

[Pdf free] Green Smoothies for Beginners

## Green Smoothies for Beginners

*Amber Norato*

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#5939366 in Books 2013-02-16 Original language: English PDF # 1 8.00 x .14 x 5.00l, .15 #File Name: 149498881X58 pages | File size: 77.Mb

**Amber Norato : Green Smoothies for Beginners** before purchasing it in order to gage whether or not it would be worth my time, and all praised Green Smoothies for Beginners:

1 of 1 people found the following review helpful. Super healthy recipes in this cookbook and quick to make - BUT very large amounts of Greens in the recipes! By Daisy S For me, I am very new to making a Green Smoothie of ANY

KIND. So I went ahead and decided to try out this cookbook so I could make a few green smoothies for myself and see if I will like them or NOT...This cookbook is very basic and somewhat more GENTLE on the Green part of the recipes, however, not as gentle as I was hoping for. For instance, I found a recipe right away to try called Pineapple Mange Smoothie. It contains the usual ingredients of Pineapple chunks, Mango. And it contains Coconut milk which I removed and placed Almond Milk. However 2 cups of Spinach is too much Spinach, so it cut it back to 3/4 spinach and doubled the Pineapple. Resulted in thinner smoothie, but it was harder to taste the spinach. This cookbook in my opinion, is reserved for DIE HARD GREEN SMOOTHIE PEOPLE who are used to having lots of greens in the smoothie. For me, I love spinach and most greens WHEN they are in a salad or cooked and served with a meal (not so much in a smoothie). 0 of 0 people found the following review helpful. Appealing recipes, but don't expect medical advice. By Customer The title really sums up this short intro to "green smoothies," ie: a juice and yogurt blend that use vegetable juices, mixed with fruit juices, in a way that tastes good. Many raw vegetable juices, on their own, just taste bitter. These recipes offer ways to make "drinking your vegetables" palatable, and aren't complicated. It offers little "hard research," and readers who love citations and a bibliography will be disappointed, but there are plenty of interesting ideas. Enjoyable, fast read. 0 of 0 people found the following review helpful. Pretty good book By Nannypie This booklet contains some helpful information on the benefits of living a healthier lifestyle. The smoothie recipes are simple and non-threatening to a beginner. The only issue I have is its short length, but its hard to complain when it's free!

Looking for a SIMPLE and DELICIOUS way to start eating healthier, lose weight, and feel AMAZING? Look no further than green smoothies! Whether you're looking to start drinking green smoothies for weight loss or just start living healthier, this guide is for you! Smoothies are a great way to get your daily servings of vegetables in and because you're juicing the vegetables, it's easier for your body to absorb the nutrients! That's just one of the MANY health benefits of these vegetable smoothies! In this guide, you'll learn: - What is a green smoothie? - All of the many benefits of drinking green smoothies! - How to get started on a green smoothie diet and FOLLOW THROUGH with it! - The absolute BEST exercises that complement green smoothies! The Top 20 Green Smoothie Recipes (and other juicing recipes). ...and much more! Take the first step towards improving your health with green smoothies! Scroll up and click the "buy now" button!