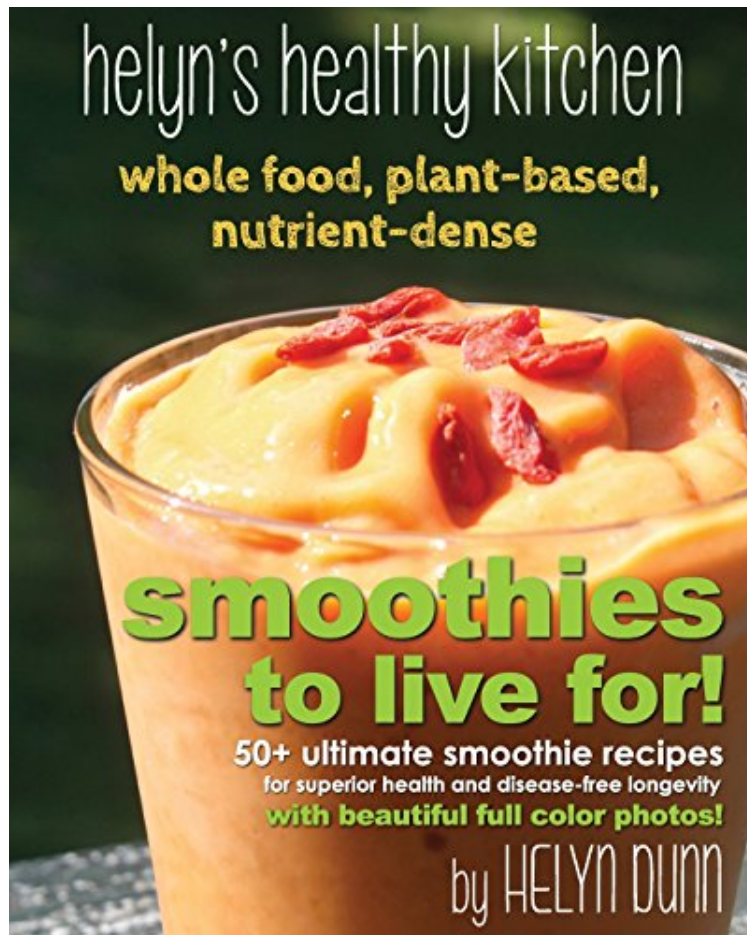


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Smoothies to Live For!

Helyn Dunn

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Helyn Dunn : Smoothies to Live For! before purchasing it in order to gage whether or not it would be worth my time, and all praised Smoothies to Live For!:

3 of 3 people found the following review helpful. I'M IN LOVE WITH THESE SMOOTHIES!By PurestI am so excited and thankful to have been one of the first to experience these heavenly smoothies! After drinking them in the mornings when I wake up and eating the diet that Helyn recommends, I have noticed something remarkable. My hair, which used to be 50% gray on the top, reduced to 5% gray and the monthly growth of my hair went from one inch to two! Yes, it's true! I can honestly say that Helyn has taken the flavor of nutrient-dense foods to an entirely new level. There is just no comparison. They are mouth-wateringly delicious and so life-giving! I am 67 years old and feel like 25. I look at least 20 years younger than I am. The concept of "health-food" can elicit "boring." Not her recipes! Who would have thought that something so healthy could be so delicious-beyond-words at the same time!0 of 0 people found the following review helpful. Enjoyed the PBJ smoothie yesterdayBy K. BoswellThanks Helyn for a book that I can trust. Putting food in our mouths that serves us as nature intended, for nutrition, is indeed quite a feat in our

society. The voices of society keep pushing us to a state of unhealthiness. This is an exciting book that i am enjoying immensely. Knowing I don't have to second guess the ingredients is a pleasure unsurpassed by most of my current books. Helen takes out any question as to is this unhealthy. She represents a rareness in our modern medicine world, one that wants you healthy without the medicines. Take food for Medicine. Eat yourself to health. Enjoyed the PBJ smoothie yesterday. Delightful! Amazing results. Enjoy everyone. 1 of 1 people found the following review helpful. COOL, DELICIOUS, AND CREATIVE! By Pattie Frost This beautiful smoothie recipe book is the best book on smoothies I've seen. The recipes are easy, delicious, and creative. I have tried some of the recipes already and look forward to blending each and every one of them.

Are you a diehard smoothie lover or just getting started on a plant-based eating plan? Either way, you will adore these high-nutrient, decadently delicious smoothies! Who knew that eating healthy, nutritious foods could taste THIS GOOD? Helyn Dunn, creator of the popular whole food, plant-based food blog, Helyn's Healthy Kitchen, shares dozens of scrumptious smoothie recipes with you on your journey to superior health. Start your day with a fruity smoothie for a high nutrient bang, enjoy a creamy, indulgent shake without the guilt, or cool down with a satiating summer slushy ... 50+ smoothie recipes that will make you swoon!