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Erik Fishner

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Erik Fishner : Smoothies: Whip Up a Healthy Breakfast or Snack in a Second and Help Your Body to Detox and Kickstart Weight Loss (With Recipes) before purchasing it in order to gage whether or not it would be worth my time, and all praised Smoothies: Whip Up a Healthy Breakfast or Snack in a Second and Help Your Body to Detox

and Kickstart Weight Loss (With Recipes):

Do you like a smoothie at breakfast? Are you trying to lose weight? Are you trying to get more fruits and vegetables in your diet? Maybe you just bought a new high-powered blender and are looking for recipes to try out. You've come to the right place! With nearly twenty different smoothie recipes in this edition, you will be on your way to making a delicious smoothie in seconds. We have kept nearly all of the recipes with no added sugar, apart from those with fruit yogurt, which does contain added sugar. It's advisable to use yogurt naturally sweetened with fruit juice or honey where you can find it. For vegans, we've added the option to use either soymilk, soy yogurt, or agave nectar. If you are on a diet, we suggest having a smoothie on one those much anticipated "treat" or "fast" days, as there can be a lot of naturally occurring fructose in certain fruits and vegetables -- although this should not be confused with sucrose which is the refined sugar variety.