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Smoothies: 365 Days Of Smoothie Recipes (Smoothie, Smoothies, Smoothie Recipes, Smoothies For Weight Loss, Green Smoothie, Smoothie Recipes For Weight Loss, Smoothie Cleanse, Smoothie Diet)





Synopsis

Smoothies 365 Days of Smoothie Recipes is about feeling great, having more energy, stabilizing your mood, and keeping yourself as healthy as possible. These things can be achieved by learning some nutrition basics and using them in a way that works for you. A whole hearted effort has been made by the author in compiling her ebook on 365 days of smoothie recipes to provide all the ingredients to help you stay healthy while enjoying award winning smoothies packed with nutrients to start the day on a winning note. There are recipes for yummy and delicious low-calorie drinks blended with perfection to enjoy during seasonal changes. There are also innovative smoothie recipes that are perfect for welcoming your guests either for breakfast, lunch or as mid day snacks. You will find recipes on a wide range of blends with fruits and vegetables, dairy products and green ingredients that not only serve as refreshing drinks but also help you to fulfill your goals of staying healthy and fit. Many of them are so quick and easy, and also very delicious. In Smoothie 365 Healthy Recipes, the author provides 365 healthy recipes for people who are searching for a healthier life. Smoothies offer several advantages: • High amounts of fruit • Large amounts of vitamins and minerals • High in fiber. • Easy to make • Help in weight loss • Improve muscle strength and athletic performance • Strengthen immune system In addition to mouthwatering recipes like: Classic green detox smoothie with kale Ruby red grapefruit smoothie Pineapple smoothie with chocolate wafers Blue delicacy with cherry topping There are many others that will make you hearty and satisfied. Get your copy today and enjoy 365 days of delicious, healthy and mouth watering Smoothie recipes. Get your copy today and enjoy 365 days of delicious, healthy and mouth watering smoothie recipes.

Book Information

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Customer Reviews

I love smoothies and this huge collection of smoothie recipes will keep my blender whirling all year long. I made the Custard Apple smoothie for breakfast this morning and OMG it was delicious! All of them are healthy and also easy to make. Some called for ingredients I don't always keep on hand, but it's stuff easily available at any grocery store so I just read through and stocked up on the few items I didn't already have. There are so many to choose from, the only bad part is making up my mind which one I want next.

My wife and I received a smoothie maker as a gift this summer. I then had the same smoothie made for me for about two months straight. In an effort to expand our horizons, we bought a smoothie recipe book and it's been such a treat. Not only is there great information about the benefits of drinking smoothies but there are so many recipes here that I don't think we'll ever get to them all. One of my favorites is the Pineapple and Kiwi Smoothie, followed by the Orange-Berries Smoothie. Great flavors, aromas and colors!

Hundreds of recipes. Many more combinations of ingredients. My only complaint is that none of the recipes list the nutrition information. I can obviously look up and calculate the combined nutrition from the list of ingredients, but why is it necessary that I do that. Several books of recipes give that information for each smoothie recipe. 4 stars instead of 5 for that omission.

Well some of the recipes are really good but there are many recipes that are basically the same thing with a little different configuration and name. Lots of misspellings, some missing ingredient amounts, and lack of consistency in some ingredient names. Glad it was free with kindle unlimited.

I got this book when my daughter had a sore throat and it hurt too much for her to eat solid foods.

Shortly after that she had her tonsils removed and had to eat a liquid diet for a few days, so it really came in handy. It has lots of variety in the recipes and she found a number of recipes she liked, and the rest of the family enjoyed them too. She can eat solid foods now but we still make these recipes pretty often.

No organization of the recipes by color, flavor, fruit or ingredients. There are absolutely no pictures or illustrations in here. It is worse than going to a website to look up smoothie recipes. Absolutely the worst cookbook I have seen so far.

For someone just starting out, I like to know what might go well together. This book makes it Easy to get some ideas and Also to make your own substitutions. The only thing that would make it better would be a list of ingredients in the index that takes you to specific recipies, or let you search for ingredients that have specific benefits.

The recipes are okay, I guess. But there is no organization whatsoever in this 'book'; nor are there any illustrations, or nutritional information, just a list of ingredients for each recipe and some very anodyne text. Probably not worth the less than a dollar you pay for it.

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