

Superfoods Today Smoothies: Energizing, Detoxifying Nutrient-dense Smoothie (Volume 5)

Don Orwell

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Don Orwell : Superfoods Today Smoothies: Energizing, Detoxifying Nutrient-dense Smoothie (Volume 5) before purchasing it in order to gage whether or not it would be worth my time, and all praised Superfoods Today Smoothies: Energizing, Detoxifying Nutrient-dense Smoothie (Volume 5):

1 of 1 people found the following review helpful. Wow, that' a lot of super smoothies!By K ShaperWow. First there are a lot of recipes in this book. And I think almost all of them made me want to try it. This isn't just smoothies, but

SuperFood smoothies - smoothies that contain anti-oxidant super foods to help your body be super healthy. Next, they are divided up into colors. And 2 more things - I often mess up smoothies, (I know - amateur!) but there are tips on how to not mess them up - I learned a couple things I didn't know - and I really do make smoothies. And lastly a handy ORAC chart and explanation. You'll like this. Definitely want to try these - I loved the way the coconut chia pudding smoothie looked! Can't wait to try that. 1 of 1 people found the following review helpful. This book is like a packed information smoothie. By Chris Forgive the weird analogy, this book is full of recipes! I like that they are organized by color and there's handy pictures to both reference and whet your appetite. Furthermore, there is a great introduction section that tells you just what you need to know to get started. I've been getting more and more into smoothie making and this is exactly what I needed for some great ideas to bolster my new years' resolutions. The only thing that kept me from 5 stars, is that I wish there were a section on where to start if you're on a budget. Hey, a guy can wish! Otherwise this was well worth the money. 1 of 1 people found the following review helpful. Some great varieties of smoothies. By Oregon girl I cannot tell a lie, I have a smoothie every day for breakfast and I bought this book because I was in a bit of a rut - always making the same variation of smoothie each morning. I was pleasantly surprised about the different categories and the delicious varieties in each. For example, under Red Smoothies, I loved the Papaya Diva Smoothie, and for Purple Smoothies, the Beet Kale Smoothie. It will take a long time to try each one. The best thing about the book, however, was the nice photographs of each smoothie following the recipe.

How Can You Go Wrong With 100% Superfoods Smoothies? Superfoods Today Smoothies contains over 70 Superfoods Smoothie recipes created with 100% Superfoods ingredients. No soy milk, no cows milk, no artificial flavors, only 100% natural Superfoods that deliver astonishing amounts of antioxidants, essential fatty acids (like omega-3), minerals, vitamins, and more. Superfoods are foods and the medicine and they offer tremendous dietary and healing potential. Superfoods slow aging, boost immunity, energize and detoxify. Would You Like To Know More? Download and start getting healthier today. Scroll to the top of the page and select the buy button.