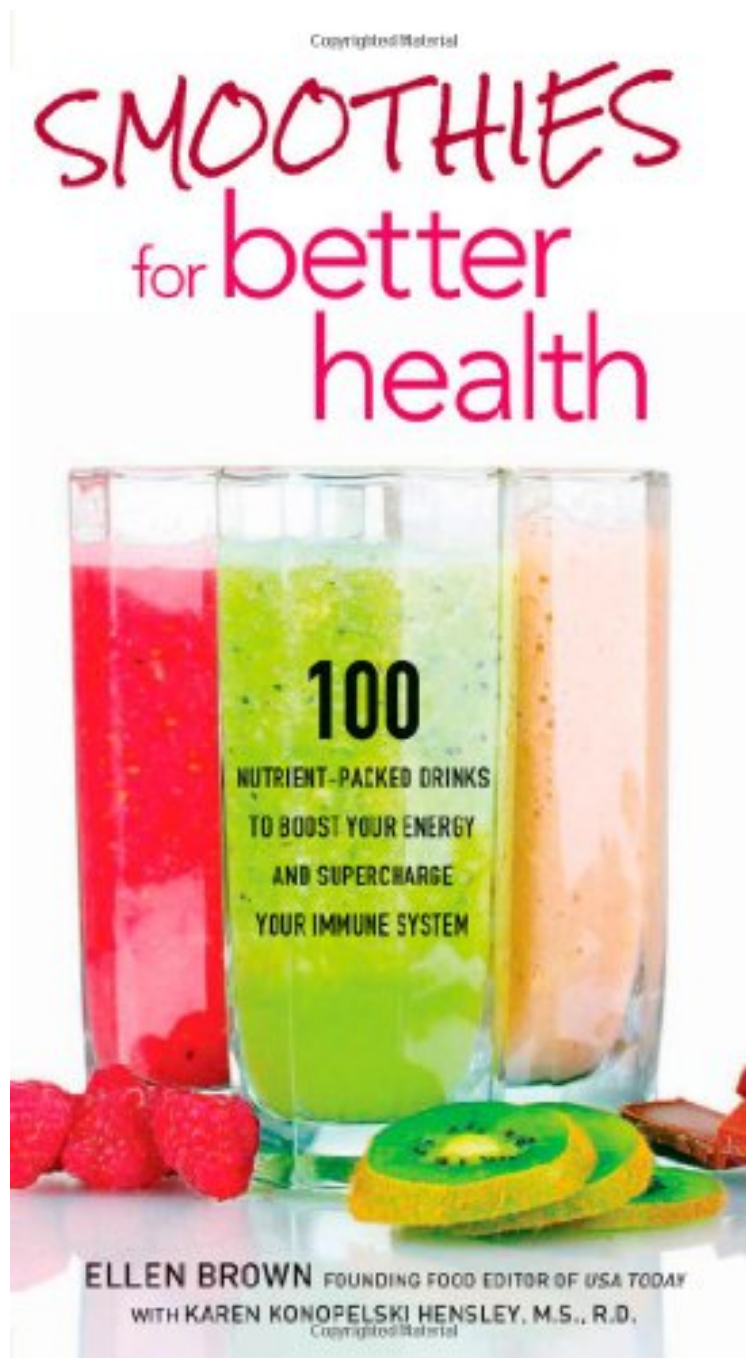


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Smoothies for Better Health: 100 Nutrient-Packed Drinks to Boost Your Energy and Supercharge Your Immune System

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Ellen Brown, Karen Konopelski Hensley : Smoothies for Better Health: 100 Nutrient-Packed Drinks to Boost Your Energy and Supercharge Your Immune System before purchasing it in order to gauge whether or not it would be worth my time, and all praised Smoothies for Better Health: 100 Nutrient-Packed Drinks to Boost Your Energy and Supercharge Your Immune System:

0 of 0 people found the following review helpful. Love this bookBy Ms., RattlerThis book was outstanding. I have learned so much from just reading and making smoothies from this book.Thank you.0 of 1 people found the following review helpful. Over the topBy MerMacI was looking for a fun and interesting way to add fruit, veggies and perhaps fiber into my diet. I leaned toward this book as it appeared to have suggestions on actually freezing the different fruits waiting to be processed. What I got was a book for hard core nutritionists looking to get to get all nutrition from the fruit, veggies and so forth. I don't need to go looking for bee pollen. This is probably a great book if this is the food you live by. For me it is over the top. I will stick to the \$3.00 Kindle versions.0 of 1 people found the following review helpful. Great smoothies w/nutritional info includedBy Vanessa HooperI've been reviewing many smoothie recipe books as of late and not only did this book have many great recipes, but it also included the nutritional information (calories, fat, etc.) which many others left out. If you're trying to use smoothies as a healthy meal replacement or snack and you want to know exactly what you're getting as well as great recipes, then this book is very helpful.

Smoothies are a great way to extra nutrients into your diet. Packed with multiple servings of fruits and veggies in every sip they're quick to make, easy to digest, delicious to drink, and they charge your body with the energy and nutrients you need to stay healthy. The benefits of these frothy drinks come from "functional foods," foods that contain large amounts of immunity-boosting nutrients to fortify your entire body—a feat no pill or supplement can match. Each of the wholesome and luscious recipes in Smoothies for Better Health is annotated for both its overall nutritional profile and for the specific nutrients it delivers, so you'll learn exactly what benefits you are getting from every drink.

About the AuthorEllen Brown is the founding food editor of USA Today and the author of many cookbooks, including the award-winning Gourmet Gazelle Cookbook. Ellen's writing has appeared in more than two dozen publications, including Bon Appetit, Art Culinaire, Coastal Living, and The Washington Post. She lives in Providence, RI.Karen Konopelski Hensley, M.S., R.D., is a nutrition consultant at Princeton University. A former sports nutritionist at the University of Connecticut, Karen's work experience includes providing one-on-one counseling to athletes on issues ranging from nutrient timing and eating-to-perform. She has worked at the National Institutes of Health and currently resides in Princeton, NJ.