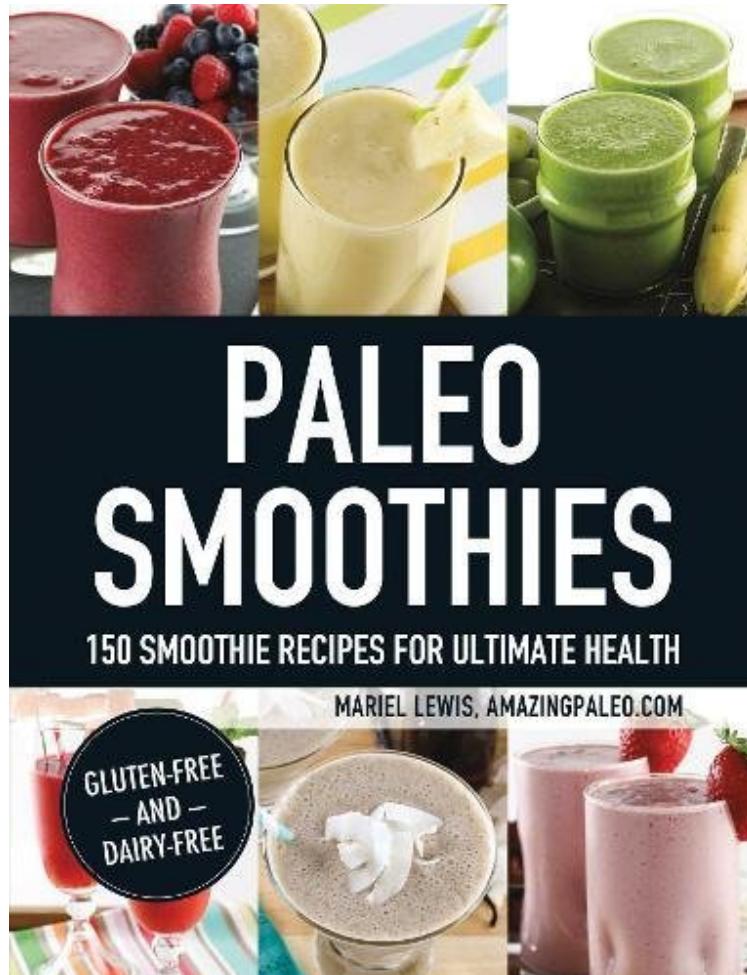


Paleo Smoothies: 150 Smoothie Recipes for Ultimate Health

Mariel Lewis

*ebooks | Download PDF | *ePub | DOC | audiobook*



[Download](#)

[Read Online](#)

#619635 in Books Adams Media Corporation 2014-05-18 2014-05-18 Original language: English PDF # 1
9.13 x .60 x 7.00l, .84 #File Name: 1440574650208 pages Adams Media Corporation | File size: 32.Mb

Mariel Lewis : Paleo Smoothies: 150 Smoothie Recipes for Ultimate Health before purchasing it in order to gauge whether or not it would be worth my time, and all praised Paleo Smoothies: 150 Smoothie Recipes for Ultimate Health:

0 of 0 people found the following review helpful. Helpful and tasty (the smoothies, not the book)By m2iMERKA Always happy to find a new smoothie to try. The book is helpful. Keeps all my favorites in one place. 11 of 13 people found the following review helpful. Mirror, mirror on the wall. Who has the fairest smoothie recipe book of them all? By Victor San Diego Mirror Man: My Queen, My King, or anyone else interested on this day Mariel Lewis's Paleo Smoothies has the ultimate health smoothies' book of them all and here's why: Admittedly, I am not on the Paleo Diet, but I have been reading about it lately. I thought why not try out some of the benefits of creating better and healthier smoothies for my special friends and me. I live in Southern CA and people here go to these smoothies' places (juice bars) like they are coffee shops or pubs here, especially during the summer months. Actually, that's where I

discovered Açaí, at one of these places. What I enjoyed about this book was the layout, index and ease of reading. There are 150 recipes here. There are over 24 gorgeous color pictures of deliciously named smoothies. These pictures are great and their presentation makes you just want to "Lick" the pages. Think of those cologne samples pages that provide scent samples of their aroma, that's what I wanted from this book. I was doing some serious salivating by looking at those beauties on the color pages. I invite you to take a look at 's extract of the table of contents section: 10 sections of Smoothies: 1. Refreshing Smoothies 2. Recovery Smoothies 3. Cleansing Smoothies 4. Dessert Smoothies 5. Detox Smoothies 6. Energy Smoothies 7. Three-Ingredient Smoothies 8. Green Smoothies 9. Fruits-Only Smoothies 10. Exotic Smoothies

What I did, I started at the color pictures and began there on my new discoveries. Incredible really, there are some great names of smoothies, such as Blueberry Passion, Caribbean Sunset, Blueberry Goodness, Açaí Boost, Sunflower Chocolate, Cheesecake Smoothies. With the index and content sections I was able to quickly pick the ones that I wanted to make first. I will eventually read all the recipes, but I needed to have a quick set-up guide and this worked for me. I discovered in less than a week what I could use sunflower butter and cacao powder to create the most astonishing tasting smoothie I have ever devoured. Really, knowing the "magic" on how to create that drink was worth the "price of admission" of this book right there for me! Learning to make, "The Cilantro Smoothie" is another one of those great discoveries for me in this book. There's a cool dashboard like or ticker tape look of the nutritional information per serving size on each recipe. I have friends who are on a gluten-free diet and I have recommended this book to them. It's amazing that there are no dairy products in this book. The Sunflower Chocolate Smoothie taste as if it has a velvety/ creamy taste to it, much better tasting than any chocolate ice cream milk shake I have ever slurped through a straw. Forget what you know about or don't know about gluten free diets this is for someone who wants "Flavor" in their smoothies without feeling bloated. This book taught me the proper sequence of adding ingredients to make smoothies. I didn't realize I have been doing it wrong for so many years and it really does make a big taste difference. That is just one of the many great insights included in the book. She must have spent some crazy hours honing down all the knowledge "nuggets" in this work of art. That author's love of doing what she has dreamed of doing just oozes throughout the book. It does this without being incessantly boorish. It radiates in a positive light throughout with some very creative names for her drink creations. This book taught me about "Medjool Dates". They are not the most appealing things to look at...but they do wonders for smoothies as far as taste and aroma. They are known as the crown jewel of dates. I have used mint, spinach, cinnamon, ginger, cilantro, nutmeg, cacao powder, papaya, watermelon, coconut water, almond milk, and several other ingredients that are brand new to me in creating my smoothies. I discovered that mason jars make excellent smoothie glasses by this author. I did it and it's great to drink out of for when you want to drink the big gulp of rich fruitiness. Go ahead, and don't be afraid to take the "plunge" into this very informative recipe book with over 150 delicious smoothies recipe book by purchasing it. Seriously, I very much doubt you will regret it. I know I haven't, as I have made over 12 recipes so far and learned so much by having read this incredible morsel of a book. I did a quick count of 60 recipes that are a must for me to make. An added surprise to me was that the book was printed in the United States of America and that made me proud to support the author and how she was able to get this book printed here in the USA and offer to us at a very reasonable price. The author is from Quito, Ecuador located in South America, the continent where a lot of the super food is grown in Brazil, etc. and she now lives in Boise, Idaho. I thought if someone from another country is so passionate about smoothies, I thought I would pick up a few pointers from her and she didn't disappoint me. She also has a blog that looks like she does all of this for the "Love" of it all. I think it shows good intentions and without bias and I find it appealing. I posted pictures on the Customer Images for: Paleo Smoothies: 150 Smoothie Recipes for Ultimate...Mirror Man: My Queen/ My King, and also children of all, this book contains drinks that may make you power up for the day and feel very invigorated. It made me want to explore some of the benefits of the Paleo way of eating by sampling some of these delicious drinks! I will incorporate some of their "ways" in my healthy lifestyle of eating.

0 of 0 people found the following review helpful. Five Stars By Joan Wilson Nice

Delicious smoothies--100% free of gluten, dairy, and refined sugar! Think Paleo and smoothies don't mix? Think again! Now, you can enjoy the quick burst of energy and nutrition that comes from the easy-to-make pre-/post-workout drink--without any of the gluten, dairy, or refined sugar! This cookbook shows you how to blend 150 Paleo smoothies right in your own home, so that you never have to worry about what else is in your drink. Whether you're interested in cleansing your body or just need an extra boost of energy after an intense workout, each section offers a delicious blend of all-natural fruits and vegetables that will keep you full throughout the day. Featuring step-by-step instructions and nutritional data, the recipes make a wide variety of tasty Paleo smoothies, including: Pineapple sunshine smoothie Acai boost smoothie Vanilla coconut cream smoothie Kale power smoothie Pumpkin protein smoothie Sweet apple pie smoothie You don't have to give up the vitamin-packed smoothies you love just because you're on the Paleo diet--with Paleo Smoothies, you can have healthy, flavorful smoothies at every meal!

About the Author MARIEL LEWIS is the writer and recipe developer behind the popular blog AmazingPaleo.com. A health and fitness enthusiast from Quito, Ecuador, her love for the (healthier) culinary arts began during her college

years. Three years into her culinary journey, through much research, she discovered the infinite benefits of the Paleolithic diet and has spent countless hours in the kitchen creating delicious Paleo recipes.