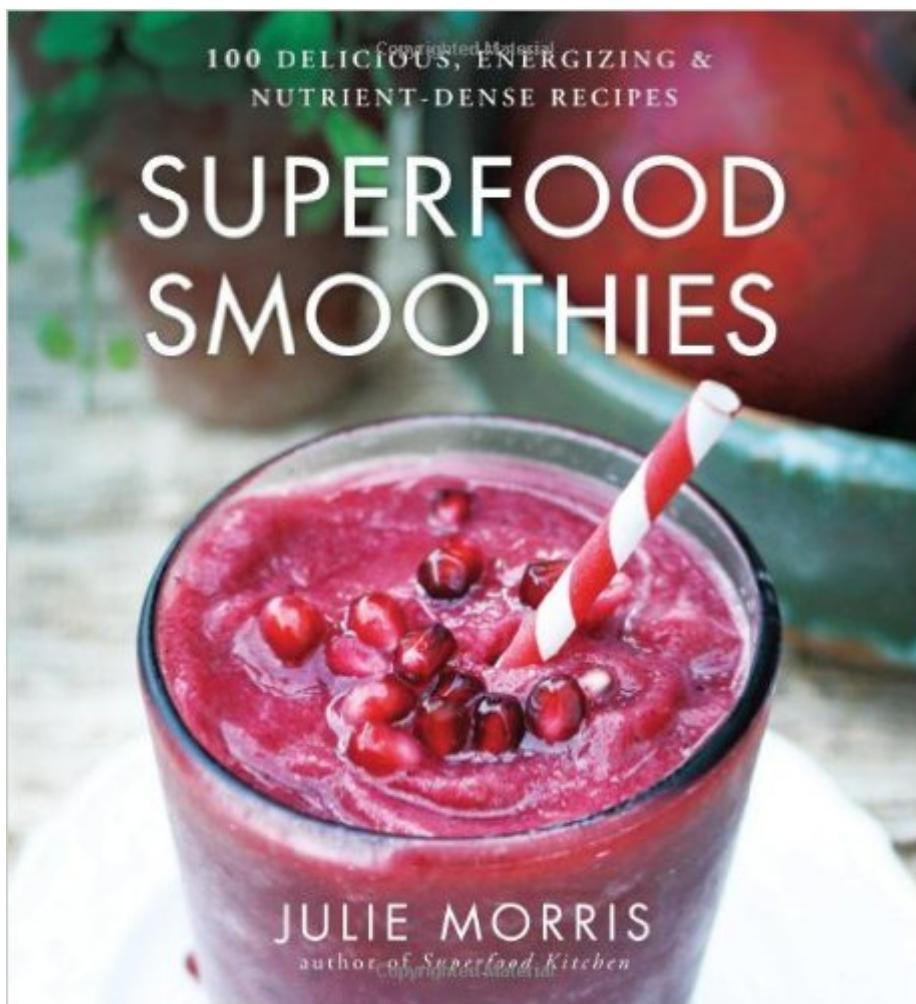


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Superfood Smoothies: 100 Delicious, Energizing & Nutrient-dense Recipes



Synopsis

Everyone loves smoothiesâ "and this is the ultimate smoothie book, written by Julie Morris, author of Superfood Kitchen and a superfood expert! Morris whips up 100 nutrient-rich recipes using the world's most antioxidant-, vitamin- and mineral-packed foods, and offers innovative culinary methods for making your smoothies incredibly nutritious and delicious. Whether you're looking for an energy boost, seeking a gentle cleanse, or just trying to get healthy, you'll be inspired to power up the blender!

Book Information

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Average Customer Review: 4.3 out of 5 starsÂ See all reviewsÂ (895 customer reviews)

Best Sellers Rank: #933 in Books (See Top 100 in Books) #3 inÂ Books > Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies #36 inÂ Books > Cookbooks, Food & Wine > Special Diet

Customer Reviews

I'm a big fan of Julie Morris, I am so in love with her first book, "Superfood Kitchen", I cook from it almost every day and consider it the most valuable cookbook I own, so of course I was very excited to get my copy of "Superfood Smoothies"! I am truly amazed but not surprised that she turned out yet another masterfully written and beautifully composed book of awesome recipes. Not only are the smoothie recipes REALLY TASTY, but they are so creative and very thoughtfully concocted to maximize health, flavor, and texture. My favorites that I've tried so far are: cranberry orange (using frozen whole cranberries and OJ), acai pumpkin (yum! creative use for canned pumpkin puree), and cacao cream. There are so many more I can't wait to try! I first started trying to turn around my health about a year ago by making green smoothies in my \$30 blender, mixing frozen blueberries, banana, chia seeds, kale and almond milk every morning for breakfast. I have since upgraded to a vitamix, which makes it easier and more enjoyable to blend my daily smoothie! This book is helping me expand my smoothie repertoire so I can never, ever be bored with my smoothie! I have also

slowly expanded my superfood pantry over the last year, and wanted to pass on some tips for locating ingredients and finding good deals. Many of the negative reviews for this book seemed like the reason was because they couldn't find the ingredients or they were too expensive, which are completely bogus reasons for poorly reviewing this incredible book!! They are easy to find AND affordable if you have access to the internet!!! I live in an extremely rural isolated area, 1.

I have ordered different Smoothies as I've ventured out for the day, and have also been invited to join friends in relaxing, and enjoying Smoothies. A very popular trend, but I also noticed the prices for Smoothies in malls and stores have gone up. Julie Morris shares 100 recipes of healthy, delicious Smoothies. I received a new blender recently as a gift, and now am building my own collection of Smoothie recipes for family, friends, and social gatherings. These recipes are tasty, and there is a huge selection to choose from. I noticed that when I do enjoy a Smoothie, I quickly fill-up, and avoid junk food cravings, which is another positive sign. The different fruit flavors are inviting, Smoothies help to boost energy, and are nutritious. This book was inexpensive, and worth every penny. It's the best Smoothie book I have purchased thus far. In addition to 100 recipes of delicious Smoothie recipes, this book is also informative. The author discusses Smoothie Essentials, How much Smoothie should one drink, the nutritional rewards of Smoothies, and more. There are stunning, colorful photos that are inviting. Included in this amazing book are: fruit & Light; Green & Vibrant; Rich & Creamy; Stealth Blends; Superfood Shots. There is also information about storing Smoothies, charts, guides, and resources. My favorite Smoothie recipes thus far are CHOCOLATE MINT, MANGO COCONUT, BLACKBERRY VANILLA, and BANANA OAT. However, every week I will try a new recipe for me, and my daughter. An update: We tried the CHOCOLATE HAZELNUT; MULBERRY LAVENDER; MANGO GINGER; and the STRAWBERRY CHAMOMILE. Absolutely no complaints, very tasty choices indeed. In fact, I will be ordering more copies of this delightful, fun-filled book for birthday and holiday gifts.

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