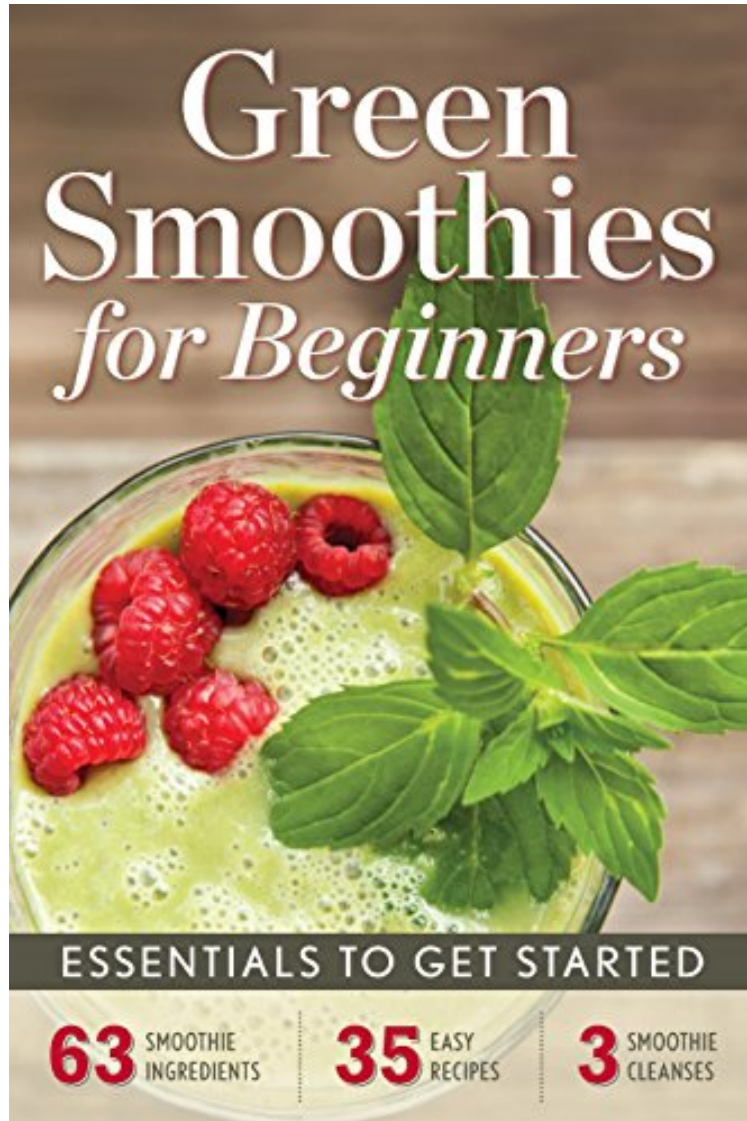


(Library ebook) Green Smoothies for Beginners: Essentials to Get Started

## Green Smoothies for Beginners: Essentials to Get Started

Rockridge Press

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**Rockridge Press : Green Smoothies for Beginners: Essentials to Get Started** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Green Smoothies for Beginners: Essentials to Get Started:

12 of 12 people found the following review helpful. Not as "healthy" tasting as you might think :)By CustomerIf you're anything like me, you've seen green smoothies, heard health nuts rave about their healing properties, and promptly thought, "Yeah... that's gonna taste like crap. Thanks, but um, No Thanks." A good friend suggested to me that my resistance would probably be best addressed by getting a good starter book that gave good recipe ideas.Green Smoothies for Beginners is just that. Sure, the first few chapters are about the health benefits, the hows and whys,

which I was honestly less interested in until I tried a recipe or two. We all know that wheat grass shots are good for us, but how many people Actually drink them?!The book gives an excellent list of the properties of many different types of fruits, veggies and spices. While I certainly know what they taste like, I'm not as good at knowing what they each do for my system. The list is pretty helpful.My favorite recipe listed is actually really simple. It's called the Hidden Beauty Smoothie, suggested as an afternoon pick-me-up, but really you can have it whenever you want. It's ingredients consist of spinach, pineapple and banana. Did you know that the taste of spinach actually bows down in submission to yummy fruit? I bet Popeye wished he could have had a nice green smoothie instead of slimy canned spinach.The other great rule of thumb presented in the book is the 4,3,2,1 rule. Use 4 parts sweet juice, 3 parts green veggies, 2 parts tangy or tart juice and 1 part zesty or spicy fruits. This is an excellent formula to inform those of us who like to get creative in the kitchen and just start throwing in ingredients. I've made a dish or two that were terrible because I didn't have a good baseline idea of what should go in it. On the other hand, my experimental dishes tend to be everyone's favorites, so it goes both ways.I'm glad I found this book. I'm excited to go make more smoothies.7 of 7 people found the following review helpful. A Smoothie EssentialBy Abby HGreen Smoothies for Beginners covers the essentials of green smoothie making and then some. Filled to the brim with interesting did-you-know facts and full profiles of potential ingredients, this short and informative guide offers a great deal of recipes, categorized by the "ailments" they help to heal. Their list of "ailments" includes bad skin, brain fog, and difficulties with weight loss among other things. I found the recipes to be varied with both sweet and savory options for all categories. Perhaps most interesting were the profiles of individual ingredients, which described the color, yield, flavor profile, and health benefits of each fruit, vegetable, spice, and herb one might want to include in a delicious smoothie. In this guide, you will learn about the difference between detoxing and cleansing, juices and smoothies, and the nuances of other smoothie-related information. If you're looking for an easy read with plenty of information that serves as an excellent reference for smoothies, this is an outstanding option. I learned so much about smoothies while reading this guide and can't wait to try out some of the many recipes included.3 of 3 people found the following review helpful. This Book Blew My "Know It All" MindBy K. CeakouYeah-yeah, this is a good book about smoothie, but when I am able to get new information that totally makes me stop and think about what I have been doing, makes the information in 'Green Smoothie for Beginners' GREAT!I grew up in a household of healthy eating, so this big health kick in the past few decades - been there - done that!Smoothie?You mean my Mom didn't INVENT them?Well, I never knew that having dairy or any kind of protein in a smoothie defeat the purpose of the smoothie due to the body's need to break down the complex proteins, thus disabling the body's ability to absorb the GOOD STUFF from the fruits and vegetables.We always put yogurt as a base with honey into our smoothies.WONK-WONK!Been screwing that up all these years.I am a big proponent of taking supplements because without the ability to do crop rotation, our produce lack the nutrients - yattah-yattah-yattah.HOWEVER!When throwing broccoli, kale or any other vegetables (I would always steam or overcook them) into the blender, I am getting more organic nutrients than artificially derived supplemental vitamins and minerals.Stay with me...If we can actually get the full impact from our organic produce, then our refrigerators become our pharmacy instead of doctors pushing pills.This can be daunting and straight-up intimidating trying to blend fruits and vegetable into a palatable taste, but this book will "hold your hand" and give you an eye-opening guide into a LIFESTYLE of eating (drinking) better and fixing what ails you.Recipes, cleanses, detoxes, cocktails, formulas for cures to universal ailments - 'Green Smoothies for Beginners' is a MUST-READ!

Learn how to improve your immunity and boost your health with the power of green smoothie recipes!Green Smoothies for Beginners provides a complete introduction to the amazing health benefits of nutritious green smoothie recipes, with easy tips for creating your own green smoothie recipes from scratch.Whether you are looking to lose weight, cleanse your system, or are seeking a daily health supplement, Green Smoothies for Beginners will help you discover how to increase your intake of essential vitamins, antioxidants, and minerals through the power of fresh, delicious green smoothie recipes. With delicious and easy green smoothie recipes and step-by-step plans for starting your own detox, you will begin to see the results of green smoothie recipes right away.Green Smoothies for Beginners will help you improve your health and vitality, with:Dozens of healing green smoothie recipes for everything from weight loss, to disease prevention, to anti-agingA Green Smoothie Detox Plan, with guidelines for a One-Day Cleanse, Three-Day Cleanse, and a Five-Day Cleanse Tips on how to create your own tasty green smoothie recipes63 top green smoothie ingredients, including the nutrition benefits of each fruit, vegetable, and additive

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