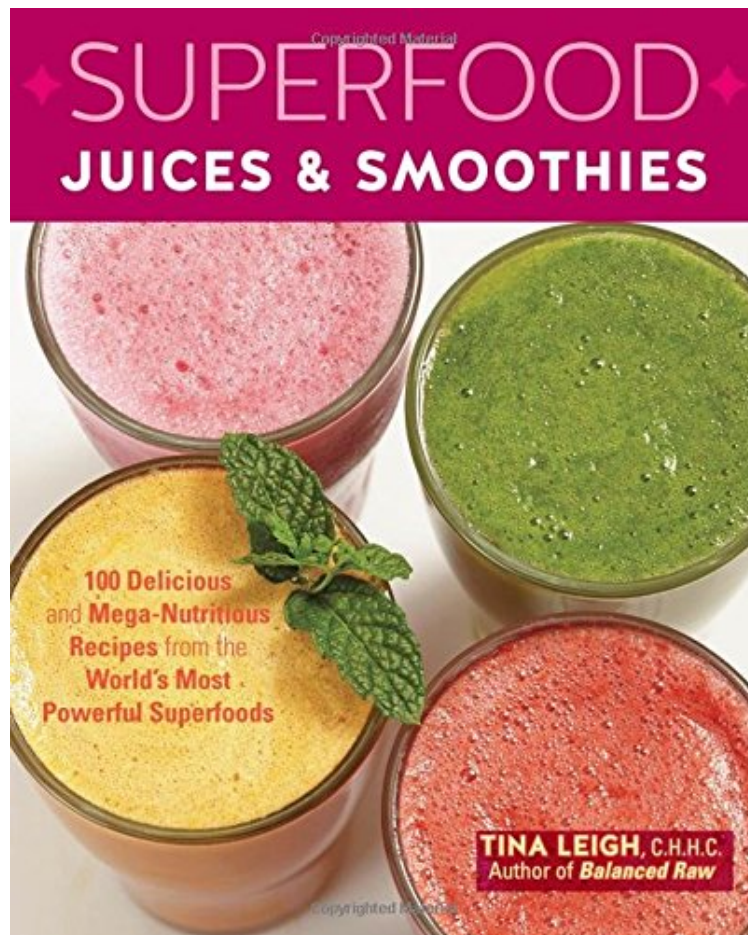


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Superfood Juices Smoothies: 100 Delicious and Mega-Nutritious Recipes from the World's Most Powerful Superfoods

Tina Leigh

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Tina Leigh : Superfood Juices Smoothies: 100 Delicious and Mega-Nutritious Recipes from the World's Most Powerful Superfoods before purchasing it in order to gage whether or not it would be worth my time, and all praised Superfood Juices Smoothies: 100 Delicious and Mega-Nutritious Recipes from the World's Most Powerful Superfoods:

2 of 3 people found the following review helpful. You've Gotta Taste This! By Bryan N. One of the most original and informative books on juicing, blending and really crazy unique super foods I've ever seen or read. Honestly some of the ingredients are tricky if not impossible to track down.. at least in Vegas. But if your serious about wanting a Maca Cacao Goji Smoothie this is your new bible. I've only tried about 12-16 recipes so far but hope to set a goal to try them all as soon as work slows down. 0 of 1 people found the following review helpful. We love this book and are making

smoothies every day
By Sash
We love this book and are making smoothies every day. My gf says its a lot better than the book that came with our vitamix.
0 of 1 people found the following review helpful. Five Stars
By Maia
Enjoyed learning about new herbs and holistic approaches when making smoothies. Definitely worth having.

Mom always told you, "Drink your juice!" But let's face it?" the choices in the grocery store can be boring, full of sugar, and getting more expensive every day. Well, move over orange and cranberry cocktail! This looks like a job for superfoods like Kale, chia, coconut, goji, and cacao! Never heard of things like sacha inchi or yacon? Not to worry?" Superfood Juices Smoothies offers an easy-to-follow guide that anyone interested in getting healthy will love. Author Tina Leigh breaks down each nutrient rich food and provides you with taste, texture description, health benefits, storage and more! Most of the recipes in the book are low-glycemic and low sugar to keep you feeling balanced and healthy. Juices and smoothies are so fun and simple to make and with the 20 key superfoods found in this book, you can start to enjoy 100 delicious and nutritious recipes!

"Whether you're new to juicing or a green-food junkie, you'll love this book. It's loaded with delicious and creative beverages developed by an informed health and nutrition expert!"--Lucas Rockwood, founder, YOGABODY