #1 smoothie and myself and my 4yo daughter got SEVERELY ill. I made the recipe using raw elderberries (as mentioned in the book) and I had a severe reaction: vomiting and diarrhea. I read later online that elderberries contain cyanide (that is neutralized when cooked) and should NOT be consumed raw. I would think that Pat Crocker, being an herbalist, should have known or mentioned this somewhere in the book and NOT suggested consuming raw elderberries in her recipe.

The smoothie recipes are very interesting and varied. This smoothie recipe cookbook may be the only one you need in your cookbook library. The recipes include more vegetable and fruit combinations than you can imagine. You will not be disappointed!

Pat Crocker's Smoothies Bible is my bible for all things fresh and tasty. This terrific book offers even more antioxidant fruits and veggies into her smoothies recipes. I can even make classic cocktail recipes (with or without the alcohol) with this book - how fun is that! Smoothies are part of my everyday routine now - either as a breakfast when I'm rushed, as a lunch when I'm stuck in the office, or replenishing after a great workout. The author also includes a Healthy Body Systems section which explains how the body works at it's best, ingredient profiles, and tips on how to live a better and healthier lifestyle. You want to be happier and healthier? Then pick this book up today!

Pat Crocker is definitely an author to follow. Her passion for food comes across in every recipe and I love her latest book of Smoothies! The Smoothies Bible (second edition) contains even more recipes with antioxidant fruits and veggies - which I find extremely important. Not always having time for a proper lunch, I can always depend on being full after a smoothie. Pat says that in as few as one-two smoothies per week, smoothies provide up to three of the five daily servings of fruits and vegetables recommended by nutritional experts. And, with the recipes being so tasty, my family also loves them! I love the fact that the book also contains tips for a healthy lifestyle, and is a detailed source

for anyone who wants to benefit from these wonderfully easy-to-make drinks. Your kids will never look at veggies the same way again!

This book offers tasty, unique recipes and lots of them. It also offers an extensive list of health issues (including ADHD, Anxiety, Endometriosis, Eye Problems, Gout...) paired with a definition, fruit, vegetable and herb recommendations and a list of foods to avoid. Of course each health concern is also paired with a list of smoothies that include beneficial foods.

Let me start with my own personal "fuss": For me there is only one Bible. I will shy away from books with this term in the title, just like I won't buy books that are "for idiots" simply because I'm not an idiot. That said, I like the book very much. Along with the main section of recipes (including two sections of enticing photos), it is well laid out with sections on healthy body systems, health conditions, healthy foods and what is called "endnotes" including a glossary, list of a few sources, and a small section on food allergies. There is a page on food combining but I doubt our forebears went cruising around the Garden saying, "Oh Sweetheart, we can't eat this just now until we find some of that to go with it". Although it does include soy in some of the recipes, I choose not to consume it because of possible toxins in any that has not been fermented and because most soy available today has GMOs, (as does most canola and some other crops). The author does caution against saturated fats such as those found in coconut. However, creditable information exists elsewhere to the contrary. To her credit, I have not found any sugar listed in her recipes - a big plus! Something else I like is that if you have a certain ingredient - say, parsnips or some other unlikely item - you can just go to the index and look it up, et voila! three recipes using parsnips! Overall, the book is well done and easy to use. When making my decisions, I rely heavily on these reviews - and I hope this one has been helpful for you!

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