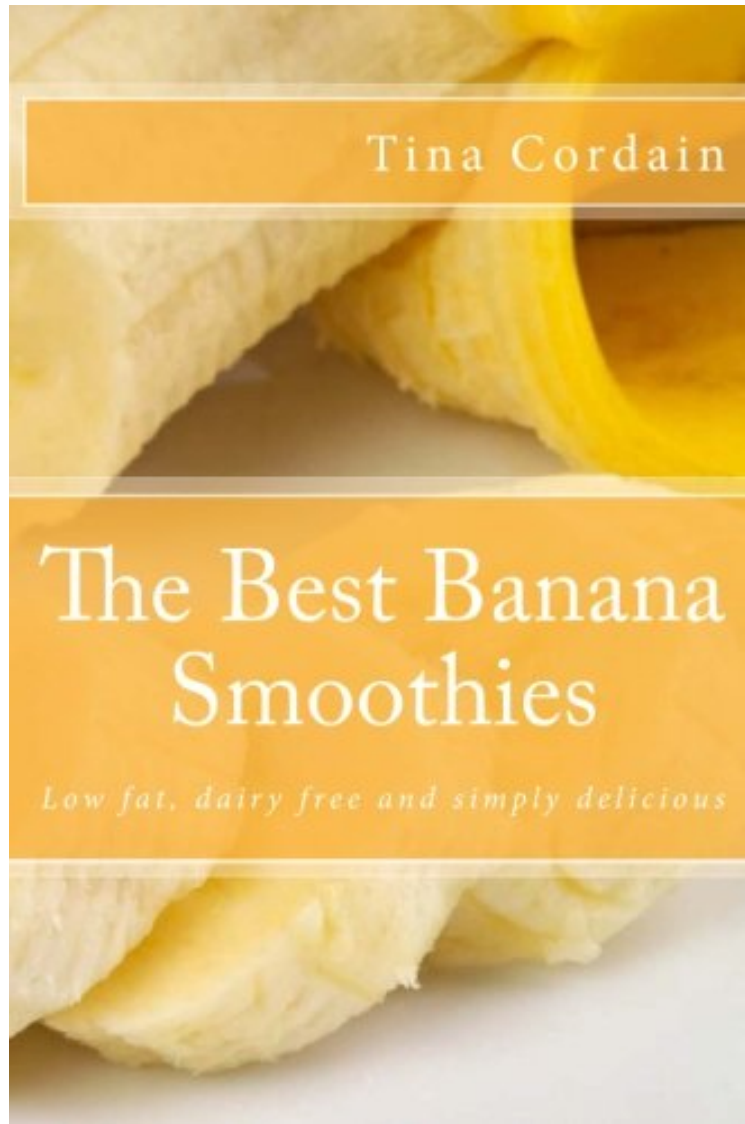


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The Best Banana Smoothies: Low fat, dairy free and simply delicious

Tina Cordain

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Tina Cordain : The Best Banana Smoothies: Low fat, dairy free and simply delicious before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Best Banana Smoothies: Low fat, dairy free and simply delicious:

0 of 0 people found the following review helpful. What a wonderful collection of banana smoothies! A breeze to prepare, and extremely easy to enjoy! By MandusIrsquo;ve always had a thing for bananas, having been practically

raised on them. They're practically the ultimate fruit. There's just so much you can do with them, a versatile ingredient that is very beneficial to your health too. What I loved about this collection of recipes was the fact that not only did it provide me with an assortment of delicious recipes, but it also presented some very useful tips on how to go about preparing the smoothies, what type of blender I should be looking for, how to store the smoothies after they're done, as well as what you can do if you want to increase the amount of protein or fat in them. Knowing that each recipe averaged to around 600 calories was also something I really appreciated, especially since I'm on a cut and want to try and keep a count of how many calories I actually consume each day. Obviously, I haven't gone through all of them, but I can tell you this much: I will be. And very soon, judging on the ones I've tried so far. A breeze to prepare, and extremely easy to enjoy! So, if you're simply on the look-out for some wonderfully tasting and scrumptious smoothies, or if you happen to be a banana-fanatic just like me, looking for some more variety, this is most definitely the book for you. 0 of 0 people found the following review helpful. Truly the best banana smoothie recipes I've seen! By Darlene Blasing I love fruit smoothies and I always add a banana and some type of frozen fruit, so this book was an instant hit with me. There are 50 smoothie recipes in this book! It starts with simple two fruit recipes and moves on to three fruits, bananas with greens and herbs, banana smoothies with spices, and banana smoothies with super foods (like the yummy 'Banana Cherry Cocoa'). The author gives nutritional information for each recipe as well as additional info and tips on ingredients, preparation and equipment. The recipes are dairy free and low fat, a plus for those on special diets, yet it's easy to get creative and add other ingredients like yogurt. I haven't seen a better collection of smoothie recipes. I plan to try all of them. 0 of 0 people found the following review helpful. I Am Now A Hero By Michael R. Henson I am now a hero, yes, you read that right. My daughter is a HUGE smoothie fan and to put it simple, I never can get it "just right"? considering she loves bananas I can now look like the pro that I always thought I was. Grab a copy, this is a great book.

This book contains tips tricks when it comes to makes the best banana smoothies and 50 delicious tried and true recipes. Nutritional values are included for all recipes, so you know exactly what you are taking in. Banana smoothie recipes: * simple banana smoothies made with 2 different fruits * banana smoothies made with 3 different fruits * banana smoothies with greens and herbs * banana smoothies with spices * banana smoothies with superfoods