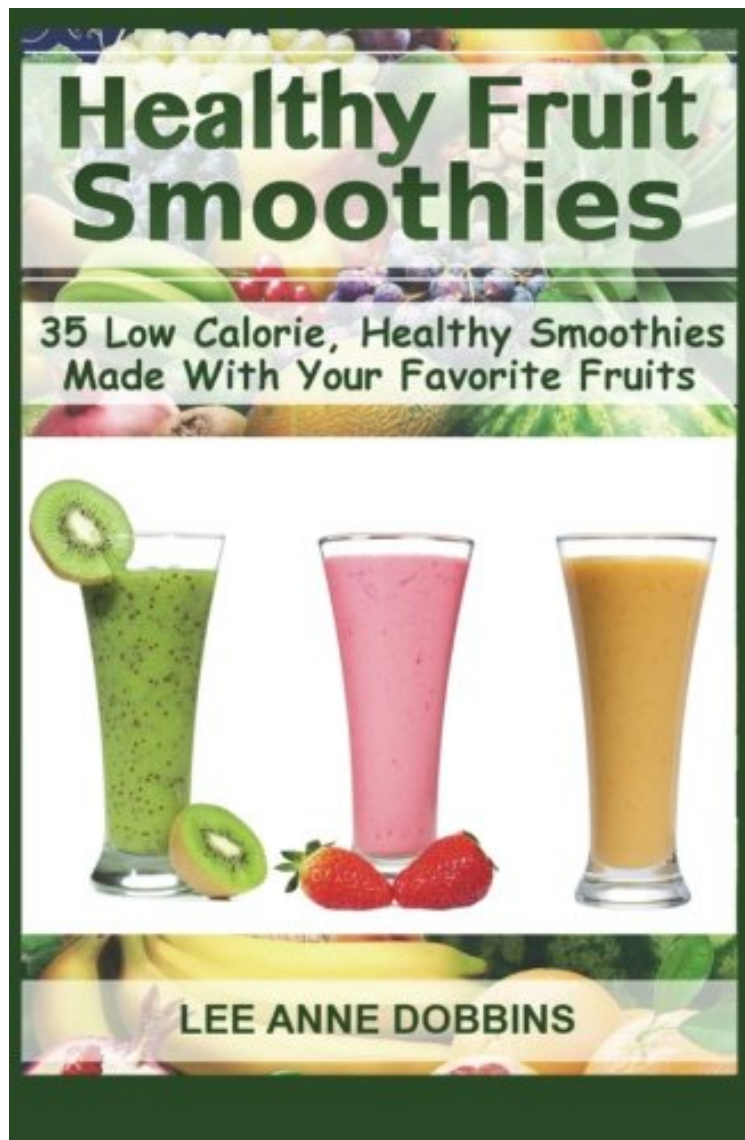


(Download ebook) Healthy Fruit Smoothies: 35 Low Calorie, Healthy Smoothies Made With Your Favorite Fruits

## Healthy Fruit Smoothies: 35 Low Calorie, Healthy Smoothies Made With Your Favorite Fruits

*Lee Anne Dobbins*

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**Lee Anne Dobbins : Healthy Fruit Smoothies: 35 Low Calorie, Healthy Smoothies Made With Your Favorite Fruits** before purchasing it in order to gage whether or not it would be worth my time, and all praised Healthy Fruit Smoothies: 35 Low Calorie, Healthy Smoothies Made With Your Favorite Fruits:

13 of 13 people found the following review helpful. Love the variety!By VilmaES@aol.comI always have trouble

meeting my daily fruit requirement of 5 servings per day so I decided to try smoothies for breakfast or as a healthy afternoon snack when I usually crave something sweet. I tried juicing but it turns out with juicing, you remove the soluble fiber which affects how the body processes sugar which means fruit juices made through a juicer (versus a blender) are super high in sugar. With smoothies, however, the blender uses the whole fruit and it's better in that respect, plus smoothies are very filling. This little book has been great. I'm making my way through these recipes by trying a new one every couple of days. So far I've tried about 7 and they've all been very tasty, with a couple I tagged as "delicious." If you want to try a variety of smoothies, this book is a good start. 14 of 14 people found the following review helpful. **Healthy Smoothie Recipes** By Kat This is not just a Smoothie book, but it is also filled with nutritional information for each recipe. There is a section titled "Making Your Smoothies Even Healthier" that has a reference to a special herb that I had never heard of. I will be adding this ingredient to my Smoothies from now on. We enjoy Smoothies and this book has wonderful recipes that give you a lot of variety. We also juice a lot, but my father-in-law, who is 85, has not really warmed up to juicing. However, we can get him to drink Smoothies, thank goodness. He loves the Apple Carrot Smoothie. We make him one almost every day. Grab this one and start improving your health the delicious way. Highly recommended. 5 of 5 people found the following review helpful. Wish I could give it 6 stars By C Hines I love smoothies and I have bought a few recipe books but this one is great. I love the variety! These aren't 35 versions of apple or banana smoothies with different ingredients. Each one is different and you can tell they are kitchen tested. I loved the one with ginger and pear. Leigh Ann even gives nutrition facts with each recipe which is an added bonus. Gave me inspiration to create my own, too. My 9 year old loved the Kiwi Grape smoothie. Yum!

The word "fruit smoothie" usually conjures up visions of a healthy drink, but, you need to be careful about what you put into your smoothie because not all fruit smoothies are good for you! Just because a smoothie contains fruit, doesn't necessarily mean it is healthy. Sure, the fruit itself is healthy, but the other ingredients like sugar, ice cream and even milk can make the smoothie not so healthy. This book has fruit smoothie recipes that include all healthy ingredients! And the best part is, because the ingredients are healthy - most of the smoothies are very low in calories with many of them being around only 200 calories per serving. Here's the recipes you will find: Berry Orange Smoothie Raspberry Coconut Smoothie Blueberry Honey Smoothie Pineapple Banana Mango Smoothie Pineapple Banana Coconut Smoothie Raspberry Lime Smoothie Cinnamon Apple Smoothie Apple Carrot Smoothie Strawberry Banana Mint Smoothie Watermelon Cantaloupe Smoothie Cherry Raspberry Smoothie Kiwi Grape Smoothie Grapefruit Citrus Smoothie Peach Raspberry Smoothie Pear Ginger Smoothie Cantaloupe Strawberry Raspberry Smoothie Melon Yogurt Smoothie Banana Pineapple Smoothie Lemon Yogurt Smoothie Plum Mango Watermelon Smoothie Citrus Detox Smoothie Peachy Creamy Smoothie with Watermelon Melon Bash Smoothie Blueberry Smoothie Grape Ape Smoothie Fruit Bowl Smoothie Mood Boosting Smoothie Papaya Ginger Stomach Soothing Smoothie Spicy Banana Coconut Smoothie Grape Green Tea Smoothie Energizing Fruit Smoothie Memory Boosting Smoothie Sweet and Salty Smoothie Sour Green Apple Smoothie Cold Fighting Smoothie