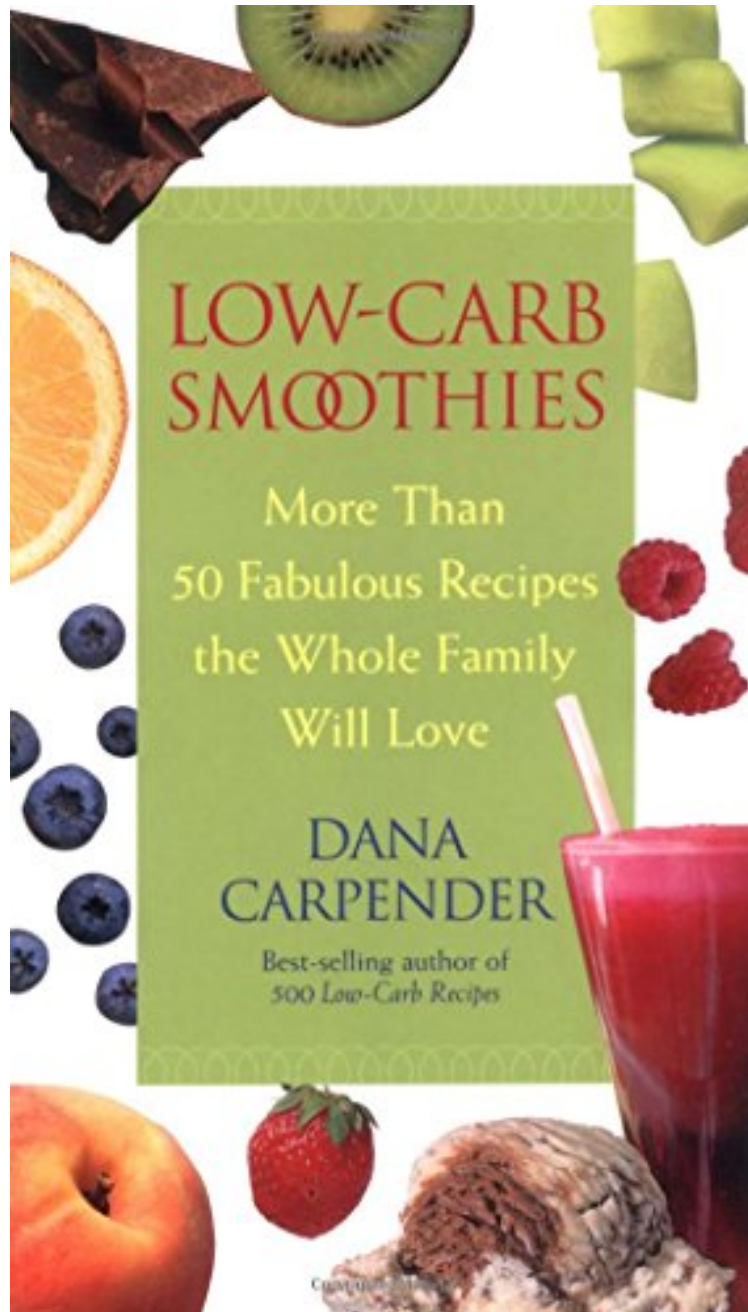


Low-Carb Smoothies: More Than 50 Fabulous Recipes the Whole Family Will Love

Dana Carpender

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Dana Carpender : Low-Carb Smoothies: More Than 50 Fabulous Recipes the Whole Family Will Love before purchasing it in order to gauge whether or not it would be worth my time, and all praised Low-Carb Smoothies: More Than 50 Fabulous Recipes the Whole Family Will Love:

2 of 2 people found the following review helpful. Low-Carb is a relative term
By Gae A. Weber
There are a large number of smoothies below 7 grams--that's the good news. I had, however, hoped for a smoothie or two appropriate for Induction, but there's only one that's even remotely possible. HOWEVER, if you are at maintenance, there are lots of great recipes here. Too bad it's out of print!
0 of 0 people found the following review helpful. Disappointing.
By rona.
I had high expectations as I love her cookbooks. If you just want low carb smoothies this will probably fill the bill. But be aware that much of the flavoring is provided with fruit flavored syrup, drink powders and artificial sweeteners. If this is what a low carb smoothie is, I'll pass.
0 of 0 people found the following review helpful. so far so good.
By Lorraine R. Davis
Still working on them, so far so good.

Smoothies are one of the most popular food trends; they are healthy meal replacements, and easy, on-the-go snacks. But, the problem is, most are high in carbs. Not anymore! Low-carb diet guru Dana Carpender offers readers 50 all-new recipes for smoothies along with beautiful full-color photos in this one-of-a-kind book. Readers of Dana's previous books will love it, and the millions of people on low-carb diets will welcome the chance to bring their blenders out to make delicious milkshake alternatives.

About the Author
Dana Carpender is the author of 500 Low-Carb Recipes, 15-Minute Low-Carb Recipes, The Low-Carb Barbecue Book, 500 More Low-Carb Recipes, Dana Carpender's Carb Gram Counter, and How I Gave Up My Low-Fat Diet and Lost 40 Pounds, which together have sold almost a million copies. 500 Low-Carb Recipes was a Quality Paperback Book Club Main Selection and a USA Today best-seller. She has been featured on QVC, Weekend Today, Fox and Friends, and other local and national radio and TV programs. Dana writes a syndicated newspaper column and is also the author of the popular e-zine "Lowcarbazine!", with over 20,000 e-zine subscribers. She lives in Indiana.