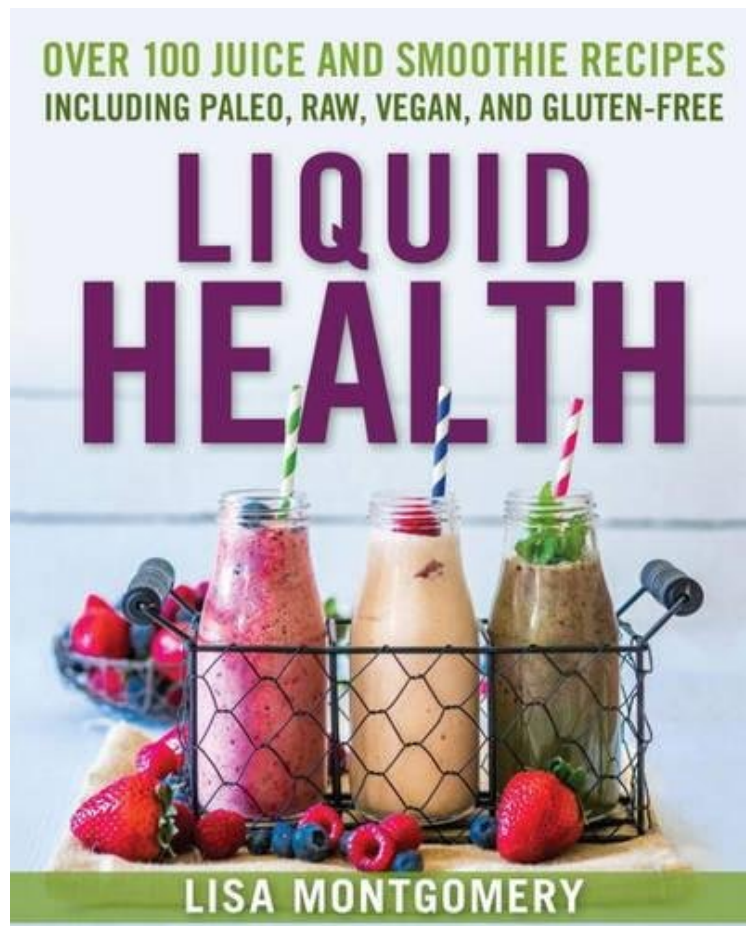


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Liquid Health: Over 100 Juices and Smoothies Including Paleo, Raw, Vegan, and Gluten-Free Recipes

Lisa Montgomery

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Lisa Montgomery : Liquid Health: Over 100 Juices and Smoothies Including Paleo, Raw, Vegan, and Gluten-Free Recipes before purchasing it in order to gage whether or not it would be worth my time, and all praised Liquid Health: Over 100 Juices and Smoothies Including Paleo, Raw, Vegan, and Gluten-Free Recipes:

0 of 0 people found the following review helpful. This is the best book for this subjectBy CustomerThis is the best book for this subject. Lisa explains well and guides you to greater health. I am using this as my guide for my health journey. This is a MUST NEEDS!1 of 1 people found the following review helpful. Wow, She Has Done it Again!By Bob's reviewsLiquid Health is another great book by Lisa Montgomery. It is filled with simple recipes for juices, smoothies, milks, soups, waters and teas. I have read her previous books and tried a number of the recipes and have never been disappointed. As someone who must eat gluten-free, I miss soup. So many times wheat flour is used as a thickener so its "no soup for me." This book has 18 GF soup recipes and most can be prepared in 20 minutes or less.

As soon as the weather begins to cool, I am going to dive in and make my own soup for the first time. Right now I am enjoying some of the cool and easy juice recipes. Just as with Lisa's previous books, her health tips and product recommendations really add something extra to her books. 2 of 2 people found the following review helpful. Recommend for anyone seeking a healthier way to live! Great recipes! By Angel6129 Great collection of recipes for my smoothie machine (I have a Vitamix). I have a smoothie/blender drink almost every day to supplement and enhance my nutrition. This book has assembled easy to follow recipes, instructions, and tips to add variety and new ideas to my daily nutrition. The color photos and color coded recipes make following along simple. Recommended.

An exciting new collection of delicious recipes made from established superfoods and prepared in your own kitchen! Featuring beautiful, full-color photos! Liquid Health is the new must-have recipe collection from acclaimed author Lisa Montgomery, containing over 100 tantalizing recipes suitable for everything from the raw food diet to the Paleo and vegan diets. Liquid Health makes that first step in trying out a new diet as easy as possible—all you need is a blender and a juicer! With a wide variety of recipes to choose from, each with helpful icons to denote which diet the dish is suitable for, these delicious, nutritious recipes make it simple to include superfoods in your existing diet. Including juices, smoothies, soups and more, Liquid Health lets you blend and juice like never before! Liquid Health also includes:

- Simple, easy-to-follow instructions for each recipe, including unique tips from author Lisa Montgomery
- The benefits of superfoods, and how to include them in your diet today
- Easy-to-prepare smoothies and juices to help you stay energized throughout the day
- The building blocks to a perfect smoothie—what each ingredient does for your body, and why

Liquid Health contains over 100 new and exciting recipes, suitable for a wide array of diets, including Tangible Life Orange Drink, Pomaberry Slushee, African Sweet Potato Peanut Soup, Coconut Water Kefir, Tropical Amazement Smoothie, Steamy Basil Soup, Raw Sesame Power Drink, Peach Raspberry Smoothie, Lisa's SuperGreen Smoothie/Juice and many more! Liquid Health removes the worry and stress of trying a new diet for the first time with dishes that are as easy to love as they are to make. Don't keep putting it off—start living dynamically today!

About the Author Lisa Montgomery is a Holistic Health Care Practitioner, and has graduated from the Living Light Culinary Arts Institute as an associate/chef instructor. She is the author of many raw cookbooks including The Complete Book of Raw Food Volume 2, Liquid Raw, Raw Garden, Raw Survival and many more. For more information about Lisa, visit www.livingdynamically.com. Excerpt. © Reprinted by permission. All rights reserved. When people get together to celebrate the big events in their lives—weddings, holidays, graduations—they toast the event. The toast, “To life!” made famous by the musical Fiddler on the Roof, has always resonated with me. I decided that Liquid Health would be an expansion on that toast. In Liquid Health, my goal is that you raise your glass, not just to “life,” but to a life lived healthily and dynamically. Liquid Health is a tool to help support and educate you, enabling you to live a healthier lifestyle. But people's lives are very busy nowadays; even when we try to slow down, our lives speed right back up again. That's why Liquid Health makes it easy—it shows you that anyone can throw healthy ingredients into high-speed blender or run them through a juicer. You don't have to be a neurosurgeon or a rocket scientist to use this book. You may not have time to make a seven-layer raw salad, but you absolutely have time to throw some genuinely healthy ingredients in a blender and push the button. When you're going through life's challenges, or when you're starting to feel tired and rundown, know that it's easier on your body to digest liquids. It takes less energy and time. We never really think about it, but the challenges of life can be so overwhelming at times that the physical act of digesting food—even healthy food—seems like too much to handle. Liquid Health is the gentle and easy way for you and your body to get the nutrients your body needs. Liquid Health is full of amazing, delicious recipes that are not only healthy, but also easy to make. While I was putting together this collection, the thought at the forefront of my mind was that each person is an individual. What works for your body may not work for the next person's body. With that in mind, each recipe is marked as belonging to one of more of the following diets: raw (R), paleo (P), gluten-free (GF), or vegan (V). I've also included a brief explanation on each of these recipes, for those curious about expanding their palate. This also makes it easy for those already following these lifestyles to locate the recipes that suit their needs. I have also noted places where a recipe can be rendered usable with another diet simply by changing an ingredient or two. For example, removing raw honey from a recipe and replacing it with stevia will render the recipe vegan. My goal and my hope for Liquid Health is to meet you right where you are on your path to better health, and to support your healthy lifestyle!—Excerpt from the Introduction by Lisa Montgomery