

(Ebook free) Super Smoothies: 100 Recipes to Supercharge Your Immune System

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Ellen Brown, Karen Konopelski Hensley

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Super Smoothies


100 Recipes To **SUPERCHARGE**
Your Immune System



Ellen Brown

founding food editor of USA Today

with Karen Konopelski, M.S., R.D.

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before purchasing it in order to gauge whether or not it would be worth my time, and all praised Super Smoothies: 100 Recipes to Supercharge Your Immune System:

0 of 0 people found the following review helpful. Great nutritional ideas
By James J. Bjaloncik
As we are now retired, my wife and I have sought new ways to maintain our health. We spotted this book on smoothies and, having been able to check out several recipes from it, decided to purchase it. Depending on what you need, there is a huge collection of nutritional drinks that fit the bill that can be blended up fresh using recipes from this book. We've tried several and they have been outstanding. Our younger daughter found the book of great interest, so we purchased a second one for her.
2 of 2 people found the following review helpful. other wise for me the rest would go to waste. Also the book was binding was smashed when ...
By Customer
There are some healthy smoothie recipes, but most of them where for four or five servings at a time. I was hoping for more recipes where it would make one or two servings, other wise for me the rest would go to waste. Also the book was binding was smashed when I got it.
3 of 3 people found the following review helpful. So far the Super Smoothies that I have tried were delicious and from ...
By Patty Martin
So far the Super Smoothies that I have tried were delicious and from the ingredients that were in them I know they were extremely healthy. I am looking forward to trying all of them. I didn't realize how delicious the combos of the fruits and vegetables were going to be. I will never get bored with breakfast and snacks again. Thank You
Patty Martin

The smoothies inside this book pump up your immune systems so it's ready to protect against infections and illness at any moment. They're easy to make, delicious to drink, and 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 these 100 wholesome and luscious smoothie recipes is annotated for both its overall nutritional profile and for the specific nutrients it delivers so you'll learn exactly what benefits you're getting from each and every drink.

About the Author
Ellen 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.