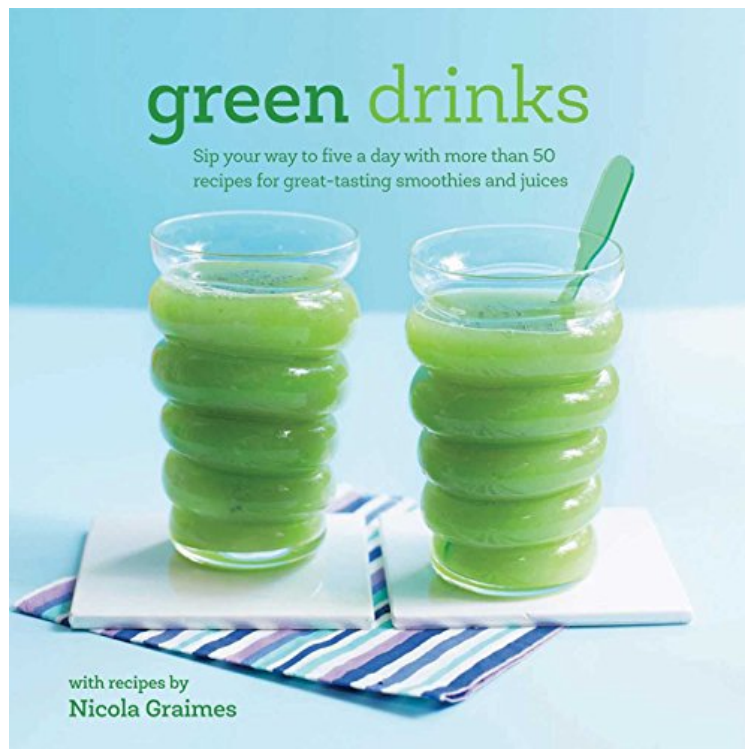


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## Green Drinks: Sip your way to five a day with more than 50 recipes for great-tasting smoothies and juices!

*Nicola Graimes*

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**Nicola Graimes : Green Drinks: Sip your way to five a day with more than 50 recipes for great-tasting smoothies and juices!** before purchasing it in order to gage whether or not it would be worth my time, and all praised Green Drinks: Sip your way to five a day with more than 50 recipes for great-tasting smoothies and juices!:

Homemade green drinks win health points over packaged fruit juice and smoothies on several counts. They are unpasteurized and contain much less sugar than their fruity counterparts and there is a range of nutrients present in those dark green vegetables, the ones we know we should eat more ofmdash;kale is packed with beta-carotene, calcium, vitamin C and vitamin K. The delicious fruit and vegetable recipes here are not only good for you but delicious too and surprisingly filling, helping you maintain a healthy weight. Ingredients such as spinach, broccoli, fennel, cucumber, celery, parsley and kale are all featured and combined with other fruits and vegetables to create balanced and tasty drinks to enjoy at any time of the day. Along with the nutrients gleaned from the fresh produce, green super-nutrients such as spirulina, wheatgrass, hemp, chorella, aloe vera, barleygrass and powdered greens add a further nutritional boost. Try a Virgin Apple Mojito, Super Detox, Apple Zinger, Green Giant, Green Shot, Spring

Clean, Green Day, Popeye Special, Avocado Smoopie, Green for Go, Cucumber Cooler, Cabbage Love and Green Goddess. Get ready to go green!

From the Inside Flap The freshest, fastest way to eat your greens is here. Detoxify, rejuvenate, energize, nourish and heal your mind and body with these all-natural recipes for super-nutritious green juices and smoothies. Looking for a delicious way to detox, cleanse, nourish, and feed your body? Sip a freshly made green smoothie or juice and you'll be on the fast track to a healthier and more energetic you. Homemade green drinks win health points over packaged fruit juice and smoothies. They are unpasteurized and contain much less sugar than their commercially produced counterparts plus you can add plenty more of the nutrient-rich dark green vegetables??the ones we all know we should be eating more of! The recipes here are not only good for you but delicious too and surprisingly filling, which can help you maintain a healthy weight. Ingredients such as kale, spinach, broccoli, fennel, cucumber, celery, and parsley are all featured and combined with other fruits and vegetables to create balanced and enjoyable drinks to enjoy at any time of the day. Along with the nutrients gleaned from the fresh produce used, green 'super-nutrients' such as spirulina, wheatgrass, hemp, chlorella, aloe vera, barleygrass, and powdered greens add a further nutritional boost. Try a refreshing Virgin Apple Mojito, Super Detox, AppleZinger, Green Giant, Green Shot, Spring Clean, Green Day, Popeye Special, Pea...fect!, Avocado Smoopie, Green for Go, Cucumber Cooler, Cabbage Love, Green Goddess, and more. With so much delicious choice and proven health benefits there has never been a better time to Go Green! About the Author Nicola Graimes is an award-winning writer specializing in nutritional health, vegetarian cooking, and food for children. A former editor of Vegetarian Living magazine, she has written more than 26 books, including 'Great Healthy Food for Vegetarian Kids', which won Best Vegetarian Cookbook in the World Gourmand Awards 2010. For Ryland Peters Small she has written 'The Salad Bowl' (978-1-84975-601-3). Nicola lives in Brighton, UK.