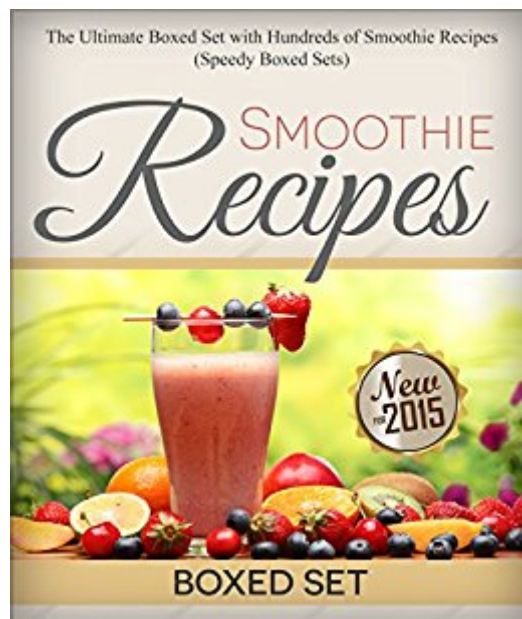


The book was found

# Smoothie Recipes: Ultimate Boxed Set With 100+ Smoothie Recipes: Green Smoothies, Paleo Smoothies And Juicing



## Synopsis

This boxed set of three smoothie books covers how smoothies benefit your overall health and can help you to achieve your weight loss goals as well. There are tips and recipes throughout the collection of books.

## Book Information

File Size: 2763 KB

Print Length: 484 pages

Publisher: Weight A Bit (June 13, 2014)

Publication Date: June 13, 2014

Sold by:Â Digital Services LLC

Language: English

ASIN: B00M5P6LU6

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #347,521 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #68

inÂ Books > Cookbooks, Food & Wine > Kitchen Appliances > Juicers #83 inÂ Books >

Cookbooks, Food & Wine > Kitchen Appliances > Blenders #93 inÂ Kindle Store > Kindle eBooks

> Cookbooks, Food & Wine > Cooking by Ingredient > Fruits

## Customer Reviews

Excellent recipes. I am not sure why this is called a boxed set in the Kindle version, but the recipes are well written and several I tried were delicious. Here's a basic recipe that I like playing with. If a guest doesn't like the taste of kale, this works great: Serves 1  
Ingredients 3/4 cup chopped kale, ribs and thick stems removed 1 small stalk celery, chopped 1/2 banana 1/2 cup apple juice or one small apple 1/2 cup ice 1 tablespoon fresh lemon juice  
Directions 1. Place the kale, celery, banana, apple juice, ice, and lemon juice in a blender. 2. Blend until smooth and frothy. Leave out the banana and apple if you like the taste of kale as I do; substitute oat milk for water for better heart health. Let your imagination be your guide; you can't really go wrong. :) And, maybe you should move from a glass and straw to a bowl; the Cleveland Clinic makes the case: The authoritative Cleveland Clinic has some good advice: For on-the go meals, smoothies have been an option for years. From the

franchises you see around town to the make-at-home versions youâ™ve tried in your own blender, these thick drinks â™ when made properly and enjoyed in appropriate portions â™ provide a healthy meal alternative. But lately the trend is shifting from portable glasses to hearty bowls â™ and from grab and go to sit and enjoy. The âœsmoothie bowlsâ • youâ™ve seen on Instagram or Pinterest take basic components of a smoothie, add less liquid and more thickening ingredients, and are topped with nutrient-dense, fiber-filled superfoods. Swap the straw for a spoon, and youâ™ve got a hearty dish.

[Download to continue reading...](#)

Juicing: 365 Days of Juicing Recipes (Juicing, Juicing for Weight Loss, Juicing Recipes, Juicing Books, Juicing for Health, Juicing Recipes for Weight Loss, Juicing Detox, Juicing for Beginners) Green Smoothies - Top 200 Green Smoothie Recipes: (Green Smoothies, Green Smoothie Recipes, Green Smoothie Cleanse, Green Smoothie Diet, Green Smoothie for Everyday, Healthy Juice) Smoothie Recipes - Top 200 Smoothie Recipes: (Smoothies, Smoothie Cookbook, Vegan Smoothie, Paleo, Green Smoothie, Smoothie Recipes For Weight Loss, Smoothie Cleanse, Diet, Juicing, Healthy Food) Smoothies: 365 Days of Smoothie Recipes (Smoothie, Smoothies, Smoothie Recipes, Smoothies for Weight Loss, Green Smoothie, Smoothie Recipes For Weight Loss, Smoothie Cleanse, Smoothie Diet) Smoothie Recipes: Ultimate Boxed Set with 100+ Smoothie Recipes: Green Smoothies, Paleo Smoothies and Juicing Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes) JUICING: 101 Juicing Recipes For Weight Loss, Detox And Overall Health (Juicing For Weight Loss, Juicing Books, Juicing For Health) (Juicing For Beginners, Fasting and Detoxing) Paleo Diet: Paleo Slow Cooker COMBO 2 IN 1 SET - Paleo Diet for Beginners, Paleo Slow Cooker Cookbook, Paleo Diet Recipes and Paleo Slow Cooker Recipes, ... (Paleo Diet Paleo Slow Cooker COMBO SET 1) 10 Day Green Smoothie Cleanse: Detox Your Body with 10 Day Green Smoothie Cleanse and Lose Weight with Low Carb Cookbook (smoothies, green smoothie recipes, ... cookbooks, smoothies , sugar detox) 10 Day Green Smoothie Cleanse: Lose 15lbs with 10 Day Green smoothie diet For Weight Loss. Weight loss green smoothie recipes, green smoothies: Sip Up, Slim Down ! Lose upto 15 Lbs in 10 Days! Paleo: Paleo Diet for beginners: TOP 100 Paleo Recipes for Weight Loss & Healthy Recipes for Paleo Snacks, Paleo Lunches, Paleo Desserts, Paleo Breakfast, ... Healthy Books, Paleo Slow Cooker Book 9) SMOOTHIES: Antioxidant Power Super Healthy Smoothie & Ice Kreme Recipes For Kids (Smoothie Recipes, Green Smoothies, Healthy Eating For Kids, Juicing, Vegan, Weight loss) Paleo Diet: 200 Delicious Paleo Diet Recipes (Paleo Slow Cooker, Paleo For Beginners, Paleo

Diet Recipes, Paleo Recipes, Paleo Diet Cookbook,) Paleo: A Simple Start To The 14-Day Paleo Diet Plan For Beginners(paleo books, Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, ... Slow Cooker) (Cookbook delicious recipes 3) Red Smoothies: Over 80 Blender Recipes, weight loss naturally, green smoothies for weight loss,detox smoothie recipes, sugar detox,detox cleanse juice,detox ... - detox smoothie recipes Book 260) Paleo: 30-Day Paleo Challenge - Change Your Life and Lose 15 Pounds with Paleo Diet, Paleo Slow Cooker Cookbook - Top 80 Paleo Recipes (Paleo Series) Paleo: Paleo Slow Cooker Cookbook: Top 80 Paleo Recipes - Easy, Delicious and Nutritious Paleo Diet Cooking (FREE BONUS) (Paleo Crockpot, Paleo Baking, Whole Food) Paleo For Beginners: Paleo Diet - The Complete Guide To Paleo - Paleo Cookbook, Paleo Recipes, Paleo Weight Loss (Clean Eating) Paleo:Ultimate Pale Diet Cook Book For Beginners-MELT 10 POUNDS IN 14 DAYS MEAL PLAN +100 Recipes,(FREE BONUS INCLUDED),Paleo Diet Plan, Paleo Diet cookbook: Paleo Diet Cook Book For Beginners Juice Up Your Life - Juicing Made Easy Guide And Tips, Live Healthy, Live Better, Live Longer! (Juicing Guide, Juicing Recipes)

[Dmca](#)