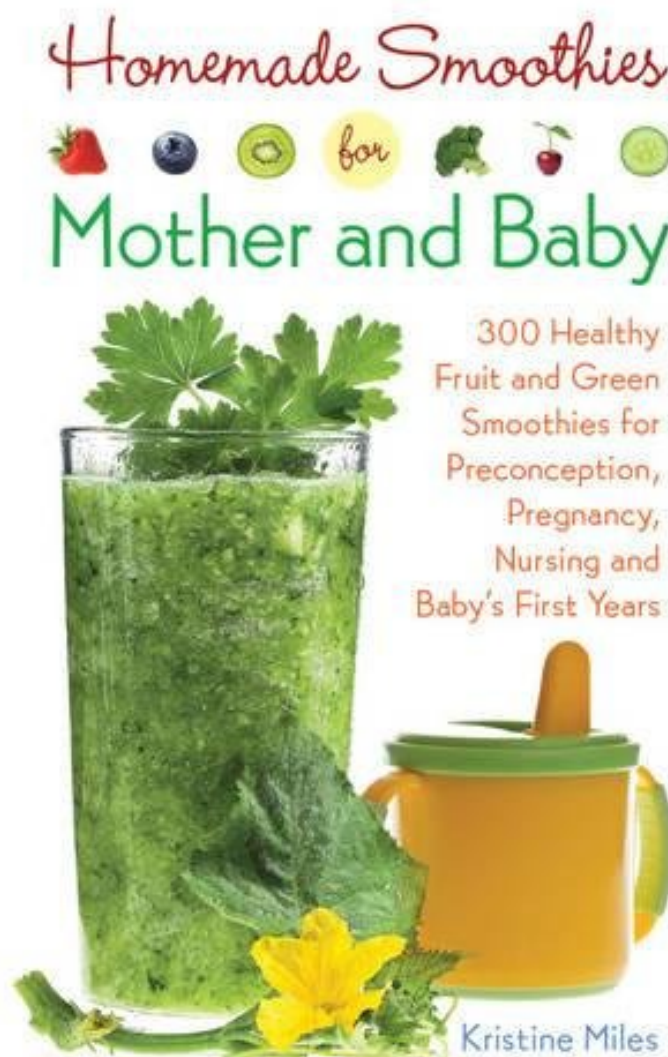


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# **Homemade Smoothies for Mother and Baby: 300 Healthy Fruit and Green Smoothies for Preconception, Pregnancy, Nursing and Baby's First Years**

*Kristine Miles*

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**Kristine Miles : Homemade Smoothies for Mother and Baby: 300 Healthy Fruit and Green Smoothies for Preconception, Pregnancy, Nursing and Baby's First Years** before purchasing it in order to gage whether or not it would be worth my time, and all praised Homemade Smoothies for Mother and Baby: 300 Healthy Fruit and Green

## Smoothies for Preconception, Pregnancy, Nursing and Baby's First Years:

2 of 2 people found the following review helpful. Great Book, Lots of Options!By Shopaholic ReviewsMy son and I are struggle with weak immune systems - if either one of us is within a 6 mile radius of a cold or flu bug we will get it, and then give it to the other one. I found this book when I was looking for whole food ways to help us stay healthy and strong. I love the recipes - they are easy to replicate and don't require a bunch of weird ingredients. Plus, the breakdown of smoothie types based on issues you might be facing is a really great way to treat the body without harmful chemicals. Great book!1 of 1 people found the following review helpful. If you buy 1 book while pregnant, buy this oneBy ErikaBy far the best book I bought while pregnant. Smoothies are very good and there is very helpful nutritional information for each trimester, as well as post natal into. Really helped keep my mood, gut, and weight in check. Hopefully helped my baby be as healthy as possible.3 of 4 people found the following review helpful. Good for mommy and baby, even toddlersBy AwesomeBEAThere are always smoothie recipes, but this book outlines the proper way to use fruit and vegetables and the way to use ratios and the sizes to use to execute what should make an excellent smoothie. Often I've had smoothies too bitter or not smooth enough... I've been doing it wrong and it's easy enough if you follow some guidelines. After that learning some techniques, experimenting with flavors should be fun and more often successful. Example: I didn't know one could steam fruit before using them in a smoothie. This is definitely a book to keep going back to for ideas and refreshers.I'm not with child, but I thought this would be great for my pregnant cousin, who is big on natural foods. I was super curious, so I thought I'd give this a read before I gave it to her and to see if she would even be interested in what the book offers. She is definitely going to be able to use this book! I know she wants to breastfeed and there is one section of recipes dedicated to breast milk quality. I can't wait to give her this book. I know she'll be able to use this from birth well into the toddler years with the depth of information the author, Kristine Miles, gives the reader.

**SUPERDELICIOUS AND ULTRANUTRITIOUS, SMOOTHIES ARE THE PERFECT FOOD FOR MOM AND HER LITTLE ONE**Every mother-to-be knows how important it is to eat right. But it's challenging to consume the nutrients you need during the different phases of pregnancy and motherhood. Luckily, *Homemade Smoothies for Mother and Baby* makes it easy for you to optimize your health with tasty, all-natural smoothies. It includes 200 recipes packed with vitamins, minerals and other vital nutrients that address you and your baby's every need. **Enhance fertility with Pineapple Pizzazz**; **Ease morning sickness with Honeydew Healer**; **Increase iron intake with Goji Gold**; **Rejuvenate skin with Beaming Beets**; **Relieve cramps with Raspberry Relaxer**; **Boost your mood with Cheerful Cherry**; **De-stress with Peaceful Papaya**; **Optimize breast milk production with Motherly Mango** Offering information on food allergies and intolerances, *Homemade Smoothies for Mother and Baby* also features tips for transitioning babies from breast milk to solid foods as well as tricks to disguise healthy greens for toddlers and children.

Green Smoothie Bible-Kristine-Miles-9781569759745-14.95-Ulysses Press-02/21/2012-66900-Green Smoothies for Every Season-Kristine-Miles-9781612431727-16.95-Ulysses Press-01/21/2014-3200- Green Smoothie Bible|Kristine|Miles|9781569759745|14.95|Ulysses Press|02/21/2012|66900|Green Smoothies for Every Season|Kristine|Miles|9781612431727|16.95|Ulysses Press|01/21/2014|3200|