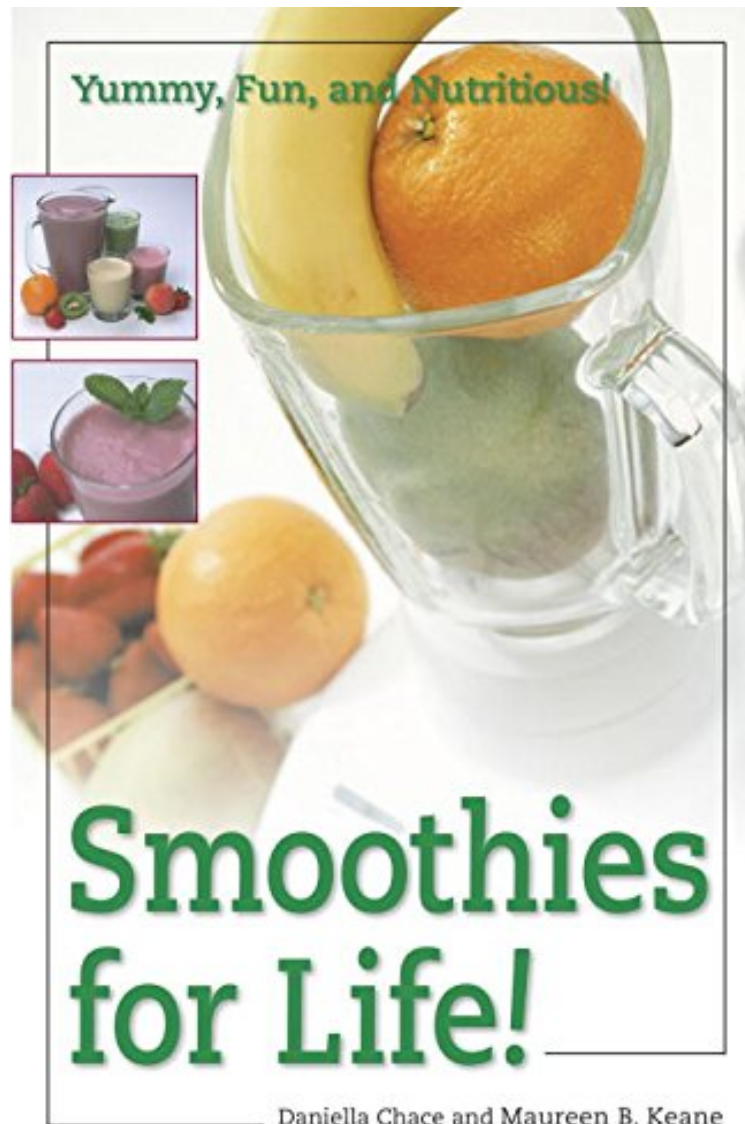


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Smoothies for Life! Yummy, Fun, and Nutritious!

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Daniella Chace, Maureen B. Keane : Smoothies for Life! Yummy, Fun, and Nutritious! before purchasing it in order to gage whether or not it would be worth my time, and all praised Smoothies for Life! Yummy, Fun, and Nutritious!:

0 of 0 people found the following review helpful. Smoothies for LifeBy T. BakerI haven't had much time to try the recipes but from what I have seen, it has plenty of ideas for me to try. Smoothies have helped me lose weight and eat well at the same time.0 of 0 people found the following review helpful. A book book on smootiesBy Linda

Caswell This is a nice little book -- the introduction is 40 pages long. Once you read it you'll have an advanced degree in smoothie making. She's written a number of books; this one was written in the 1990s. Some of the information is dated, but the recipes are varied and inspiring. 0 of 0 people found the following review helpful. Good Book By Kathy K. This is really a "GOOD BOOK". Has a lot of different smoothies than other books. I have tried 20 of them so far and really like them all. This book explains everything you will ever want to know. A must get book for smoothies.

Blend Your Way to Better Health! Join the millions of health-conscious individuals who have already discovered the tasty, nutritional, revitalizing goodness of smoothies. In *Smoothies for Life*, Daniella Chace and Maureen Keane (coauthor of the million-copy bestseller *Juicing for Life*) show you how to make high-energy, delicious smoothies right in your own home! All you need is a blender (or food processor), a few, simple ingredients, and you're ready to embark on a new taste and nutrition adventure. Learn how you can:

- Beat fatigue with Mocha Magic
- Build athletic endurance with Tropical Elixir
- Lose weight with Peachy Almond Freeze
- Boost immunity with Rasanana Berry
- Reduce stress with Ginseng Soother
- Improve your memory with Pink Hurricane
- Detoxify your body with Watermelon Cooler

And much more! These tantalizing smoothies contain creative combinations of antioxidant-rich fruits, healing tinctures, flavorful extracts, and natural sweeteners -- and they are always delicious. Once you start, you'll be drinking these smoothies for life! Includes information for adding revitalizing herbs such as ginkgo, echinacea, goldenseal, and kava!

Blend Your Way to Better Health! From the Inside Flap Blend Your Way to Better Health! Join the millions of health-conscious individuals who have already discovered the tasty, nutritional, revitalizing goodness of smoothies. In *"Smoothies for Life"*, Daniella Chace and Maureen Keane (coauthor of the million-copy bestseller *"Juicing for Life"*) show you how to make high-energy, delicious smoothies right in your own home! All you need is a blender (or food processor), a few, simple ingredients, and you're ready to embark on a new taste and nutrition adventure. Learn how you can:

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About the Author Daniella Chace is a nutritionist and has a bachelor's degree in Natural Health Sciences and a master's degree in nutrition from Bastyr University in Seattle, Washington. She lives in Hailey, Idaho, where she teaches cooking classes and workshops on various health and nutrition topics. Daniella is almost always researching or writing, and is the author of over 13 nutrition books. She is currently investigating the health and environmental effects of genetically altered foods, thus her passion for organic foods. She loves to adventure whenever possible, as long as fabulous food is involved in the excursion! Maureen B. Keane is a certified nutritionist and nutrition educator whose books include *Grains for Better Health*, *Bread Machine Baking for Better Health*, and *Pressure Cooking the Easy Way* (all from Prima).