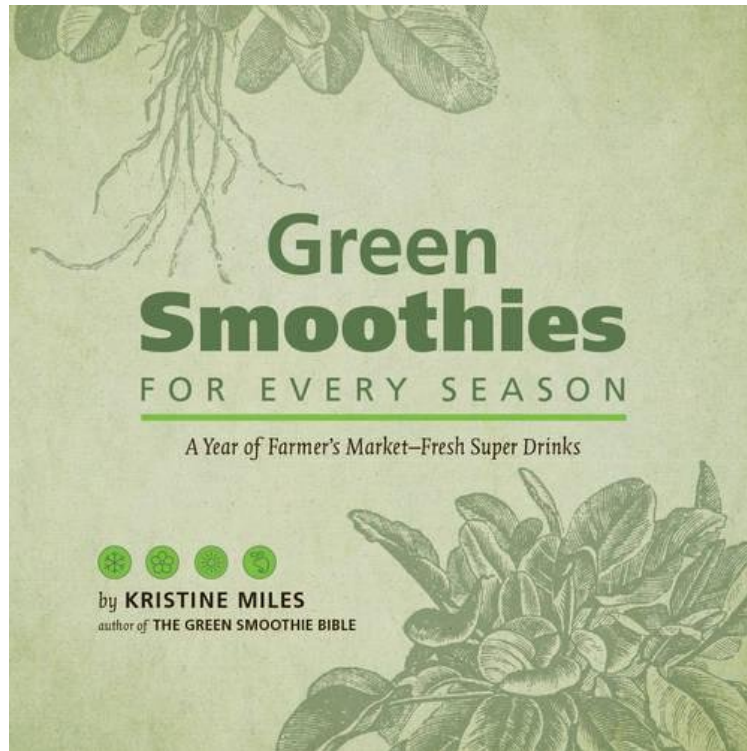


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Green Smoothies for Every Season: A Year of Farmers Marketndash;Fresh Super Drinks

Kristine Miles

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Kristine Miles : Green Smoothies for Every Season: A Year of Farmers Marketndash;Fresh Super Drinks before purchasing it in order to gage whether or not it would be worth my time, and all praised Green Smoothies for Every Season: A Year of Farmers Marketndash;Fresh Super Drinks:

1 of 1 people found the following review helpful. Good green smoothies book and good looking tooBy Jim HarrisonI bought this book for my wife who has really gotten into making and drinking green smoothies over this past year. I wanted to get her a new book for her birthday but most of the green smoothie books on the market are cheap black and white paperback books and they don't make very nice gifts. This book is entirely the opposite, it's beautiful, with color pages, nice-looking recipes, and beautiful drawings that look like they are coming out of an Alice Waters French cookbook or something.Despite looking simple and clean with only one recipe on a page, Green Smoothies for Every Season is also very informative about green smoothies. It has information on fruit and greens nutrition, when plants are "in season" and at their healthiest, and what roles different nutrients play in terms of promoting health. It's a great balance of material and very easy to read. The book is also written by Kristine Miles, who wrote the Green Smoothie Bible which my wife thinks is one of the best "green smoothie" books out there. Which is what got me to buy this book in the first place.Anyway, if you are looking for a good book on green smoothies that also will look nice on your cookbook shelf, definitely get this one.0 of 0 people found the following review helpful. looks good. I am waiting for the warm weather before ...By Tiger Joanlooks good. I am waiting for the warm weather before try them.0 of 0 people

found the following review helpful. Two StarsBy AbbyGood recipes but no directions

DRINK THE FRESHEST SUPERFOODS EACH SEASON HAS TO OFFERCapable of transforming your health in remarkable ways, leafy greens and fresh fruits are vital for living well and feeling great. Green Smoothies for Every Season provides the most effective way to harness the power of these antioxidant-rich superfoods with organic, fresh smoothies you make at home. Whether yoursquo;re blending fruits and vegetables from your own garden, local farmerrsquo;s market or neighborhood produce store, itsquo;s possible to create tasty, nutritious smoothies no matter the season. Offering a carefully crafted recipe for each week of the year, Green Smoothies for Every Season serves up leafy greens and fresh fruits that are at their peak of flavor, ensuring that every smoothie is delicious. So plug in the blender and raise a glass to your health!

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