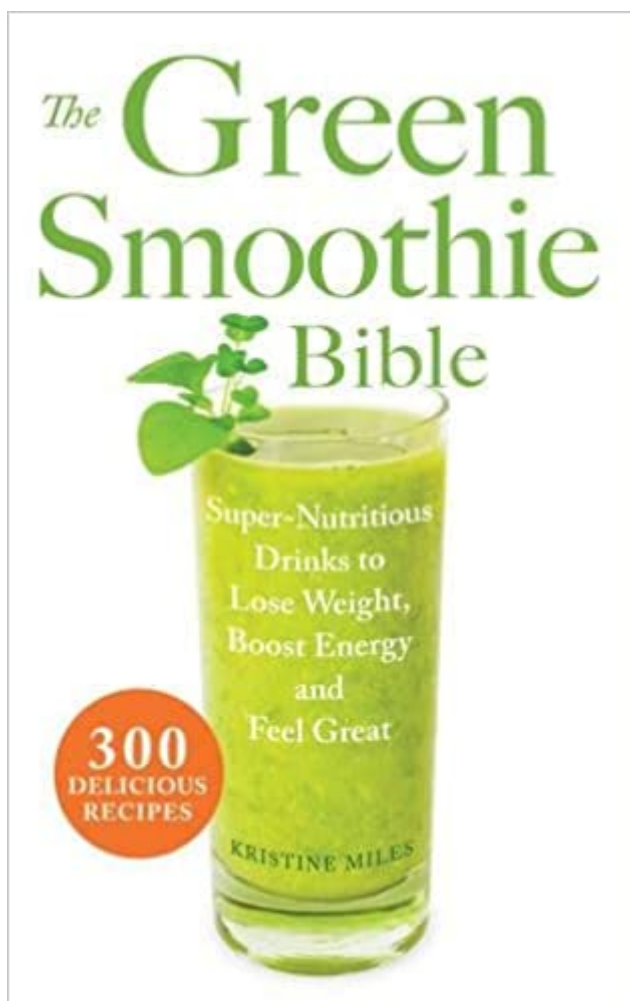




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# The Green Smoothie Bible: 300 Delicious Recipes



## Synopsis

**SUPERFOODS IN EVERY SIP** You know a daily diet rich in fruits and vegetables can maximize your health and well-being. But did you know that drinking a smoothie every day made from fruits and vegetables can dramatically increase the amount of life-saving nutrients your body takes in? • Lose Weight • Detoxify the Body • Increase Energy • Fight Heart Disease • Prevent Diabetes, Depression and Certain Cancers • Boost the Immune System • Improve Skin and Hair More than 300 inviting recipes in *The Green Smoothie Bible* show how to combine leafy green vegetables and delicious, antioxidant-rich fruits into the most nutritious drinks imaginable • leaving you healthy and feeling amazing inside and out.

## Book Information

Paperback: 240 pages

Publisher: Ulysses Press; 32246th edition (February 21, 2012)

Language: English

ISBN-10: 156975974X

ISBN-13: 978-1569759745

Product Dimensions: 0.8 x 5.8 x 8.8 inches

Shipping Weight: 8.5 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 252 customer reviews

Best Sellers Rank: #390,462 in Books (See Top 100 in Books) #71 in Books > Cookbooks, Food & Wine > Kitchen Appliances > Blenders #288 in Books > Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies #2724 in Books > Health, Fitness & Dieting > Nutrition

## Customer Reviews

Kristine Miles is a health professional with over 15 years' experience. She is passionate about life-long learning, plant based nutrition and living a low toxic lifestyle. Her mission is 'to promote health and wellbeing, through empowering others to lead lives free of chemicals and full of real, delicious food'. Kristine works full time as a physiotherapist in private practice, is a part time cooking demonstrator, and blogger. She is happily married and lives on Phillip Island, Victoria, Australia.

The book is in two parts: Part one is about Green Smoothies. Everything you need to know about what, how, when, where, varieties, what to use, and all kinds of info that will help you become a very good smoothier. She explains much in a short 102 pages in this part. This will help you out even if you already think you know it all! Part two lists 300 recipes broken down into categories of smoothie

making as follows...spring, summer, autumn, winter, antioxidants, bowel, weight loss, fussy about fruit and many more categories as such. The author had the recipes broken down into 26 categories. The recipes are in general very good with one minor problem that I had with them. When it came to the greens, the author did not specify which greens to use nor at what quantity, thus leaving it up to you. This is why I took 1 point off the rating. Persons who do not have experience in smoothie making could use too much or too little and mess up their smoothie experience. Otherwise, I like the book and use it quite often and do recommend it as it has much info that even newbies can use in part one. I liked many of the recipes and experimenting with different greens was fun and at times a bitter experience but was satisfying overall.

If you don't know much about plant-based health, some of this book might be helpful... but there are a lot of other books that communicate the info much better. If you are looking for a good smoothie cookbook, I like 365 Vegan Smoothies much better - and it includes a green smoothie section. This book has no photographs, and the type in the paperback version is very hard to read. Half the book is about health concerns. The recipes given do not give specific measurements in many cases. The type of greens needed for the recipes is not specified. I appreciate that this allows the reader to use whichever greens are handy and in season. There is a huge variety in flavors between different greens, and some combos can be vile.

Not really impressed with this book. I was looking for something that gave information for each smoothie. Like if you follow the measurements it will have X amount of calories, protein, etc.. This information is not included and even a lot of the measurements are kind of vague. No pictures, complicated recipes including ingredients you will really have to spend a lot of money on to make a few smoothies consecutively. If you don't live next to a market selling lots of fresh fruits and veggies then it could become quite the chore trying to keep everything on hand required for a lot of what's in this book.

Love this book!! Was tired of the usual and this book gives great guidelines and recipes to assist you in becoming a great smoothie maker and move you into a healthy and advance smoothie nut!! If you follow some of the guideline and work within your comfort zone... You will be pushing through your smoothie plateau and moving into a healthier lifestyle without stress!! I have given this book to several of my clients, (I am a private personal trainer) and it has assisted them in creating a healthier food environment for themselves and their families!! This year I am giving it to all my

clients and friends who are trying to make transition in their food habits.Highly Recommend!!

this book The Green Smoothie Bible: 300 Delicious Recipes Paperback is really been great since learning about smoothies!!!!the author states in the bookSUPERFOODS IN EVERY SIPYou know a daily diet rich in fruits and vegetables can maximize your health and well-being. But did you know that drinking a smoothie every day made from fruits and vegetables can dramatically increase the amount of life-saving nutrients your body takes in?~ Lose Weight~ Detoxify the Body~ Increase Energy~ Fight Heart Disease~ Prevent Diabetes, Depression and Certain Cancers~ Boost the Immune System~ Improve Skin and HairMore than 300 inviting recipes in The Green Smoothie Bible show how to combine leafy green vegetables and delicious, antioxidant-rich fruits into the most nutritious drinks imaginable~”leaving you healthy and feeling amazing inside and out.I have to say this is a book I keep in my kitchen and uses every week!!!

Having just had a major mid-life wake-up call (emergency gall bladder removal) I have the opportunity to change my diet for the better. It's a lot easier to change your eating habits during gastric surgery recovery as you reintroduce food gradually to see what will be manageable and what may not be possible anymore.Kristine Miles does a great job of explaining the benefits and 'whys' of moving to a mindful diet using raw plant-based smoothies. She explains the good balance available when combining fruits, greens, nut milks, seeds and superfoods in simple and easy to execute smoothie recipes. As she debunks myths about lack of complete protein and beneficial fats in the vegan diet, she shares nutritional information that makes sense while not advocating for a completely meat, dairy or gluten-free regimen.I'm excited to try the wide variety of recipes the book provides but even more happy that I have a good understanding of why I'm combining the ingredients I'm combining. There are good suggestions for supplemental powders from the superfood arena and how to take your regimen on the road if you want to stay true to your new way of nourishing your body.Thanks for a great starting guide - I'm confident it will make a big difference for me!

It is pretty good; however in Part 1 in the seasons chapter, the recipes are so light is is difficult to read them. Also it would have been helpful if the author had listed places to get some of the ingredients like, bee pollen, hempseeds, cacaco. Also page 76 third paragraph there is a sentence that says, Sugars that contain a higher proportion of fructose and should be avoided include honey,

fruit juice concentrates...etc.. on page 78 the sentence under Raw honey says that honey was the best choice... This seems contradictory and thus makes me wonder if other parts of the book is contradictory.

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