



The Green Smoothie Bible: 300 Delicious Recipes

Kristine Miles

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A comprehensive collection of green smoothie recipes that combine super-healthy leafy green vegetables with delicious, anti-oxidant rich fruits to produce some of the most nutritious drinks on the planet. Green smoothies, growing in popularity as a new diet method and health food, can be made from any of the thousands of fruits and leafy green vegetables available in local markets. The author shows how to turn unlikely combinations into highly enjoyable quick-and-simple meals.

The Green Smoothie Bible: 300 Delicious Recipes Details

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Author : Kristine Miles

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From Reader Review The Green Smoothie Bible: 300 Delicious Recipes for online ebook

Debra says

Tons of information about greens and superfoods, with plenty of recipes for each season and physical problems to address. A must-read for smoothie enthusiasts.

Sandy says

I liked the information shared on drinking green smoothies and some of the recipes I've tried have been good. Some recipes were not very palatable and the book quality wasn't wonderful but it is a decent resource to have.

Kelley says

Wonderful with lots of easy recipes to keep the creative use of smoothies going. I love it!

Tanya says

Very interesting - and I now have a list of green smoothies to try out!

Xan says

Full of facts figures and easy recipes, a good starter book for anyone who wants to dip their toes into the green smoothie craze.

Electric-guitar says

I think Hmmmmmm, there are many delicious recipes in here. Of course you don't have to add an ingredient you don't like, example sweeteners (sugar, honey etc)

Gave some good ideas for one to create further combinations.

Judy says

A nice easy-to-read book that introduces the reader to a raw-food diet and a smoothie diet. This book offers basic nutritional facts and information. The recipes are gluten-free, vegan, dairy-free, chemical-free, organic and raw. The recipe I made was delicious and nutritious.

I highly recommend.

Kiri says

Excellent book! If I were to buy a green smoothie book, this is the one!

Tam says

Basically an extended article, which it should have been. Some of the arguments are specious. However, as a result of doing more reading on this topic, I'm trying to add more green shakes, which is a nice addition to my juicing routine on the weekend.

Nicky says

Really like the information in this book. Tons of recipes, but the author also talks a lot about how different foods and specifically different types of sugars are processed in the body. Although she favors a raw food diet, I didn't find her to be dogmatic or preachy in that decision. She just presents the information as is.
