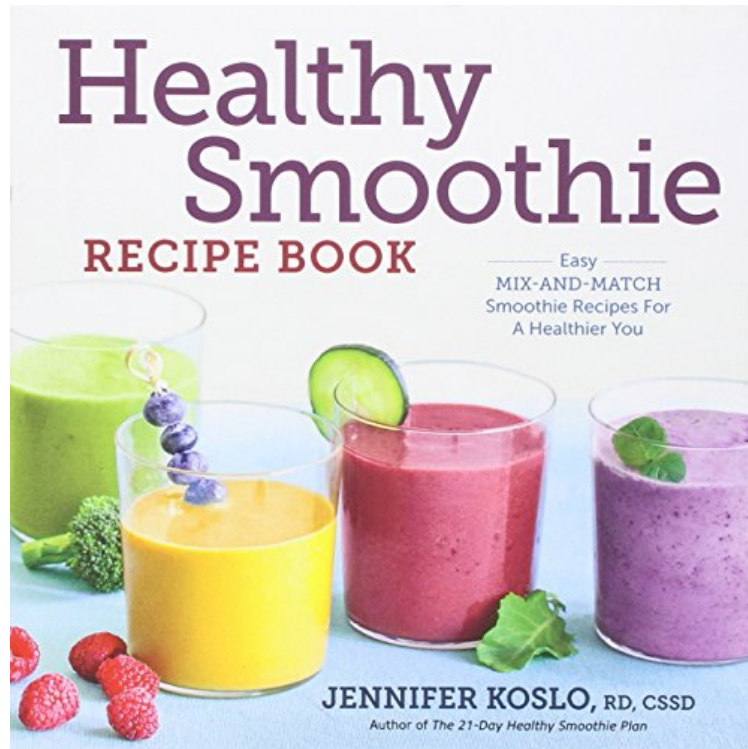


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Healthy Smoothie Recipe Book: Easy Mix-and-Match Smoothie Recipes for a Healthier You

Jennifer Koslo PhD RD CSSD
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Jennifer Koslo PhD RD CSSD : Healthy Smoothie Recipe Book: Easy Mix-and-Match Smoothie Recipes for a Healthier You before purchasing it in order to gage whether or not it would be worth my time, and all praised Healthy Smoothie Recipe Book: Easy Mix-and-Match Smoothie Recipes for a Healthier You:

32 of 33 people found the following review helpful. Best smoothie book I own... And I own a lot of themBy Cynthia VI own many smoothie books and have downloaded many more recipes from the Internet but this book is my #1 go-to smoothie book. Ms. Koslo has listed numerous different ingredients and combinations depending on the type of smoothie you wish to create. She outlines the basics of creating a good smoothie, lists spices that can be added with their nutritional and health values, and then comes her mix and match charts. Want creamy and sweet? Chunky? Less sugar more spice? You can be the mad scientist, the smoothie barista with Ms. Koslo's book. And because she is a registered dietitian you get the benefit of her extensive knowledge for all the possible ingredients. I venture to say that this is the only smoothie book you need whether you are just beginning to experiment with smoothie making or are a seasoned pro. The chapters include: Detox and Cleanse, Inflammation Fighters, Weight Loss and Diabetes, Digestion Support, Brain and Energy Boosters, Immune Support, Anti-aging and Beauty, Muscle, Bone and Joint Support (one of my personal favorites), Heart Healthy, and Overall Wellness. She also lists the, "Dirty Dozen" pesticide laden fruit

and veggies and the, "Clean Fifteen" safe and cleaner produce with a link to keep current (ebook version). There is also a Glossary of terms used in the book. There is so much information and so many helpful suggestions crammed into this book that I've had it for over a month and I'm still discovering things. Do I love this book? Yes. If you are looking for the only smoothie book you'll ever need, this is it. 0 of 0 people found the following review helpful. This Healthy Smoothie Recipe Book is excellent! It contains many great recipes. By Cynthia This Healthy Smoothie Recipe Book is excellent! It contains many great recipes, along with a very useful chart for mix and match to create an endless amount of smoothies. I recommend this smoothie recipe book to anyone that likes smoothies for a healthy, delicious diet. 0 of 0 people found the following review helpful. I truly love this book!!! By hysbus This a wondergul recipe book. I have made green smoothies for years now, but I'm pretty boring. I have the tendency to make the same, ole ingredients over and over again. All of the ingredients use are items that you can easily find at the grocery or health food store, so no searching in speciality stores. The recipes are well organized by category, with vivid pictures. This is the perfect book for beginning smoothie makers, and also for smoothie vets that are looking to increase variety or make smoothies for targeted concerns. Highly recommended. Disclaimer: I received this item at a reduced rate in exchange of an unbiased, honest review after use.

Healthy Smoothie Recipe Book: Easy Mix-and-Match Smoothie Recipes for a Healthier You From registered dietician Jennifer Koslo, Author of *The 21-Day Healthy Smoothie Plan* Enjoy nearly endless options for imaginative and healthy smoothies with more than 100 nutritious, easy-to-make recipes. The *Healthy Smoothie Recipe Book* is packed with tasty mix-and-match ideas for crafting creative smoothies?from brain-boosting breakfasts to supercharged afternoon snacks. Whatever you crave, *The Healthy Smoothie Recipe Book* is your go-to guide for creating customizable smoothies that are perfect for you. Cutting calories? Choose low-fat ingredients for lighter versions. Spicing things up? Handy spice charts give your smoothies an extra kick. Stumped for ideas? Mix-and-match charts help you customize smoothies to your tastes. Smoothie troubleshooting tips: Too thick? Too bland? Too watery? There's a smoothie solution for that. Handy dietary labels: Colorful icons match smoothies to health goals, from weight loss, immune boosting, and more. Jennifer Koslo, PhD, RD, CSSD, is a registered dietitian, a board certified specialist in sports dietetics, and a nationally recognized nutrition expert who has impacted hundreds of people's lives through her nutrition consulting work and her writing.

About the Author Jennifer Koslo, PhD, RD, CSSD, is a registered dietitian, a board certified specialist in sports dietetics, and a nationally recognized nutrition expert who has impacted hundreds of people's lives through her nutrition consulting work and her writing. She is the author of *The 21-Day Healthy Smoothie Plan*.