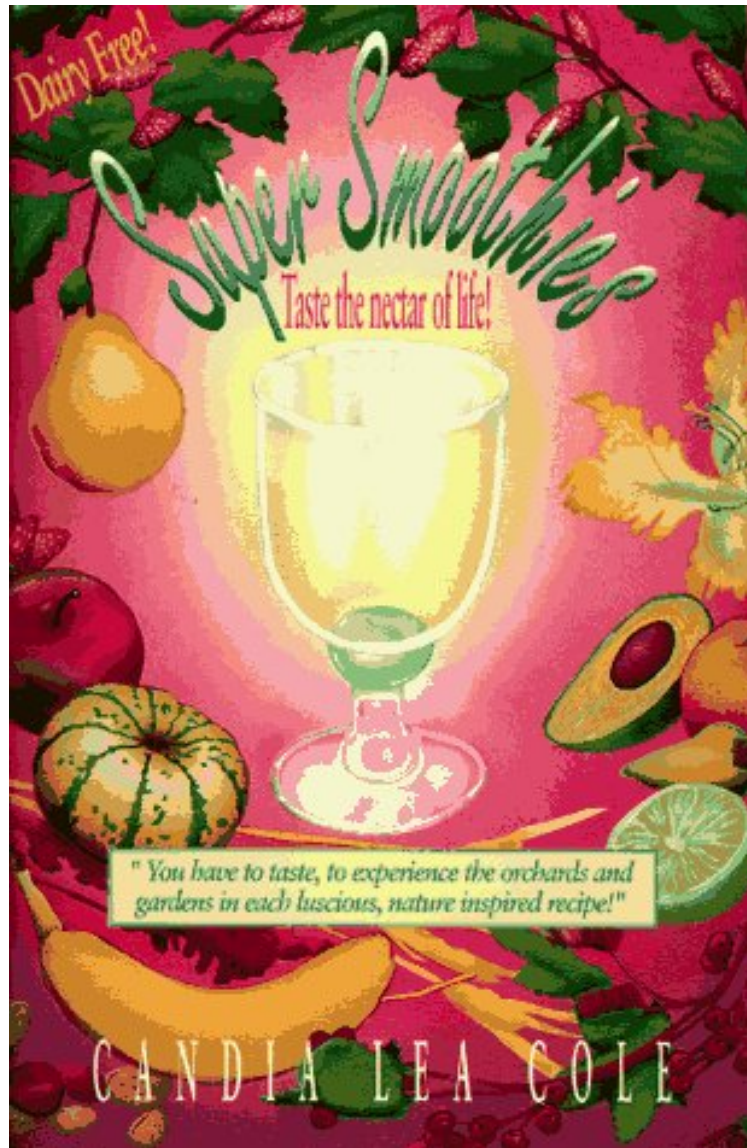


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## Super Smoothies!: Taste the Nectar of Life: Fruit, Vegetable, Nut, Seed, Grain, Herb, Spice Enriched Blender Beverages!

*Candia Lee Cole*

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0 of 0 people found the following review helpful. More than a cookbook!By sbouieI really liked this book! This was more than just a juicer/smoothie cookbook with recipes, but an informative guide on the ingredients needed for healthy living. The smoothies were delicious too.0 of 1 people found the following review helpful. SmoothiesBy Patricia BarkerIt was ok, not the best24 of 24 people found the following review helpful. Her recipes are original!By A CustomerI've had the pleasure of tasting almost every recipe in this book, and,-without a doubt, they are the most original I've sampled. There are other smoothie books out there, but they are mostly the yogurt, juice, banana and ice cube variety. This author turns smoothie making into an art. She relies upon seasonal produce to make both fruit and vegetable smoothies. You'd never know they didn't have dairy, because they are so creamy and luscious tasting. Also, her smoothies may be served chilled or warmed for seasonal enjoyment. I've served the smoothie recipes to my neighbors (kids as young as two years old), as well as friends (of all ages) who stop by the house. Another highlight of this book is the author's engaging message about health and healing. She shares her personal passion for healing our bodies and the earth. Makes a great gift! Don't confuse her book with another book with same title. Candia Cole's book is the 'original' book,- "Super Smoothies": Taste The Nectar Of Life!

In the book Super Smoothies-Taste the Nectar of Life we discover some of the most unique smoothies, with a dairy-free twist. Candia Lea Cole blends combinations of fresh and rehydrated fruits and vegetables with dairy free liquids. She then fortifies her drinks with nuts, seeds, pseudo-grains, medicinal spices, super food fortifiers, and natural flavorings. The exotically flavored drinks are identified in the book by colors of the rainbow, which the author suggests are a drinkable form of color therapy. Meeting the body's daily requirement for nutrients such as beta carotene is a pleasure when you can do it while enjoying smoothies such as Creamy Malaysian Sweet Potato, Luscious Butterscotch Yam, Enriched Carrot Nugget, or Apricot Almond Orange. Vegetarian body-builders who want to build lean, strong bodies without relying on commercial protein powders (which contain stale, oxidized ingredients) will thrive on choices such as Maple Banana Amaranth, Frosty Apple Cinnamon Swirl, Figgy Cranapple Nut, and Kiwi Fruit Cocktail. The author says, whether served warm or chilled, these four-season recipes "inspire a romantic connection to the natural world, while serving to nourish our bodies and gently cleanse the cellular toxins that accumulate through our consumption of too many cooked and processed foods."

About the AuthorCandia Lea Cole is a widely celebrated author, nutritional alchemist, and a holistic health educator. She is regarded in her field as "The Eco-Conscious Cook" and the "Soulful Eco-Lifestyle Mentor." nbsp;Candia Lea's experience with whole foods nutrition and "eco-intelligent" living began when she was a teenager seeking answers for health challenges that had an environmental origin. When she discovered the relationship between our planetary health challenges and her personal health problems, she adopted an organic whole foods diet and began experimenting in her kitchen with the creation of "eco-friendly" recipes. Candia Lea's recipes are regarded as "eco-friendly" because they feature ingredients that are conscious of the Earth's nutritional needs, as well as our own. If you're seeking a mentor who will make learning about good health and nutrition a creative, fun, and inspirational experience, Candia Lea is your teacher!