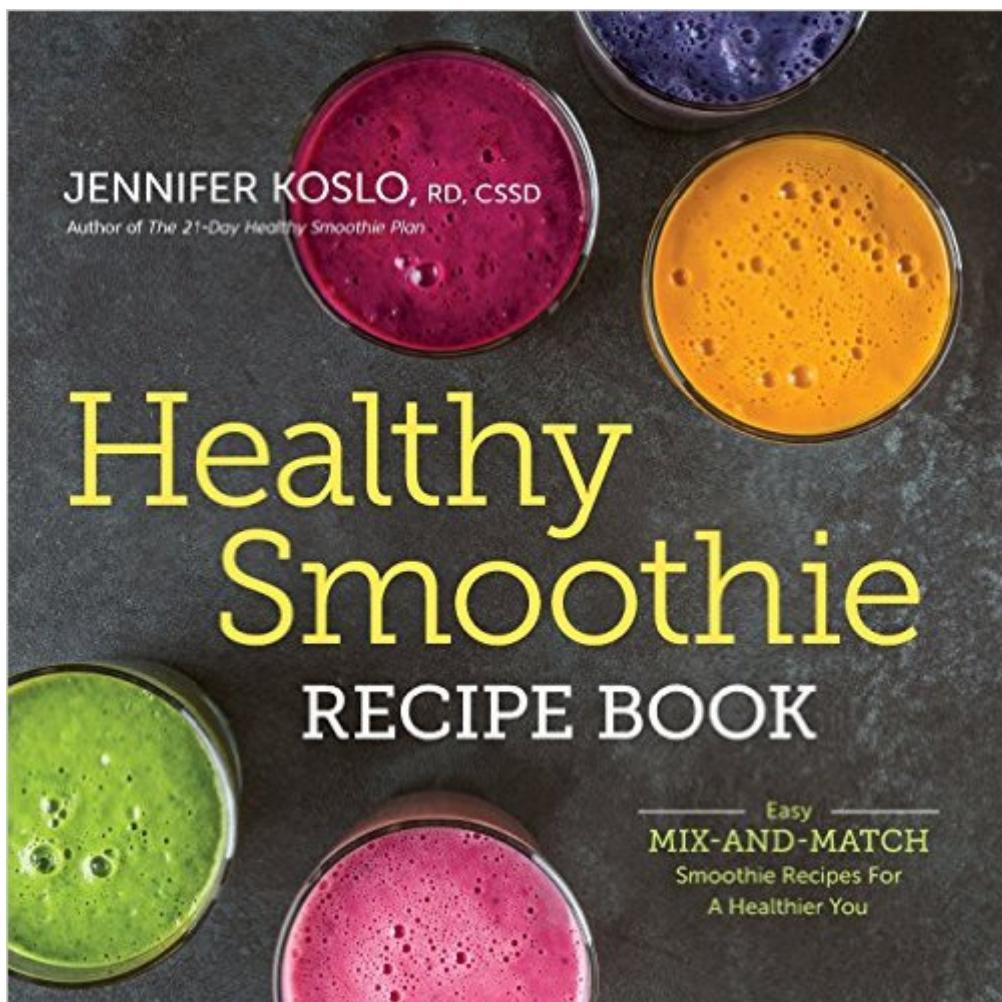


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# Healthy Smoothie Recipe Book: Easy Mix-and-Match Smoothie Recipes For A Healthier You



## Synopsis

Healthy Smoothie Recipe Book: Easy Mix-and-Match Smoothie Recipes for a Healthier You From registered dietitian Jennifer Koslo, Author of The 21-Day Healthy Smoothie Plan Enjoy nearly endless options for imaginative and healthy smoothies with more than 100 nutritious, easy-to-make recipes. The Healthy Smoothie Recipe Book is packed with tasty mix-and-match ideas for crafting creative smoothiesâ •from brain-boosting breakfasts to supercharged afternoon snacks. Whatever you crave, The Healthy Smoothie Recipe Book is your go-to guide for creating customizable smoothies that are perfect for you. Cutting calories? Choose low-fat ingredients for lighter versions. Spicing things up? Handy spice charts give your smoothies an extra kick. Stumped for ideas? Mix-and-match charts help you customize smoothies to your tastes. Smoothie troubleshooting tips: Too thick? Too bland? Too watery? Thereâ ™s a smoothie solution for that. Handy dietary labels: Colorful icons match smoothies to health goals, from weight loss, immune boosting, and more. Jennifer Koslo, PhD, RD, CSSD, is a registered dietitian, a board certified specialist in sports dietetics, and a nationally recognized nutrition expert who has impacted hundreds of peopleâ ™s lives through her nutrition consulting work and her writing.

## Book Information

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## Customer Reviews

So I got a new blender for Christmas and what an incredible book to get me started with different things that I can do with my new blender! I always thought it was basically yogurt, fruit and ice....man was I ever wrong! The Healthy Smoothie Recipe book was so perfect for me and what I want out of a smoothie!So, when you get this smoothie book there is a nice little table of contents to

get you started. In this book your chapters are; custom smoothies for vibrant health, detox and cleanse, inflammation fighters, weight loss and diabetes, digestion support, brain and energy boosters, immune support, anti again and beauty, muscle bone and joint support, heart healthy, overall wellness. In the back of the book there is a section called the dirty dozen and the clean fifteen. They give you a table of the dirty dozen fruits and veggies that you should only buy in the organic section of the storers and then they give you a list of 15 fruits and veggies that are more safe to buy non - organic. This is some really helpful information that I never even knew existed! There is a short glossary, a recipe index and an index for all of the recipes in this book! So, after checking out A LOT of different recipes and really not knowing which one to go with first, I figured one with berries in it would be a great start! So, the recipe that I tried can be found on page 164, Raspberry Heart Smart. In my concoction I used blackberries and strawberries instead of raspberries and bananas, other than that I stuck to the rest of this recipe. Not only did I find this recipe easy to make, but so yummy to my tastebuds! Even my 3 year old daughter told me it was yummy! There is so much information in this book to help you decide what to buy for whatever reason you're making your smoothies!

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