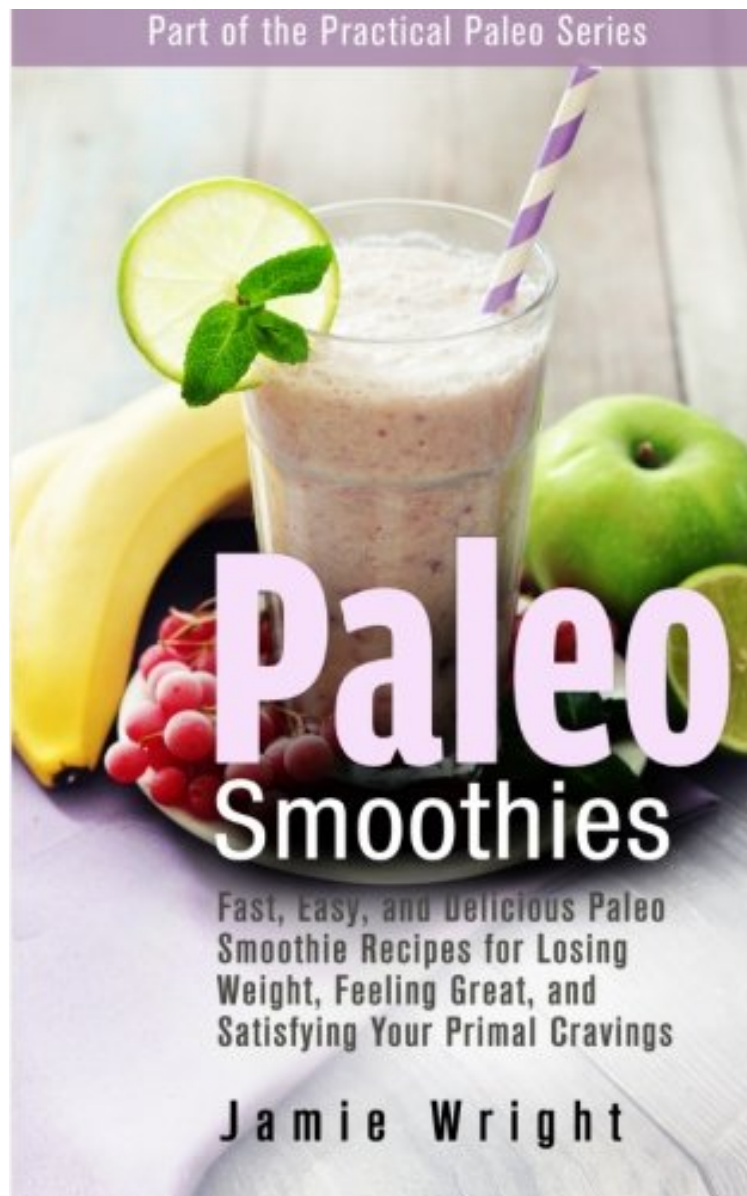


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Paleo Smoothies: Fast, Easy, and Delicious Paleo Smoothie Recipes for Losing Weight, Feeling Great, and Satisfying Your Primal Cravings

Jamie Wright

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0 of 0 people found the following review helpful. What a waste of moneyBy Wendy B. LaneHalf of the tiny tiny book is about the Paleo lifestyle and the remainder is run of the mill recipes you can find anywhere. What a waste of money.0 of 0 people found the following review helpful. I liked all the information in this bookBy IrishapplesI won this book with the understanding that I would give an honest review.I liked all the information in this book. There was good information on blenders, and uses for left over smoothies. One point that was confusing on page 42, "Since your buying a book about desserts we're assuming you're okay with occasionally indulging in some sugar as lang as it comes from a healthy, natural source." This is a book about smoothies not desserts, though some could be considered desserts. I like how the author differentiates between types of coconut milk and explains that many store bought honeys really have corn syrup added to or mixed into them even though it is not listed as an ingredient. I also like his explanation of maple syrup. The book contains great ideas for newbies to smoothies.Under extras, additions and substitutions on page 71 to page 74 there is a repeat of page 67 to 71 on protein powders.The Smoothie recipes all sound delicious and the ones I tried were very good.I like that the author gave a recommended reading list for those who want to learn more about the paleo diet.0 of 0 people found the following review helpful. There is a wide selection of sweet and savoury recipes and I tried a number of ...By eveyHow can I review a recipe book without trying out a few of the recipes?! There is a wide selection of sweet and savoury recipes and I tried a number of them. Each one was tasty but I would give a particular nod to the Strawberry Almond Smoothie and the Spicy Green Smoothie. The author gives a good description of the equipment required to make the smoothies (basic kitchen equipment works just fine). There is also a very good description of ingredients and substitutions. If I had one criticism, it would be that the book makes the assumption that the reader knows what a 'paleo' diet is. I did not know and I still don't.That being said, the recipes are easy to follow and they are tasty. This will ensure that I will use this recipe book again!

People who make the switch to the paleo diet are always amazed by the easy weight loss, increased energy and focus, and vibrant health they experience. But many newcomers to the paleo diet find that preparing healthy paleo meals requires tons of time and effort.Let's face it: prepping and cooking meals from scratch, not to mention cleaning all the pots and pans afterward, can take a lot of time from your already hectic schedule.On top of all that, many people find it difficult to get all the vitamins, minerals, antioxidants, protein, healthy fats, and other other beneficial nutrients they need in their diet, without resorting to popping supplements or chewing on salad all day.Fortunately, there's a perfect solution to these concerns: paleo smoothies! Incorporating smoothies into your paleo lifestyle allows you to supercharge your body with all the vitamins, minerals, and nutrients you need to feel your best, in as little time as it takes to throw a few ingredients in a blender! Even better, you get to do it while enjoying a huge variety of delicious gourmet smoothies, such as....- Spiced Raspberry Mocha Smoothie- Strawberry Chai Smoothie- Mango Amaretto Smoothie- Key Lime Pie Smoothie- Honeydew Green Tea Smoothie- Sweet Potato Pie Smoothie- Mexican Chocolate Smoothie... and many more!In addition, you'll learn smoothie making tips and tricks to improve the taste and texture of your smoothies, cut down on prep time, bump up the nutrient content, and customize your smoothies to your own individual health goals and personal tastes. There's even advice on buying the perfect blender, so no matter how new you are to smoothie making, you'll be able to get started right away, with no hassle and no guesswork.All the recipes in Paleo Smoothies are paleo/primal friendly, completely free from grains, gluten, soy, legumes, and refined sugars, and made with real, whole foods. Even better, they're also easy to make, require no special equipment, and are absolutely delicious!So if you're looking for healthy, easy to prepare paleo smoothies that will boost your energy, burn fat, save you tons of time and effort, and never fail to make your mouth water, then Paleo Smoothies will satisfy all your primal cravings!