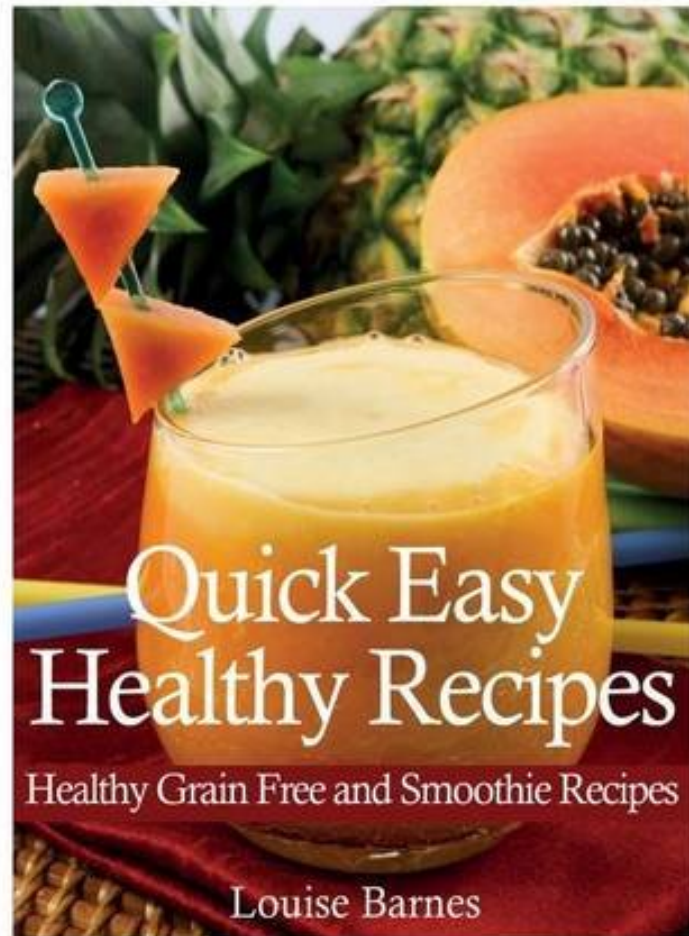


(Download) Quick Easy Healthy Recipes: Healthy Grain Free and Smoothie Recipes

Quick Easy Healthy Recipes: Healthy Grain Free and Smoothie Recipes

Louise Barnes

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Louise Barnes : Quick Easy Healthy Recipes: Healthy Grain Free and Smoothie Recipes before purchasing it in order to gage whether or not it would be worth my time, and all praised Quick Easy Healthy Recipes: Healthy Grain Free and Smoothie Recipes:

0 of 0 people found the following review helpful. ? TWO AMAZING COOK BOOKS IN ONE ?By DeeDeepThe author, Louise Barnes, has covered the numerous benefits of grain free eating in the book. The book is of Particular

Interest to Paleo Eaters and Gluten Free Alike. This Recipe Book is actually TWO COOK BOOKS in one. A lot of cook books claim that, but this one really is. The SMOOTHIE Recipes are an Entire Cook Book, themselves. They are a wide range of Innovative and Delicious Smoothie Recipes. I've Listed just a Few Below. The rest of the book, could have been a separate cook book, entirely. The recipes are simple to make and ingredients are readily available. I especially liked the recipe for "Pecan Granola Crunch"; It uses Applesauce and Maple Syrup as a sweetener, instead of processed sugar or honey, as most granolas do and contains only healthy ingredients. KUDOS on that!! Since the entire recipe only contains 1/4 cup maple syrup, that isn't much, because that's being added to 4 cups of Pecans, Dates, Sunflower Seeds and Unsweetened Coconut. I made it last Night and Left Out the Dates. Instead, I Added In Sliced Almonds and my unsweetened Dried Cranberries, I dried over Christmas. YUMMY!! OK, so I didn't follow the recipe, but it was still good and I'm sure if you follow the author's recipe, it would be Great!! I don't eat my Granola as much as a cereal, as I do for a topping for Greek Yogurt and as a Snack. The author uses "Coconut Flour"; frequently and I like that. A lot of people are unfamiliar with it, but if you're cooking Gluten Free or Low Carb, you need to start incorporating it. It Lightens Your Cooking (if Done Correctly), Adds Fiber, is Extremely Filling, has a Low Glycemic Index and is a Great Weight Loss Tool. It is Not Low Calorie, but is Low Carb and the Calories are really Negligible, Compared to all the Other Benefits. It also Taste Good in Foods. The author has done a pretty good job on the cookbook. Here are a Few Examples of the Recipes: Breakfast: Macadamia Fruit Muffins Nutty Banana Muffins Pecan Granola Crunch Blackberryanna Muffins (That's a New Word) Cinnamon Roll Muffins Spicy Banana Bread Muffins MAIN COURES SIDES: Chicken Nugget Chicken Parmesan Lasagna Boneless Buffalo Chicken Roast Port Stuffing Chili Chicken Breasts Spicy Turkey Stuffing Creamy Mushroom Soup BREADS: Flax Bread Pumpkin Bread Rye Bread Bread Rolls Pizza Crust DESSERTS: Choco-Peanut Butter Tart Apple Cranberry Cobbler Walnut Cookies Peanut Butter Cookies Chocolate Nut Cookie Bars Almond Cake Carrot Cake Sponge Cake Spicy Almond Pudding SMOOTHIE Recipes: Mango Papaya Banana Coconut Fruit Spread Nothing But Fruit Apple Spice Orange Berry Banana Hot Chocolate Dessert Banana Kale Orange Sweet Potato Banana Acai Cinnamon Berry Vanilla Yam Avocado Maple Strawberry Mud Coco Cran Nut Silly Sweet Zucchini Pineapple Kiwi Gingered Veggie Fruit Spicy Pear Truly Green Pomegranate I Highly Recommend This Book and Look Forward to Reading Other Books by This Author. I don't Retain Most Ebooks after I Read Review, but I Will this one, Because of the Great Numerous Smoothie Recipes. Thank You for Reading My Review.

0 of 0 people found the following review helpful. I have always loved learning about healthy eating and am always fascinated at ...

By Patience2016 I have always loved learning about healthy eating and am always fascinated at how people from all over the world enjoy different kinds of foods. Studies have linked eating a typical Western diet—filled with processed meats, packaged meals, takeout food, and sugary snacks—with higher rates of depression, stress, bipolar disorder, and anxiety. Eating an unhealthy diet may even play a role in the development of mental health disorders such as ADHD, Alzheimer's disease, and schizophrenia, or in the increased risk of suicide in young people. Fruits and vegetables are low in calories and nutrient dense, which means they are packed with vitamins, minerals, antioxidants, and fiber. Focus on eating the recommended daily minimum of five servings of fruit and vegetables and it will naturally fill you up and help you cut back on unhealthy foods. Try to eat a rainbow of fruits and vegetables every day as deeply colored fruits and vegetables contain higher concentrations of vitamins, minerals, and antioxidants. Add berries to breakfast cereals, eat fruit for dessert, and snack on vegetables such as carrots, snow peas, or cherry tomatoes instead of processed snack foods. If you have never heard of the Mediterranean diet, it probably is time you Google it and learn because you will love it. Mediterranean diet incorporates the basics of healthy eating. Most healthy diets include fruits, vegetables, fish and whole grains, and limit unhealthy fats. While these parts of a healthy diet are tried-and-true, subtle variations or differences in proportions of certain foods may make a difference in your risk of heart disease. Benefits of the Mediterranean diet I read an article online that stated that, "Research has shown that the traditional Mediterranean diet reduces the risk of heart disease. The diet has been associated with a lower level of oxidized low-density lipoprotein (LDL) cholesterol—the "bad" cholesterol that's more likely to build up deposits in your arteries. In fact, a meta-analysis of more than 1.5 million healthy adults demonstrated that following a Mediterranean diet was associated with a reduced risk of cardiovascular mortality as well as overall mortality." Armed with this information, it seems like an awesome way of eating for all age groups and a healthy way of daily eating instead of going on diets. An article I found online gave the information below as a guide for Mediterranean diet. I hope you find it helpful.

- Eat your veggies and fruits—and switch to whole grains. An abundance and variety of plant foods should make up the majority of your meals. Strive for seven to 10 servings a day of veggies and fruits. Switch to whole-grain bread and cereal, and begin to eat more whole-grain rice and pasta products.
- Go nuts. Keep almonds, cashews, pistachios and walnuts on hand for a quick snack. Choose natural peanut butter, rather than the kind with hydrogenated fat added. Try tahini (blended sesame seeds) as a dip or spread for bread.
- Pass on the butter. Try olive or canola oil as a healthy replacement for butter or margarine. Use it in cooking. Dip bread in flavored olive oil or lightly spread it on whole-grain bread for a tasty alternative to butter. Or try tahini as a dip or spread.
- Spice it up. Herbs and spices make food tasty and are also rich in health-promoting substances. Season your meals with herbs and spices rather than salt.
- Go fish. Eat

fish once or twice a week. Fresh or water-packed tuna, salmon, trout, mackerel and herring are healthy choices. Grilled fish tastes good and requires little cleanup. Avoid fried fish, unless it's sauteed in a small amount of canola oil.bull; Rein in the red meat. Substitute fish and poultry for red meat. When eaten, make sure it's lean and keep portions small (about the size of a deck of cards). Also avoid sausage, bacon and other high-fat meats.bull; Choose low-fat dairy. Limit higher fat dairy products such as whole or 2 percent milk, cheese and ice cream. Switch to skim milk, fat-free yogurt and low-fat cheese.bull; Raise a glass to healthy eating. If it's OK with your doctor, have a glass of wine at dinner. If you don't drink alcohol, you don't need to start. Drinking purple grape juice may be an alternative to wine.I received this book for free in place of an honest review.0 of 0 people found the following review helpful. Healthy Grain Free Diet Smoothie Diet Cookbook with easy recipes that anyone can followBy N BrezinaFor the past few months, I have been trying to make healthier snacks for myself along with my two children. I found this book while I was going through the free kindle book section. Before I decided to purchase this cookbook, I opened the free sample of the cookbook on the cookbooks order page to see if this cookbook would actually be something that I could see myself using. There were a lot of smoothie recipes that sounded very good, so I decided to order the cookbook and try some of the recipes out.There are 2 sections in this cookbook with the first section being titled, "Grain Free Diet". In the beginning of this section, it talks about the benefits of eating a grain free diet and how only the people who have grain allergies and intolerances using decide to go on this diet. When I think of foods that have grain, the first thing I think of is bread, pasta, and flour.These foods are usually made out of wheat, oats, corn, barley, and bajra. The book also talks about how rice is also a grain but it is different from the rest because rice doesn't contain gluten like the others; rice is considered to be a starch even though if you look on a food pyramid, it is still in the grain section. If you are someone who is on a grain free diet, there are other substances that you can use instead of using grain; those things would be, peas, legumes (beans), soy and nuts.The author does suggest that one should always check the ingredients of the recipes in this cookbook because some foods might sneak in wheat products.This section states that a grain free diet would help to clear away many digestive issues that one may have if they have grain allergies or intolerances. The author also states that fruits and vegetables that contain a high level of natural fiber would be the better alternative to grains. Right before you get into the recipes, the author encourages the reader to try the recipes in this book and to feel free to improvise on them by substituting ingredients and creating your own unique version.In this section, the recipes that are covered are breakfast recipes such as pancakes, muffins, and granola; main dish recipes like lasagna , breaded chicken tenders, and chicken and dumplings to name a few. There are also recipes for bread which at first I was a little confused about but when I went to look at each recipe, I found that they were made with different kinds of flour such as potato flour, buckwheat, almond flour, and coconut flour to name a few. I was a little shocked that there could actually be something like potato flour out on store shelves that you could use for baking.The last group of recipes in this section would be desserts and snacks. There are some recipes in this part that I have never heard of like spicy almond pudding. The other kinds of recipes in this part would be for brownies,cookies,cobbler and cakes.Section 2 is all about smoothies and how you can incorporate smoothies into your diet every day. With smoothies being very easy to make as well as a lot faster than a normal meal, a person is able to get all the required fruits and vegetables they need in a day into different smoothies. Even for the person out there who doesn't like a certain vegetable or if you have a child who refuses to eat a certain vegetable, you could make a smoothie out of that vegetable as well as using fruits and liquids that will help disguise the taste of that certain vegetable that one could not eat. It talks about how the smoothie diet is one of the easiest diets to create and follow. Smoothies can offer someone many things that a body needs in order to fight off things illnesses and diseases that one could possibly get. Because smoothies are made out of fruits and vegetables, you are getting the vitamins that you need as well as protein, potassium, copper, and manganese. Fruits and vegetables also give natural fiber to your body so that your body has a good digestive system.There is also smoothies that don't take any fruits at all. These smoothies are called "green smoothies". Green smoothies are made by using vegetables in particular green veggies. When one wants to make a green smoothie, raw vegetables would be the vegetable's that would offer your body the most nutrition. When vegetables are cooked, they tend to lose some of their nutrients that a body needs. The section also discusses that if you use pre-packaged veggies for your smoothies that these veggies are often processed and pasteurized which also causes vegetables to lose their nutritional benefits. The author mentions how consuming green smoothies with vegetables will give the body added vitamins A, B, C and K as well as folate, fiber, omega 3 fatty acids, iron, and zinc. The author does warn that if someone decides to start a smoothie diet and chooses to eat nothing else, that they need to remember to incorporate protein into those smoothies. You can do that by adding protein powder to your smoothies.When glancing at all of the smoothie recipes that this book has, I was amazed at how many recipes they had. This cookbook has over 60 smoothie recipes that one could try. As for myself, I have made a few of these recipes and they were delicious. I did end up having to double and sometimes triple what the recipe called for just so that I had enough for myself and my 2 children. When I made the creamy strawberry smoothie (page 134) I tried it with just the strawberries and decided that it needed more flavor to it, so I added blueberries and banana to the mixture and I didn't add any honey like it called for. When my daughter first saw what the smoothie looked like, she only asked for a little but after trying it, she came back in the kitchen and ended up asking for more because she really loved it.I would definitely recommend this cookbook to whoever really

likes to make smoothies as well as people who are looking for a way to incorporate more fruits and vegetables into their diet.

Quick Easy Healthy Recipes Healthy Grain Free and Smoothie Recipes This Quick Easy Healthy Recipes book has delicious and easy recipes and cooking ideas for dinner and more. Who says that eating healthy requires a lot of time and preparation? This book proves otherwise, as there are two diet plans featured, both to offer healthy solutions with a healthy recipes approach for busy lifestyles. The Grain Free Diet and the Smoothie Diet both prove that cooking healthy recipes are easy. The Grain Free Diet offers delicious chicken recipes for dinner, while the Smoothie Diet offers a means to make breakfast recipes easy. The Grain Free Diet plan offers a healthy recipe for each meal of the day and enough choices to be able to plan meals for a couple of weeks.