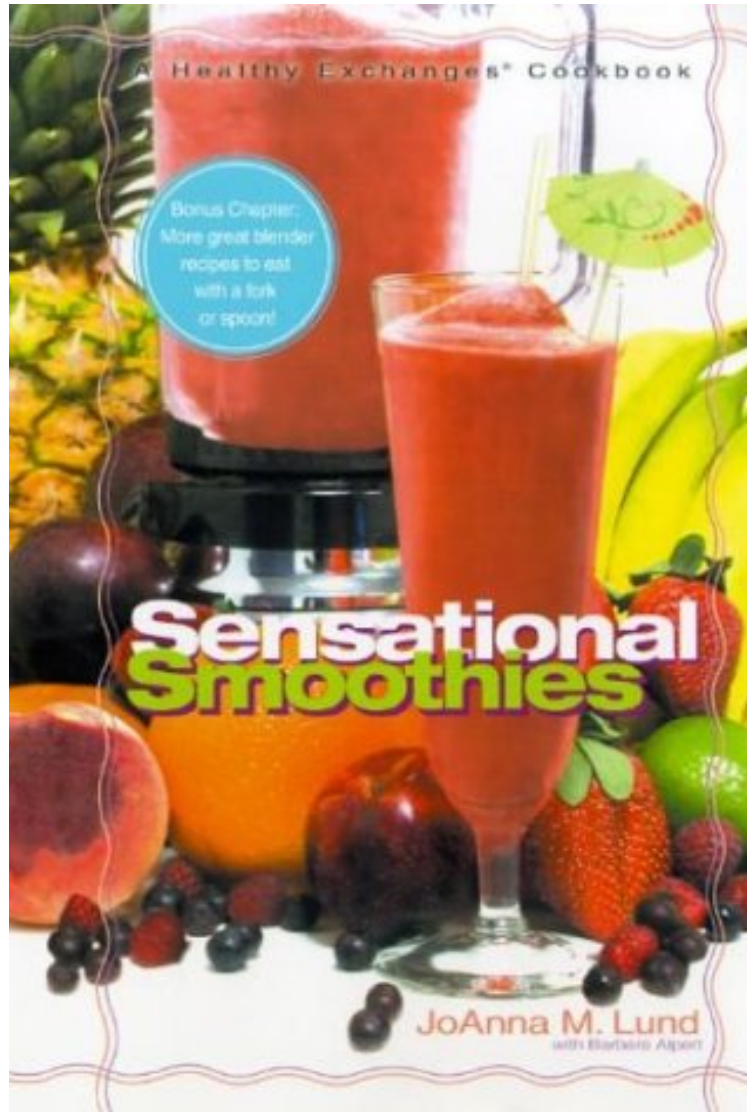


[Ebook free] Healthy Exchanges Sensational Smoothies

## Healthy Exchanges Sensational Smoothies

*JoAnna M. Lund, Barbara Alpert*  
DOC | \*audiobook | ebooks | Download PDF | ePub



[Download](#)

[Read Online](#)

#5708434 in Books 2004-06-01 Format: Bargain Price PDF # 1 8.30 x .99 x 6.32l, #File Name: B00403NGK4272 pages | File size: 30.Mb

**JoAnna M. Lund, Barbara Alpert : Healthy Exchanges Sensational Smoothies** before purchasing it in order to gage whether or not it would be worth my time, and all praised Healthy Exchanges Sensational Smoothies:

1 of 1 people found the following review helpful. Not anywhere near as healthy as you'd expect  
By Diane Peter  
I got a Magic Bullet for my birthday since I have never made or even had a smoothie in my life I bought a bunch of books about it, I bought this book to get an idea of what to do to make healthy smoothies, noticed 2 problems fairly quickly, she has a lot of recipes with diet Mountain Dew lite Margarine, as well as other questionable ingredients, the aspartame in most diet sodas becomes the carcinogen formaldehyde in the stomach, so if you use soda in recipes at all

it's probably best to just go with the regular version, since most if not all of them are aspartame free, the stuff they take out to make it 'healthy' or low cal, etc are usually replaced with things that are even worse for you. Margarine can be good or bad depending on what kind so you need to be really careful about what kind you get, some of it is bad for you some is OK, really I'd just go with butter or 1 of the butter oil spreads. I think the healthiest recipe in here, that I've seen so far, is the mango smoothie on page 32, since it only has fresh mango, orange juice ice, quite a lot of the others have canned or frozen fruit, splenda diet sodas, as well as other ingredients I wouldn't label as particularly healthy. Of course there may be other OK recipes in here I just haven't found them yet. 0 of 0 people found the following review helpful. The boo!k I use for most of the Summer By Ky Woman My Aunt bought me this and another cookbook by JoAnna Lund they are both terrific. I ended up buying even more books by her. I use this one most of the summer as the drinks aren't hard to make and taste so refreshing! 0 of 0 people found the following review helpful. Five Stars By glass worker (hobby) guy Very good with sensible new ideas.

It's breakfast-on-the-go. A year-round treat. A healthy dessert. And it's taken America by storm. Now JoAnna Lund offers a wealth of original smoothie recipes-nutritious, healthy, and delicious-that can be made at home, simply and inexpensively. She shows readers how to create flavorful smoothies at home, the Healthy Exchanges way: low in sugar, low fat, and packed with nutrition. Includes the delicious Banana Flip, Orange Coconut, and Creamy Strawberry Daiquiri. Plus, there's a bonus section on getting creative with the blender featuring recipes such as Quick Chili con Queso supper or the No-Bake Blender Cheesecake.

About the Author JoAnna M. Lund, the author of several Healthy Exchanges cookbooks, has been profiled in national and local publications, including People, New York Times, and Forbes. She has been featured in hundreds of radio and television shows and appears regularly on QVC. A popular speaker with health and weight-loss support groups, she launched her own public television show, Cooking Healthy with the Family in Mind, in October 2000.