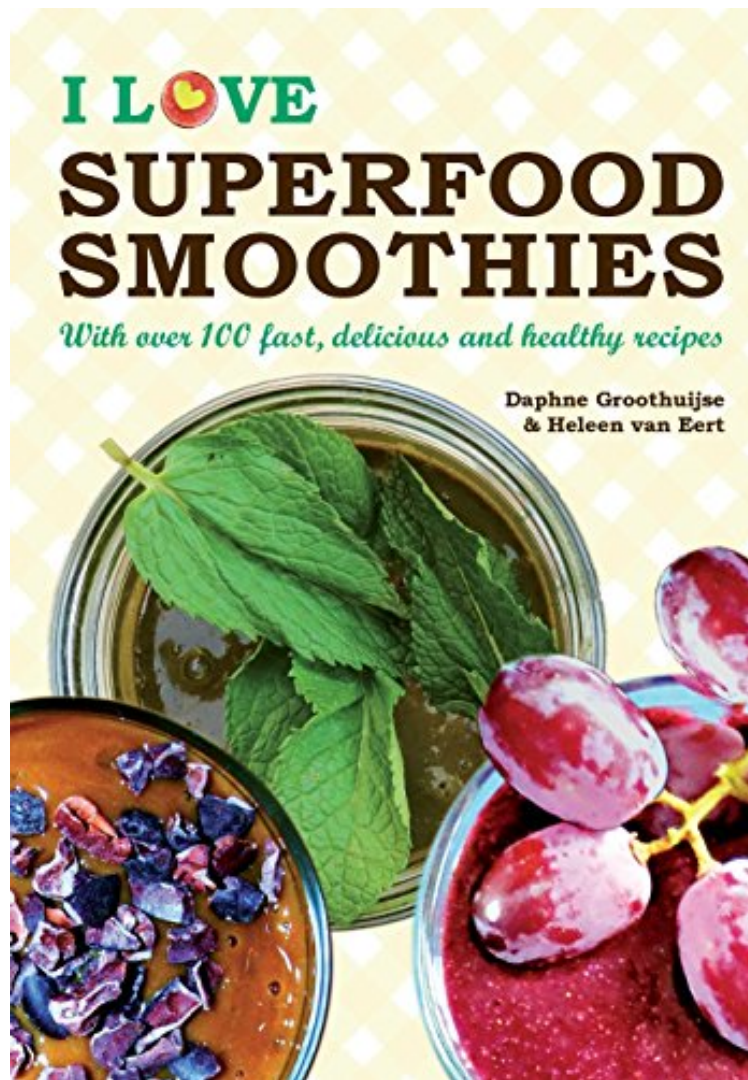


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I Love Superfood Smoothies: with over 100 Fast, Delicious Healthy Recipes (Middle English Edition)

Daphne Groothuijse, Heleen Van Eert
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Daphne Groothuijse, Heleen Van Eert : I Love Superfood Smoothies: with over 100 Fast, Delicious Healthy Recipes (Middle English Edition) before purchasing it in order to gage whether or not it would be worth my time, and all praised I Love Superfood Smoothies: with over 100 Fast, Delicious Healthy Recipes (Middle English Edition):

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my health and vitality. I came across this brand new-to-market book - I Love Superfood Smoothies and I am totally hooked. There is a huge amount of informative and fascinating content, with comprehensive lists and descriptions of all the healthy superfoods you should be including in yours and your family's daily diet. However, this is not just a dry tomb full of lists but an exciting, vibrant book filled with delicious recipes and glorious full-colour photos to get you salivating. This truly is a valuable and useful resource and if you follow the mouth watering recipes, you and all your family will feel the benefit of increased health and raised energy levels. This should be the only health book you buy, as others don't even come close and don't deserve the shelf-space. Do yourself a massive favour today and buy this marvellous book, so you can enjoy the benefits of clearer skin, brighter eyes and a marvellous feeling of well-being! 1 of 1 people found the following review helpful. This Smoothie Cookbook will blow your mind! it's super awesome! By Katie If you are a fan of smoothies like I am, then this fantastic book is just for you! Enjoy immense recipes to most delicious smoothies you can ever find. And what's so great about this book? Well, I've always been finding the recipes online, but then I just stumbled on this book, and oh god, this was so great! It is colorful, it has pictures of what the smoothie should look like once you make it, and best of all, the instructions are clear and understandable. Even though it is November, I am still experimenting with the book doing different smoothies. You can find any type of smoothie here, the ones for a diet, (I really enjoy those ones, and truth be told they are quite yummy!), the ones to boost your energy, and just the ones that are delicious! Are you ready to dive in the world of smoothies? I sure hope you are! Get hundreds of fabulous recipes just in one book and be prepared to astonish your friends or family with fantastic smoothies! 1 of 1 people found the following review helpful. Great! By Tim Quick, Delicious and Healthy Food recipes with amazing pictures! It's a perfect healthy food recipes book. Reading this book, you will learn how to make healthy and delicious juice and foods easily and quickly. Moreover, I didn't know these ingredients could make these delicious juice and foods! I am a graphics designer and I spend lots of time in-front of computer. So it is really important for me to take the foods that reduce my tiredness and stress and protect me from disease. I think this is the book I needed for my health. Recipes for lots of amazing foods are here and the making procedures are well described with amazing pictures. And yes, I really like the pictures in this book. One of friends borrowed this book yesterday and she liked the book very much!! I'd happily recommend this book to my friends and family members.

This book will make you a real superfood smoothie specialist. You will learn the benefits of different popular superfoods and of fruits and herbs. Attention is given to baby smoothies, kids, teens, pregnant women and the elderly. We show you how to create great tasting smoothies, which detoxify your body and make you lose a lot of weight. You do not want to miss the chapter about green smoothies, as they are fantastically healthy. With the basic recipes of nuts, hemp and sesame milk, you will learn to make your own healthy and creamy, base milk. The 114 delicious recipes in this book are 100% raw, vegan and gluten free. In the blink of an eye you will be able to make the freshest, tastiest and healthiest super food smoothies. Flavours that complement each other have been chosen from real and extensive testing tasting. You will learn what the benefits of various superfoods are to you and how you can enjoy them in everyday life. You will be surprised by all the delicious tasting superfood smoothies that are ready to be made by you, so that you will feel more alive and thrive. Soon, you will find that your energy level goes up or that you will experience other benefits of smoothies, like more clarity to your mind and just generally feeling better! This book will give you a simple answer to the question: How do I process superfoods in my daily diet? Superfoods are often sold in the shape of (freeze-dried) powders. As you can imagine perhaps, eating powders alone is not an easy thing to do. A tasty smoothie where you put in your superfood (powders), is therefore one of the fastest and easiest ways to get the good nutrients into your body to address any shortages. The only tools you need for making these great tasting and nutritious smoothies are a blender, a knife and a cutting board. Of course, you will need the ingredients but also your creativity: Make sure you have the necessary ingredients in your fridge and cupboards ready; fruits, superfoods, sweeteners, herbs and/or green vegetables, melons the list is almost endless. In the back of the book, the first appendix is a glossary. In part 3 consecutively superfoods, herbs and fruits, including their health effects, have been described. Furthermore you will find many practical tips in this book, such as 'How to open a fresh coconut?' or 'What goes first or last in the blender?' and many more. In the handy Recipe Index you will find the recipes listed alphabetically (mentioned by name), the main ingredients and the superfoods with the corresponding page number. We hope you get as much pleasure with your superfood smoothie adventure, as we had creating this book!

From the Back Cover I Love Superfood Smoothies