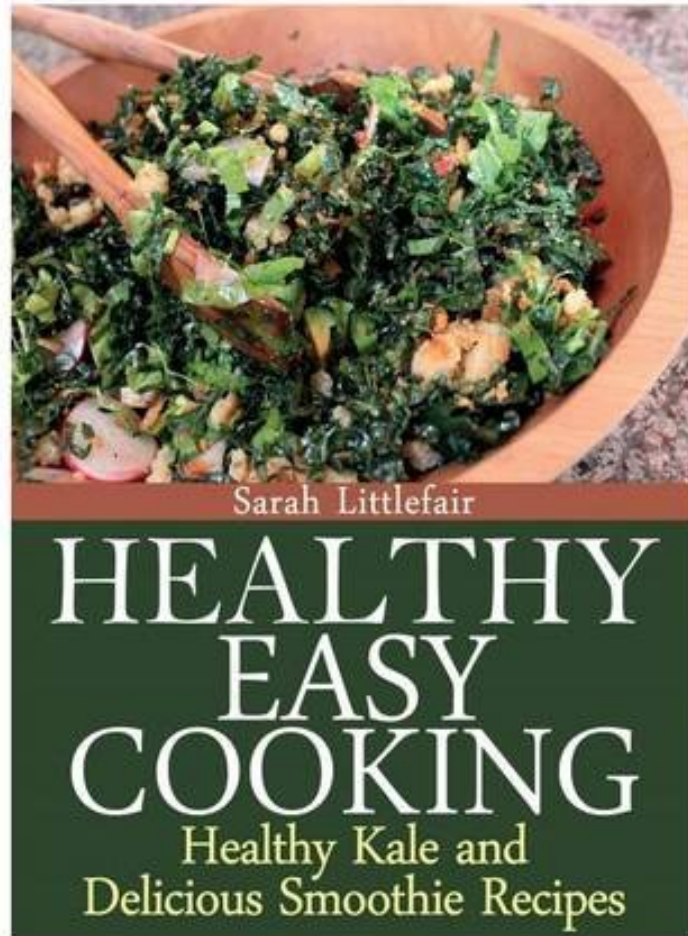


(Download pdf ebook) Healthy Easy Cooking: Healthy Kale and Delicious Smoothie Recipes

Healthy Easy Cooking: Healthy Kale and Delicious Smoothie Recipes

Sarah Littlefair

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Sarah Littlefair : Healthy Easy Cooking: Healthy Kale and Delicious Smoothie Recipes before purchasing it in order to gage whether or not it would be worth my time, and all praised Healthy Easy Cooking: Healthy Kale and Delicious Smoothie Recipes:

0 of 0 people found the following review helpful. Kale---a SuperFood!By MayaWhile the kale I have eaten before tasted NASTY, I am willing to give it another try. I did make kale chips in mydehydrator that were quite good and I

got a lot of compliments. Kale is a superfood and rightly so. It has many more vitamins, minerals and antioxidants than any other vegetable. It contains calcium, iron, and omega 3 fatty acids. As an antioxidant it can prevent cancer and boost the immune system. It is also said to improve eyesight and reduce inflammation while also lowering cholesterol and boosting the brain. The author explains how to shop for kale, how to store it, and how to use it from your garden. The range of recipes is remarkable. I will have to try a few before passing judgment since my only past use of kale was in some green smoothies and in making some chips. The recipes sound good, are well organized and are easy to understand. They should also be easy to prepare. The smoothie portion of the book I have seen before perhaps in a smoothie diet book by the same author. It discusses purchasing a blender to make smoothies, the common ingredients and uncommon things you can add to make them healthier as well as tips on making smoothies. The recipes are plentiful and are divided into Fruit smoothies, green smoothies, breakfast smoothies and energy smoothies. There is some discussion of choosing the right one for the time of day or purpose. You would want an energetic smoothie early in the day, but not before bedtime. Smoothies are good for detoxification of the liver and body, weight loss, energy and immune system boosts. Soy is better than milk as an ingredient due to being lower in fat and a healthier choice (unless you are allergic to soy). Fairly well written book with a lot of information about detoxification, and the healthy benefits of both kale and smoothies. I received this book free in exchange for my honest review.

0 of 0 people found the following review helpful. Great Way to start a Healthy New Lifestyle By Tendo This cookbook is a great source for kale recipes and smoothie recipes. The first section of this cookbook contains kale recipes. The introduction contains nutritional information about kale and explains why kale is considered a super food. It also has tips for cleaning and storing kale. First I tried the White Bean Soup with Chorizo and Kale. I love chorizo so I figured this had to be good. It is so easy to make and has lots of flavor. It is so delicious that I can't wait to make it again. I was a bit skeptical about using kale in a dessert recipe. I decided to be adventurous and give it a shot, so I made the Kale Cookies. They were really tasty and healthy but not as delicious as an unhealthy chocolate chip! The second section contains smoothie recipes. The introduction explains why smoothies are healthy and how they help you detox and lose weight. I decided to try the Blueberry Spinach Smoothie because I love blueberries. It was delicious, and I plan to replace my breakfast with a smoothie every day to help me lose weight. I can't wait to try more of the smoothie recipes.

0 of 0 people found the following review helpful. Kale a Super Food for People with MS By T. K. Harrison I suffer from multiple sclerosis (MS) and kale is one of THE BEST greens to eat to help those of us with MS. There is a TED talk given by Terry Wahls, M.D. where she speaks about going from totally disabled with MS to nearly symptom-free just by following what we now call the Paleo diet. And kale is the one thing she said she ate for every single meal. It was what turned her life around. This cookbook is a must-have for folks with MS...but it is also a great cookbook for anyone who wishes to enrich their lives by eating healthy. (I received this book in exchange for my HONEST opinion via this review. I would NOT have given it such a high rating if it wasn't worthy of such.)

Healthy Easy Cooking Healthy Kale and Delicious Smoothie Recipes The Healthy Easy Cooking book showcases easy healthy cooking recipes and offers breakfast through healthy dinner ideas. The book is in two sections, the first showing the Great Kale Recipes Diet and the second is the Smoothies Diet. Each of these diets offers healthy easy recipes to make easy meals to cook and proving that preparing quick healthy recipes is a cinch, which is perfect for today's busy lifestyle. The Great Kale Recipes section has easy to cook recipes that offer kale as the main ingredient. Kale is one of the "super foods" because of the benefits it contains. There are breakfast recipes, a sample: Easy Breakfast Casserole and Kale Quiche. Soup recipes, a sample: Kale and Avocado Gazpacho and Sesame Kale Soup. Salad recipes, which include Tuscan Kale Salad and Pickled Watermelon Radish with Kale Salad.