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# **Slim Smoothies: Over 130 Healthy and Energizing Recipes Without All the Calories**

*Donna Pliner Rodnitzky*

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**Donna Pliner Rodnitzky : Slim Smoothies: Over 130 Healthy and Energizing Recipes Without All the Calories** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Slim Smoothies: Over 130 Healthy and Energizing Recipes Without All the Calories:

0 of 0 people found the following review helpful. Not as expectedBy mmahekThe smoothies are okay (and the puns are sure fun to read!), but these are not healthy smoothies. Healthy smoothies usually have at least one sort of greens in them and these recipes only call for fruits and sweets. If you're truly trying to be healthy with your smoothies, this book is not for you.0 of 0 people found the following review helpful. GreatBy AdaI love this book it came to me exactly how it was described and great shape and i have already started using it and it is so easy to work with and comes with allot of information i diffidently recommend this book and the seller shipped fast. Thank you ADA.0 of 0 people found the following review helpful. So many ingredientsBy AWorldofHerOwnI bought this book trying to find a good healthy recipe book for smoothies. It is fine if you want to buy tons of different types of ingredients for one smoothie, but I was just starting smoothies and didn't have all the things needed at that time. I have found better simpler recipes just using Google and experimenting on my own.

Great Taste Without the High Calories!Looking for novel and nutritious ways to enrich your diet without adding too many calories or unnecessary fat? Well here you go! This tasty collection of more than 130 ultra-nutritious and energizing low-cal smoothies is the perfect complement to your daily meal plan. Smoothies are inherently healthy, but many include a high calorie count--especially when made with dairy products. Now you can enjoy the refreshing, delicious appeal of a smoothie, but with more healthful ingredients, such as fruit juice, fresh fruit, tofu, and fat-free yogurt. Sleek and simple smoothie recipes include:·A Beautiful Rind ·Cherry Potter ·Melon Rouge ·Bing in 'Da Noise ·Thin City ·Meet the Pear-ents ·What a Waist! ·Berry Manilow ·Hawaiian De-Lite ·And many more!With a nutritional analysis for each recipe, these revitalizing and delicious meals-on-the-go are the perfect choice for the calorie-conscious who don't want to sacrifice taste.

From the Inside FlapGreat Taste Without the High Calories!Looking for novel and nutritious ways to enrich your diet without adding too many calories or unnecessary fat? Well here you go! This tasty collection of more than 130 ultra-nutritious and energizing low-cal smoothies is the perfect complement to your daily meal plan. Smoothies are inherently healthy, but many include a high calorie count--especially when made with dairy products. Now you can enjoy the refreshing, delicious appeal of a smoothie, but with more healthful ingredients, such as fruit juice, fresh fruit, tofu, and fat-free yogurt. Sleek and simple smoothie recipes include: -A Beautiful Rind -Cherry Potter -Melon Rouge -Bing in 'Da Noise -Thin City -Meet the Pear-ents -What a Waist! -Berry Manilow -Hawaiian De-Lite -And many more!With a nutritional analysis for each recipe, these revitalizing and delicious meals-on-the-go are the perfect choice for the calorie-conscious who don't want to sacrifice taste.About the AuthorDonna Pliner Rodnitzky, author of Ultimate Smoothies, The Lowfat Grill, The Complete Indoor/Outdoor Grill, and 101 Great Lowfat Desserts, is a caterer who lives in Iowa City, Iowa, where she keeps a juicer handy at all times.