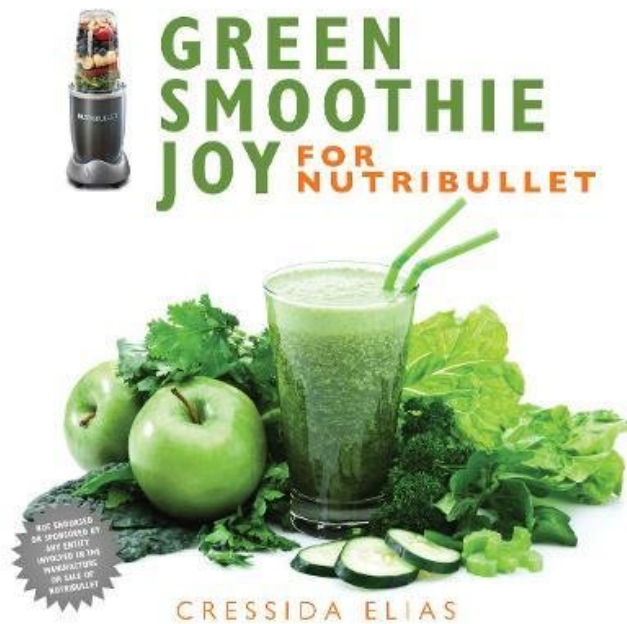


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Green Smoothie Joy for Nutribullet

Cressida Elias

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Cressida Elias : Green Smoothie Joy for Nutribullet before purchasing it in order to gage whether or not it would be worth my time, and all praised Green Smoothie Joy for Nutribullet:

0 of 1 people found the following review helpful. Three StarsBy lucygood2 of 2 people found the following review helpful. An art book and a health book from Cressida EliasBy Grady HarpHaving read and benefited from some of the many books written by Cressida Elias, this new book GREEN SMOOTHIE JOY: Recipes for Living, Loving and Juicing Green does not come as a surprise for being one of the more complete books on the concept of green juicing and the many benefits from following this plan of dietary smart nutrition. What is a real pleasure in this book is the very classy presentation of the written contents, the quality of the photographs, and the very sophisticated and useful way in which the recipes are presented. This is almost an Art Book in addition to being a resource on health and fitness!British writer Elias is widely traveled - Australia, India, Nepal, Africa, Cuba, Europe and the US - exploring the healthy food options every place she visits, and writes about dieting, eating healthy, making healthier cooking recipes, natural remedies and organic products. She also happens to write charming books for children that subtly emphasize healthy living.In this particular book she addresses the growingly popular fad of using smoothies as a healthy substitute for snacks. She offers a list of green smoothie benefits in that they help detox and cleanse to improve health, give energy kicks replacing caffeine, they're easy to make and store, they can be made from a wide variety of fruits and vegetable, they are packed with enzymes and vitamins often lost in other types of foods, they

contain antioxidants and phytochemicals and they are alkaline to balance our acid/alkaline levels. Once she has established the benefits she provides details as to just exactly what are smoothies and how they differ from other blended type preparations, what to use and not to use in making smoothies, and actually HOW to make - start to finish - a highly successful smoothie. Then comes the fun. In this beautiful high-class book are more recipes than expected - a wide range of tasty, healthy, nutritious, easy to make Green Smoothies that are just as the title suggests, a Joy! This is an indispensable, very complete book by a gifted expert. Grady Harp, June 16

Green Smoothie Joy for Nutribullet teaches you how to create an array of delicious and healthy green smoothies using your Nutribullet (the recipes will also work in other blenders). Additionally, this book gives you the tools to invent your own great-tasting green smoothies. The health benefits of these smoothies are tremendous—so start extracting now! Recipes include: • Green smoothies like pineapple detox • Healthy smoothies like pom berry • Lunchtime smoothies like dandelion and apple • Energy-boosting smoothies like coffee and almond breakfast smoothie Not only is there a fantastic smoothie recipe for everyone in Green Smoothie Joy for Nutribullet, but also smoothie guru Cressida shows you how to get the most out of your Nutribullet—for all of you who want to get healthy, increase your family's fruit and veggie intake, lose weight, or snack fast while on the go! Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

From the Author Green Smoothie Recipes for all the family. • Information on vitamins and minerals and different fruits and vegetables. • Plus the benefits of cooked vegetables. About the Author Cressida Elias has written books and articles on healthy eating and health and fitness. She has worked in public relations for a UK health and wellness center and also works as a Paleo Diet Nutritionist. •