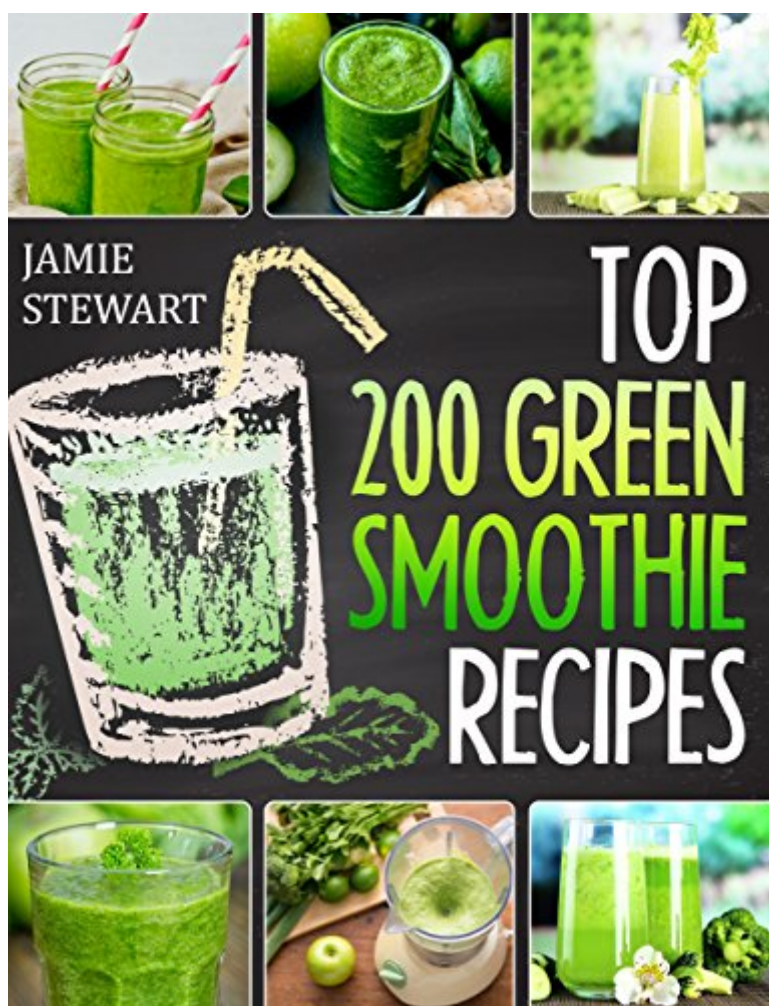


The book was found

Green Smoothies - Top 200 Green Smoothie Recipes: (Green Smoothies, Green Smoothie Recipes, Green Smoothie Cleanse, Green Smoothie Diet, Green Smoothie For Everyday, Healthy Juice)





Synopsis

The Best Green Smoothie Recipes! Great Variety of Green Smoothies Suitable For Everyone, No Previous Experience Needed, Extremely Easy to Follow Directions! Free PDF file with photos available at the end of the book Do you make your healthy smoothies on a daily basis from habit? Do you even have a blender in your kitchen? Green smoothies are a wise and brilliant way to get a huge serving of nutrient-dense foods every day. If you do not have the time, desire or motivation to eat green veggies, especially if you are not a leafy lover, the green smoothies may be the right solution for you. Smoothies make perfect sense for the whole family, especially for busy people who tend to have healthy habits. "200 Green Smoothies" can be your handy guide in order to develop healthy eating habits. Learn how to create a healthy, varied, and tasty smoothies, by using these simple recipes. Green smoothie is definitely a healthy choice you can make every day. It's never too late to do something good for yourself and for your health. So don't hesitate to start your journey to health and happiness! Lao Tzu, philosopher and poet of ancient China, said: "Do the difficult things while they are easy and do the great things while they are small. A journey of a thousand miles must begin with a single step" •.

Book Information

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Customer Reviews

Excellent book for anyone looking to take their smoothies to the next level. This book has tons of great ideas, tips, and recipes on how to squeeze every last drop of nutrition into a delicious drink. I am one of the groups mentioned in the book that does not get enough veggies from every day life. I really liked Top 200 Green Smoothie Recipes because it gave me a lot of delicious options, there was even recipes that were kid friendly. There was a helpful section that listed all the great health benefits by each ingredient. I thought the advice to start with mild tasting greens and then gradually start adding intensely flavored greens was really good advice and probably not something everyone would've thought of on their own.

As a current drinker of smoothies I've been trying for quite some time to get my wife on board. I bought this recipe book in the hopes that it would show her the diverse array of options she could have as well as illuminate her on the reasons why she should commit. I am glad to say that the material in the beginning of the book advocates smoothies in a very practical manner, providing her the insight necessary to make the decision. Now that she's seen all the choices available to her as well, we now enjoy making them together. I'm so happy she's committed to this regimen with me. Also, the recipes are so delicious and varied! From the green bell pepper and apple zucchini smoothie to the super energy morning smoothie there is something in here for everyone. Her favorite so far, the slimming green smoothie, has already impacted her weight and she is now excited to see just how far she can go with it. Now that she is enjoying these recipes with me, I've no doubt we are on this regime for the long term; which is great because the health benefits are exactly what our family needs.

Stewart has done it again! This time, the recipes are focused on green smoothies. Now personally, I haven't been keen on eating overly green foods. I already eat pretty healthy compared to others, but I know there's always room for improvement. The thought of going all green with smoothies though just seemed a bit of a stretch until reading through the recipes found here. My outlook has definitely changed. Now I'm excited to try something new, all because these recipes just make it so easy to follow and sound so good to eat! I can't wait!

As summer is beginning my family always seems to be on the go, this book has been really helpful in helping speed up meal time. With 200 different recipes this book provides almost a full year worth of green smoothies. Definitely sharing this one with my friends.

If you are looking to get a healthy meal with little preparation this recipe book is for you. This is perfect for a person that is constantly on the run but who wishes to eat healthy. Many people claim that they don't eat healthy because they don't have enough time. Now you can fit time in for a healthy meal with this healthy recipe book. With a large variety of green smoothies this book shows you all the basics that you need to know as well as giving the reader recipes to suit different tastes. If you want to get in shape, feel better, or just eat healthy while on the go the Top 200 Green Smoothie Recipes book is for you.

I received a NutriBullet for Mothers Day and when I saw this book, I started using it to become healthier and enjoy my gift. I am impressed with the simplicity of the many different recipes...I copied it for a friend and we both try to outdo each other with the recipes. Many of them made me want to do more, drink more and enjoy more without cooking, baking, frying, etc. My freezer now stays full of greens and other leafy veggies and fruits. Great reading, simple and easy to do delicious smoothies!

These recipes are awesome. We've really made use of our NutriBullet this year and this book has been on point every morning. I didn't eat breakfast before unless it was pancakes on the weekends at Denny's, but I'm really feeling better having my coffee with greens in my morning smoothie. My wife goes through and picks out other ones to try, and so far they have all been awesome. There are a lot of kale recipes in here and that's perfect for me because I have a hard time with eating it on its own, but I'm loving it mixed in with a smoothie. Definitely recommend this book. It's laid out really well, all the page links make it easy to use and the instructions are straight forward.

I'm really enjoying Jamie Stewart's recipe books. In Top 200 Green Smoothie Recipes, the author has delivered a huge selection of top quality recipes. Some of the ingredients are new to me, but many recipes call for common ingredients I already have in my kitchen. The smoothies cover a wide range. There's one for just about any time of day. I'm particularly fond of the Morning Coffee Green Smoothie and the Dehydration-Busting Summer Smoothie. Delicious! There are many that I haven't had a chance to try yet, so there's plenty to look forward to.

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