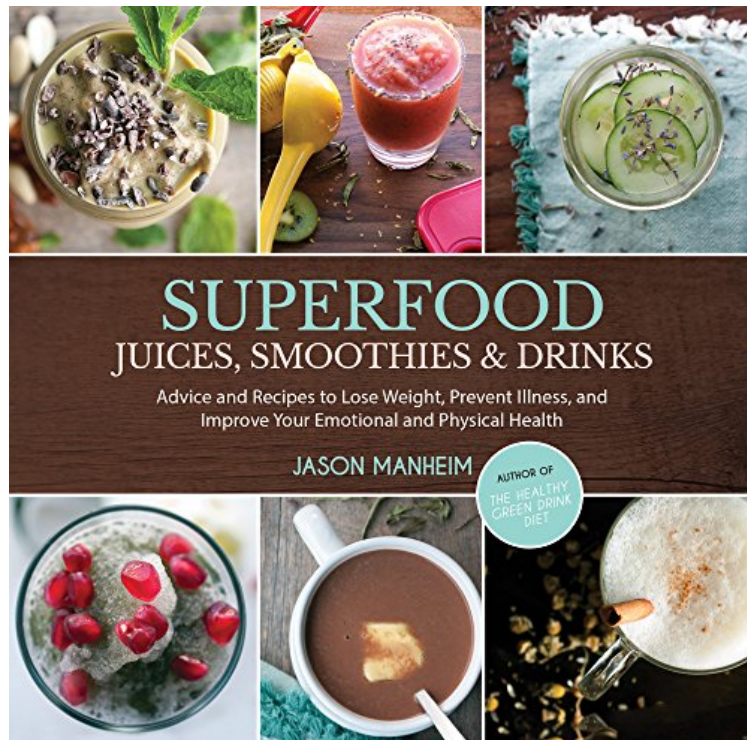


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Superfood Juices, Smoothies Drinks: Advice and Recipes to Lose Weight, Prevent Illness, and Improve Your Emotional and Physical Health

Jason Manheim

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Jason Manheim : Superfood Juices, Smoothies Drinks: Advice and Recipes to Lose Weight, Prevent Illness, and Improve Your Emotional and Physical Health before purchasing it in order to gage whether or not it would be worth my time, and all praised Superfood Juices, Smoothies Drinks: Advice and Recipes to Lose Weight, Prevent Illness, and Improve Your Emotional and Physical Health:

9 of 9 people found the following review helpful. Really great ideas for new smoothie recipesBy AngieI love this book. it has so many good recipes for making superfood smoothies. I've been into making green smoothies in the past but this is a new twist for me on making healthy drinks with some of the superfoods, beyond just greens. One of my favorites includes grains, and it's called "perfect post workout" and it includes brown rice, rolled oats, raisins, protein powder, cinnamon, maca powder, water, and whole milk, the latter of which can easily be replaced by a dairy-free alternative. And this is really something new to me to include grains in a protein drink. Makes a great-tasting, lower-sugar alternative for a boosting post-workout smoothie. My other favorite recipes in this book include several grain-free and Paleo options.2 of 3 people found the following review helpful. Buy ALL of Jason's books. Yes, they are that good!By AddictFirst of all, Jason Manheim is one of my most favorite smoothie authors. I now own three of his books

to include his newest one. He really knows how to grasp the attention of the reader as he succinctly explains what equipment, types of food, mixtures, and so forth make for the most nutrient dense smoothies. I juiced for years and will never go back as I was so very tired of wasting too much food. With Jason's books, he does not miss a trick. Everything is put to good use so not only your system benefits, but your wallet will as well. The information and pictures contained in this book are abundant and very appealing as well as encouraging. I highly recommend this book! 1 of 2 people found the following review helpful. Over my head on the ingredients used. By Jeannie Erickson I went to our health food store most of the added ingredients/spices, besides the fresh fruit or vegs, I couldn't find them. I would have to order online! Maybe if I lived in a large Urban area/City some of these spices ingredients I could find. I am gonna pass this book onto my niece who is a vegan lives in Seattle. So she will be able to find the ingredients. The book is beautifully photographed has many gourmet type of smoothies drinks for those of you that are advanced in this area.

In his previous book, *The Healthy Green Drink Diet*, Jason Manheim established that one juice or smoothie a day—made from green vegetables such as kale, cucumber, celery, and spinach—works wonders for organ health, immune system strength, and weight loss. Now, Manheim takes these drinks to the next level by offering recipes to help you introduce healthy drinks made with superfoods into your daily diet. Superfoods include apples, bananas, avocados, cherries, chia seeds, dark chocolate, carrots, green tea, hot peppers, kiwis, mangoes, nuts and oats, lemons and limes, peaches, spinach, Swiss chard, and many more foods that you can easily grab at your neighborhood grocery store. In *Superfood Juices, Smoothies, and Drinks*, Manheim explains why superfoods are good for your overall health and then offers ways to incorporate them into the beverages you drink all day long. Incorporating superfoods into the following types of drinks will help you lose weight, stay focused, and get energized: Juices, Smoothies, Coffees, Teas, Infused waters, Ciders, Probiotic drinks, and more! Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

About the Author Jason Manheim created and runs the website SuperDrinks.org. A website developer and designer, has been making green and superfood drinks for years and has felt great since the day he started. He is also the author of *The Healthy Green Drink Diet*. He lives in Los Angeles, California.