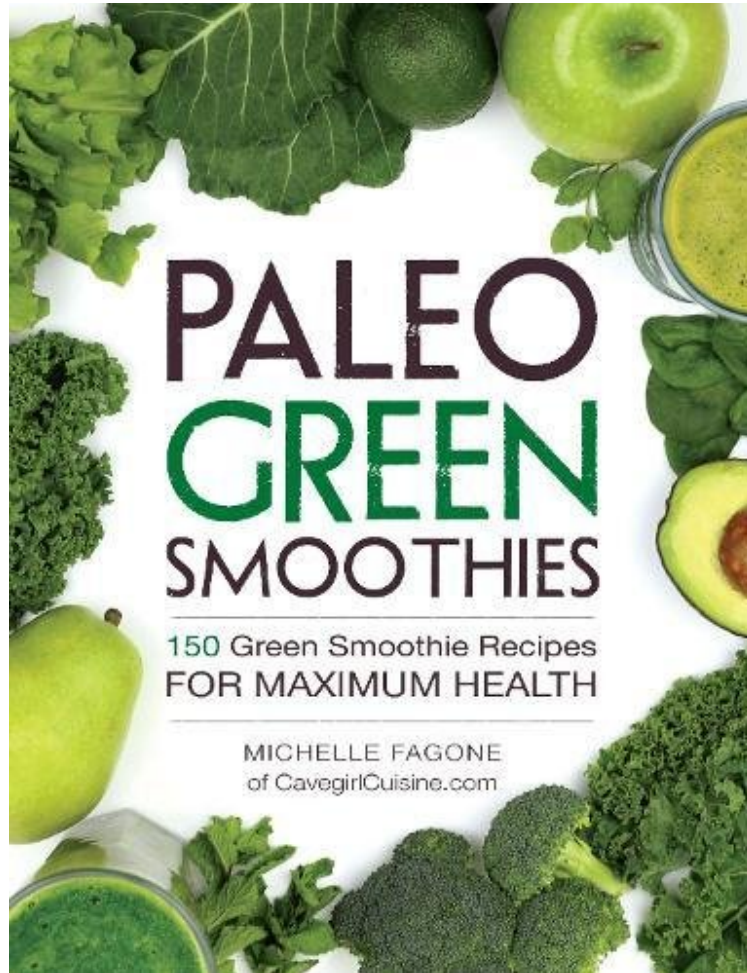


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Paleo Green Smoothies: 150 Green Smoothie Recipes for Maximum Health

Michelle Fagone

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Michelle Fagone : Paleo Green Smoothies: 150 Green Smoothie Recipes for Maximum Health before purchasing it in order to gage whether or not it would be worth my time, and all praised Paleo Green Smoothies: 150 Green Smoothie Recipes for Maximum Health:

0 of 0 people found the following review helpful. Five StarsBy CustomerThe best5 of 5 people found the following review helpful. Great resource for adding an extra health component to any diet!By TheSaffronGirlSmoothies are touted for having many benefits including detoxing. Yet until now, I've never really tried creating any because: I like to eat whole foods instead, I feel I don't have the time to make them, and I don't know what combinations of flavours would make them pleasantly drinkable. Michelle's book has convinced me I was wrong about all of these points. Paleo Green Smoothies not only provides you with 150 pre-made ideas that are nutrient-dense (some even contain eggs!),

but shows you that they can all be made within minutes. I've already tried a few of them, and have enjoyed them all. And now, I'm even ready to start experimenting on my own using Michelle's recipes as a basis. Don't be deterred if you think they only fit into a Paleo diet. These are great for any way of eating; and there is even a chapter on kid-friendly recipes, which will help you get your children to consume more vegetables. There are also recipes for breakfast smoothies, everyday smoothies, savory smoothies, dessert smoothies, weight loss smoothies, smoothies for athletes and recovery, smoothies for cleansing and detox, smoothies for health and disease prevention, anti-aging and radiant skin smoothies, and smoothies for pregnancy and prenatal care. Additionally, Michelle walks you through a comprehensive introduction to the benefits of greens in nutrition and healing the body and digestive system. And it's not all about just leafy greens! The recipes include ideas for using cruciferous vegetables, root vegetables, vine vegetables, berries, tree fruits, melons, tropical fruit and many other additions, including herbs. I'm very happy to have this new resource in my kitchen! I highly recommend it. 4 of 4 people found the following review helpful. I also love how many veggies are used in them.

By Michelle Smochko
This cookbook has been such a hit in our family. Prior to making it I would just dump whatever we had in the fridge into the blender and go, usually fruit heavy and always a brownish color. But thanks to Paleo Green Smoothies we now have a huge variety of morning smoothies and the kids gobble them up. I also love how many veggies are used in them. Some faves include the Dude Food Smoothie and the Taxi Mom Smoothie. If you need some smoothie guidance on creating smoothies that are delicious and incorporates your veggies, this is a must have!

Featured on FitnessMagazine.com Delicious green smoothies--free of gluten, dairy, and refined sugar! Think the Paleo diet and green smoothies don't mix? Well, think again! Now, you can enjoy the quick burst of energy that comes from the nutritious drink--without any of the gluten, dairy, or refined sugar! This book shows you how to create 150 green smoothie recipes that are specifically designed to complement the Paleo lifestyle. Whether you're interested in adding more greens into your diet or just need an extra boost of energy after an intense workout, these recipes have got you covered. Featuring step-by-step instructions and nutritional data, each page teaches you how to blend up a variety of Paleo green smoothies, including: Citrus Jump-Start Smoothie, Kale Yeah Smoothie, Mojito Smoothie, Summer Squash Smoothie, Key Lime Pie Smoothie. You don't have to miss out on these delicious, vitamin-packed drinks just because you're on the Paleo diet--with Paleo Green Smoothies, you can have healthy, flavorful smoothies at every meal!

About the Author
Michelle Fagone is a recipe developer and food blogger. On her site, CavegirlCuisine.com she shares recipes and knowledge about the health benefits of cooking with local, fresh, non-contaminated foods. Cavegirl Cuisine was named one of the Top 50 Paleo Blogs of 2012 by the Institute for the Psychology of Eating. She lives in Louisville, Kentucky. She is the author of The "I Love My Instant Pot" Paleo Recipe Book.