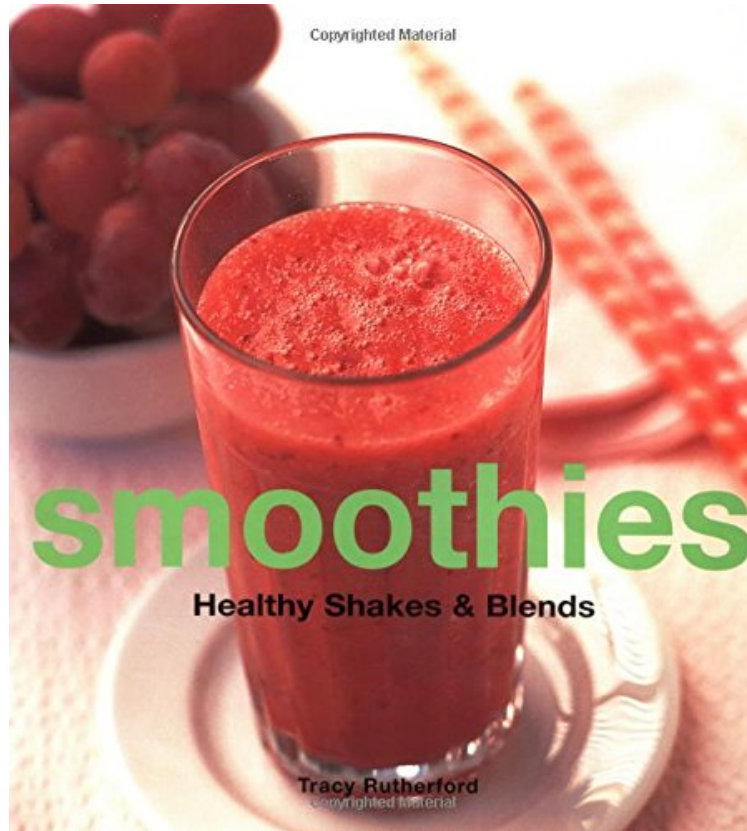


(Download pdf) Smoothies: Healthy Shakes Blends (Healthy Cooking Series)

Smoothies: Healthy Shakes Blends (Healthy Cooking Series)

Tracy Rutherford

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Tracy Rutherford : Smoothies: Healthy Shakes Blends (Healthy Cooking Series) before purchasing it in order to gage whether or not it would be worth my time, and all praised Smoothies: Healthy Shakes Blends (Healthy Cooking Series):

1 of 1 people found the following review helpful. Smoothies for all occasions, but not for healthBy Ex-Pat BritInspired by my married daughter and teenage son, I burst on to the smoothie scene. The 1-Sale-A-Day special on the Cuisinart CPB-300 SmartPower 15-Piece Compact Portable Blending/Chopping System, which comes with 4 BPA-free travel cups in which you can make your smoothie, sealed my fate. I raided the Baltimore County Public Library of any books relating to smoothies and took out the following eight books, which I plan to review for you:* The complete idiot's guide to smoothies* Good housekeeping blend it! : 150 sensational recipes to make in your blender.* Juicing smoothies for dummies* Smoothies : healthy shakes blends* Smoothies, smoothies more smoothies!* Superfood smoothies : 100 delicious, energizing nutrient-dense recipes* Green smoothie joy : recipes for living, loving, and juicing green* The healthy green drink diet : advice and recipes for happy juicingThis book is just published, but has a very dated feel - as if it were something from the 1970s.The subtitle of the book is "Healthy Shakes Blends", but this is not a really accurate description. There are six sections: dairy smoothies, with milk and/or yoghurt; dairy-free smoothies, in which she uses non-dairy milk and/or yoghurt; milk shakes; frappes; decadent drinks; and mocktails

(non-alcoholic versions of alcoholic drinks). Frankly, most of the recipes do not fall into the "healthy" category. This is how I would imagine a smoothie book from the 1970s to approach the topic, but not a smoothie book from 2013.

The good:

- * Attractive book. Layout is three recipes vertically with a small related photo over the middle recipe, with a full color photo of one of the recipes opposite.
- * Simple recipes.
- * Recognizable ingredients (no surprise unusual ingredients)!
- * Helpful sections on select fruits, their preparation, and storage.

The not-so-good:

- * No nutritional info.
- * No discussion of nutrition.
- * No smoothie theory, so it would be hard to develop your own smoothie.
- * Some recipes do not have frozen fruit, or ice, or frozen yoghurt, etc. Smoothies needs something iced or frozen in this (according to conventional smoothie theory). So where's the ice??
- * Recipes not so healthful (as discussed above). Of course, there is no way that a section titled "Decadent Drinks" is going to be loaded with spinach and avocado. I can't bear to think of the number of calories in the various milk shakes and decadent shakes (e.g., Tiramisu Shake, Blueberry Cheesecake Shake, Black Forest Shake...) From a taste perspective, you can't really go wrong if you shove large mounds of ice cream into a recipe!

If you just want straightforward smoothie and shake recipes - and don't care about health or calories - this book might work very well for you. If the approach had been smoothies for all occasional and who cares about health, it would probably rate 4 to 4.5 stars. If you are coming at smoothies from a health perspective, then this book is a disaster. "Healthy Shakes Blends" - NOT. The absence of nutritional info and the general thumbing the nose at healthful eating, especially with that subtitle, brings the book down to 3 stars.

There is nothing more refreshing than a delicious energizing smoothie to start the day. Enjoy tasty fruit smoothies, tantalizing shakes, and create amazing blends of fresh fruit and vegetables. Discover tips and techniques for delicious power-packed smoothies, shakes, and blends, bursting with taste and vitality.

About the Author Home economist and food editor, Tracy Rutherford writes recipes and articles for magazines and prepares food for photography. As an organic gardener and certified organic fruit and vegetable grower, she works with health food stores to provide consumers with natural food that maximizes health benefits.