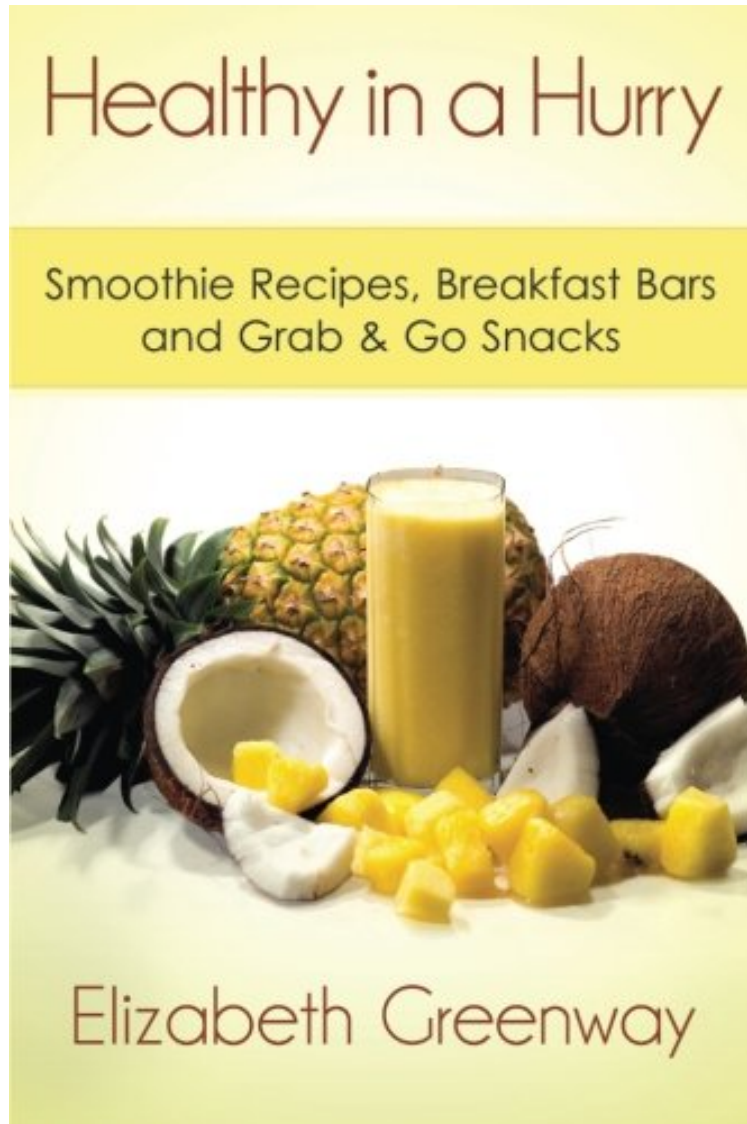


# Healthy in a Hurry: Smoothie Recipes, Breakfast Bars and Grab Go Snacks

*Elizabeth Greenway*

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**Elizabeth Greenway : Healthy in a Hurry: Smoothie Recipes, Breakfast Bars and Grab Go Snacks** before purchasing it in order to gage whether or not it would be worth my time, and all praised Healthy in a Hurry: Smoothie Recipes, Breakfast Bars and Grab Go Snacks:

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GreenwayIntroduction is about smoothies and how they are beneficial and easy to make. Each recipe includes a summary of what vitamins the drink is rich in and the ingredient list which contains very healthy ingredients. Each section has just one color photo at the start of the new chapter. Some recipes include servings. Directions on how to make using a blender are included. No nutritional information but all the foods are fresh produce in their natural state- no enhancements. Definitely like the different combinations of fruits and vegetables used. Love the granola sections as we use a bar every day and it's nice to be able to make them ourselves so we control what goes in them, rather than buying them at the store with processed items included. Bars and cookies section also are appetizing. Wish it had prep and cook time at the start of each recipe. No bake bars will be one to try as we get whey from the yogurt we make in our pressure cooker. A KEEPER!

Simple recipes that are chunk full of nutrition and flavor that's Healthy in a Hurry! Choose from 50 fruit and/or veggie smoothies each with a health benefit of one or more of the listed ingredients. Other categories include delicious muffins, chewy bars cookies, crunchy granola plus healthy trail party mix. Browse through all 100 recipes and check out such favorites as Very Berry Kale Smoothie, Almond Coconut Bars or Yummy Pecan Pie Muffins. With all these varieties of healthy recipes you are sure to find one or more to suit the taste buds of adults and kids alike. With easy and nutritional grab go recipes at your finger tips you can rest assured that you and your family are eating healthy even during the busiest of days. Inside this book you will discover: Pineapple-Kiwi Smoothie Zucchini Summer Smoothie Sweet Potato Smoothie Best Pumpkin Smoothie Christmas Cranberry Muffins Fiber Rich Muffins Awesome Apricot Bars Nutty Morning Cookies Kiddo's Trail Mix Lunch Box Trail Mix Happy Holiday Party Mix