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## Smoothie-licious: Power-Packed Smoothies and Juices the Whole Family Will Love

Jenna Helwig

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**Jenna Helwig : Smoothie-licious: Power-Packed Smoothies and Juices the Whole Family Will Love** before purchasing it in order to gage whether or not it would be worth my time, and all praised Smoothie-licious: Power-Packed Smoothies and Juices the Whole Family Will Love:

5 of 5 people found the following review helpful. A great book with full nutritional listedBy JoanneExcellent book. All recipes are for two servings. You can divide and make just one as I do. All nutritional info is listed, not just calories, carbs, and proteins, but fats, fiber, carbs, sugars, sodium, calcium, iron, potassium, vitamin C, vitaA, etc...you get the picture. Speaking of pictures, there are many color photographs of the finished smoothie. Recipes are simple and straightforward. I was a bit hard to get on board with green smoothies, but the Mega Green in here is excellent. The recipes in book use a lot of various fruits, some fresh, some frozen, also greens, mostly spinach or baby kale, cukes, and so on. Although some recipes use yogurt or almond milk, or peanut butter, many use coconut milk beverage (which I like) or just juice or water, lacking protein. So my only criticism is that many recipes are are a bit too low in protein (1-3grams); so I add a TBS. of whey protein to most of my smoothies per serving if a dairy item is missing from recipe. Flaxseed powder, chia seeds, hemp seeds, etc., works well too. These are lacking in the recipes, but easy enough to add on my own.0 of 0 people found the following review helpful. Well written with good recipes :)By ShoeWearerGood Book! My favorite is the blueberry/banana/peanut butter smoothie! I just this book for

reference and to try new things. Well written and good recipes! 1 of 1 people found the following review helpful. I also like that and stuff that you would have around the ...By Donn Calderwood I was impressed with a variety of recipes for smoothies. I also like that and stuff that you would have around the house or can get easily, you don't have to go out hunting for specialty things

A smoothie might just be the perfect family food: an easy and delicious way to get kids and adults alike to eat more healthfully. A blessing for busy parents, they are whipped up in minutes, perfectly portable, and enjoyed by even the pickiest eaters. In *Smoothie-licious*, Parents magazine editor Jenna Helwig shows how to make 75 smoothies and whole-fruit juices that are both healthy and delicious. Kids will love the bright colors and playful names like Peanut Berry Blast and Mexican Frozen Hot Chocolate; parents will love that they feature nutrient-dense seeds, dark greens and fresh fruit, and use no refined sugars. Nutrition information accompanies every recipe and icons note high sources of vitamins and minerals as well as vegan, gluten free, and meal-in-a-glass smoothies. A treats chapter turns smoothies into fun popsicles, slushes, and shakes.

About the Author JENNA HELWIG is the food editor for Parents magazine, as well as a freelance writer, culinary instructor, and personal chef. She also founded Rosaberry, a culinary services company devoted to helping families eat better.