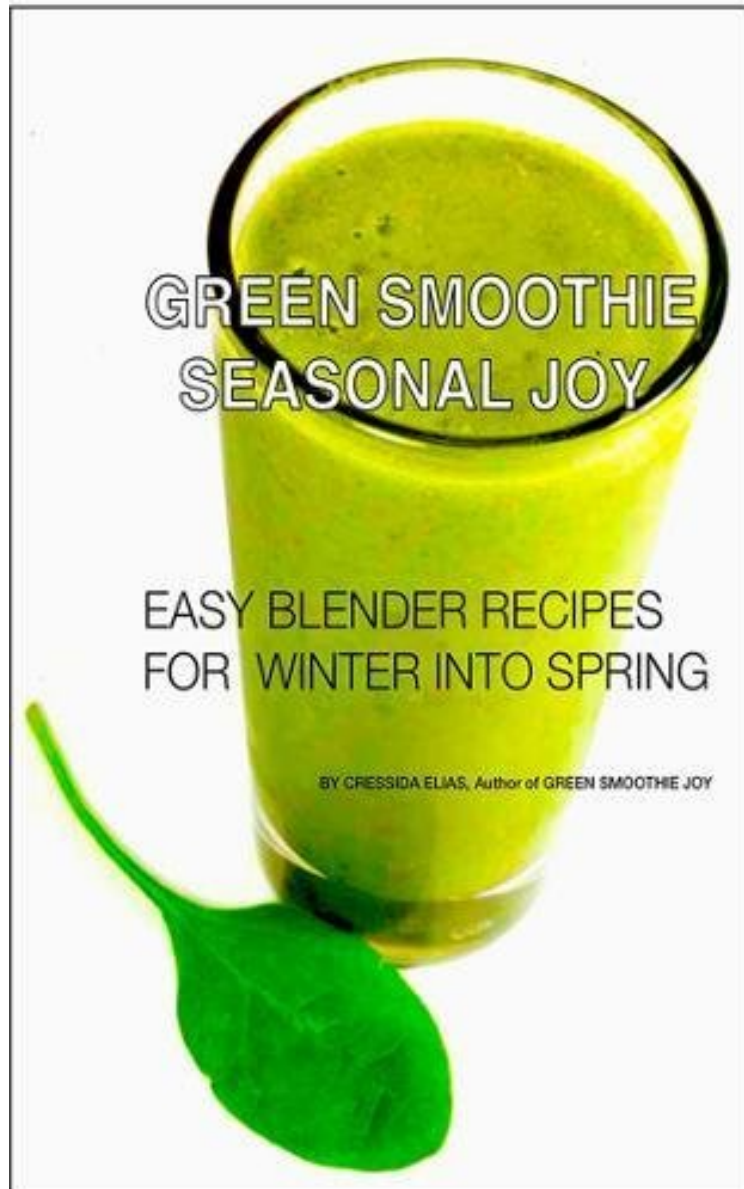


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Green Smoothie Joy: Recipes for Living, Loving, and Juicing Green

Cressida Elias

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

2 of 2 people found the following review helpful. Beautiful book and good recipesBy Jessica SamsThe book itself is

beautiful with thick, glossy pages, and the recipes are doable (as in, they don't require really hard-to-find ingredients). The smoothies I've tried have been really delicious, and the recipes serve as a good base for experimentation for even more smoothie goodness. If you like green smoothies, you will like this book! 2 of 2 people found the following review helpful. love the book By Krazycoldhrt dazn82 love the book. i love how it also gives descriptions of the fruits and veggies, what they are all good for. 5 of 5 people found the following review helpful. Interesting recipes By Granny I like the recipes, but I wish I hadn't bought the Kindle edition. I should have known that it's hard to flip back and forth to find a recipe I saw previously. I guess I'm just not used to using an electronically printed cookbook. I think I would have liked it better as a regular book. But the recipes are varied, good and hopefully healthful. Things mixed together that I wouldn't have thought to try.

Green Smoothie Joy is your easy-to-use guide for healthy green smoothies (and more!) at any time of day. It seems like everyone is turning to green juices these days whether it's part of a healthy detoxing regimen, a love-the-skin-

From the Author Cressida Elias BA Hons, 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 is passionate about cooking and enjoying healthy food, organic products, and natural remedies--and loves to present her recipes in an easy to read format to encourage healthy living for everyone. Cressida is married to Joe and is the chauffeur and butler to 3 young children!