

[Read now] Smoothies: 450 Smoothie Recipes to Lose Weight, Increase Energy Detox

Smoothies: 450 Smoothie Recipes to Lose Weight, Increase Energy Detox

Sarah Peterson

*ebooks / Download PDF / *ePub / DOC / audiobook*



[Download](#)

[Read Online](#)

#2600868 in Books 2015-05-21 Original language: English 9.00 x .64 x 6.00l, 1.08 #File Name: 151228405X282 pages | File size: 36.Mb

Sarah Peterson : Smoothies: 450 Smoothie Recipes to Lose Weight, Increase Energy Detox before purchasing it in order to gage whether or not it would be worth my time, and all praised Smoothies: 450 Smoothie Recipes to Lose Weight, Increase Energy Detox:

3 of 3 people found the following review helpful. Good selection of smoothie recipes By Phil (not) in Magnolia This is a good collection of simple smoothie recipes that is inexpensive and has a great variety and selection. The recipes are

very simply presented and list the ingredients, and then in most cases the instructions are merely to 'combine ingredients' and then 'blend in blender ... until it becomes smooth'. In fact the instructions are in most cases almost unnecessary, since they are pretty much identical. A few of the recipes (very few) include a calorie number, but most do not, and no other nutritional information is provided. This seems to be typical for these inexpensive smoothie books sold here on . Personally I would be willing to pay a reasonable price to get a smoothie book that does provide full nutritional information, and if I find such a book then I'll post a link here just for those who might also be interested. Similarly, while the recipes are frequently given names that suggest specific purposes - i.e. 'Rejuvenating Smoothie', 'Antioxidant Almond Smoothie', 'Anti-Aging Smoothie' - no descriptive information is provided to explain the basis for those names. For Kindle users, this book does have a functioning table of contents but it is only accessible from the menu. The Table of Contents at the beginning of the book is simply a listing of the recipes included and is not a clickable TOC. It's also easy to simply do a search within the book for any specific recipe to identify those smoothies that can be made. For example, searching for 'broccoli' identifies 15 results within the book. At this point I can't comment regarding the quality of the recipes but if I do find myself using the book enough to bring out any points worth noting here, I will return and update this review. I give this 4 stars because it does provide a large number of recipes and is a good value, but because it lacks nutritional and other information I don't think it can be rated higher than that. 2 of 2 people found the following review helpful. Am I missing something? By z3Am I missing something? I see all the high reviews for this book. I will say that I have not made any of the smoothies recipes. The title of the book says it is for weight loss but I am seeing many of the recipes calling for heavy cream, or half and half. The last I knew these were not food items that promoted weight loss. Also in looking through the recipes, a separate cupboard would be needed to stock all of the various protein powders that are listed just in the first quarter of the book, many of which I have never heard of or seen. There are other ingredients that I don't think are stocked in any people's pantries. The book starts off in the first recipe stating to use green tea to the fill line. The fill line of what? How much green tea is to the fill line? I will state that I have not made it all the way through the book. The part that I have looked through was enough to let me know that the recipes generally would not fit into my grocery budget. Mind you, I am a fan of green smoothies and fruit smoothies. 1 of 1 people found the following review helpful. Love it! By Karlie Bryant I love smoothies and tend to have them all the time as snacks! This book just presented me with tons of new recipes that I wouldn't have thought to make myself. Smoothies are so easy to make and the instructions are easy to follow. Should be able to create smoothies in less than 10 minutes! It was so nice that there was an estimated time on how long each smoothie would take to make. There are a ton to choose from and even different ones for different times of the year. I would recommend this smoothie book!

Enjoy 350 Healthy and Delicious Smoothies! This Book Offers So Many Amazing Recipes to Choose From! With Smoothies: 350 Smoothie Recipes to Lose Weight, Increase Energy Detox , you'll learn everything you need to know to prepare a wide variety of smoothie recipes. Among the 350 Tasty Reasons to Buy this Book, you'll discover: Green Tea Veggie Smoothie Low Carb Creamy Chocolate Smoothie Tropical Dream Smoothie Summertime Fun Smoothie Go Green Glory Smoothie Almond Blue Joy Smoothie Autumn Pumpkin Smoothie And much, much more! So if you have been looking for an easy and convenient way to lose weight, increase energy and detox, then this book is everything you need! After reading this book, you'll know absolutely everything you need to know to get started. Hurry! Download Smoothies: 350 Smoothie Recipes to Lose Weight, Increase Energy Detox . Just Scroll to the top of the page and select the Buy Button.