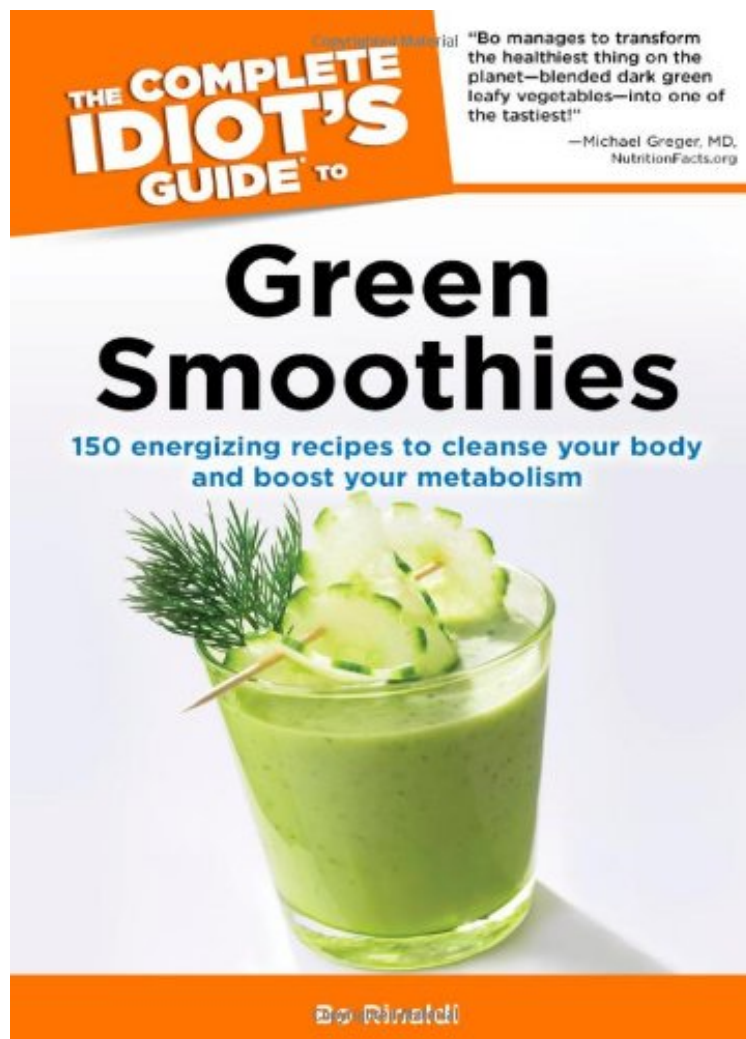


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The Complete Idiot's Guide to Green Smoothies (Complete Idiot's Guides (Lifestyle Paperback))

Bo Rinaldi

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Bo Rinaldi : The Complete Idiot's Guide to Green Smoothies (Complete Idiot's Guides (Lifestyle Paperback)) before purchasing it in order to gage whether or not it would be worth my time, and all praised The Complete Idiot's Guide to Green Smoothies (Complete Idiot's Guides (Lifestyle Paperback)):

14 of 15 people found the following review helpful. Not enough basic smoothie recipesBy Stephen WaltersMost of the smoothie recipes in here are too complicated to make and use exotic ingredients. I tried to make a few but then resorted to just making up my own recipes with basic ingredients that I usually have around the house.12 of 14 people

found the following review helpful. Healthy and Exotic Smoothies By Bob S. I strive to maintain a healthy diet, but I like a simple life and tend to do most of my shopping at the local grocery store or farmers market (when in season). It's just less expensive and more convenient to do it that way. Therefore, I don't typically have items such as hazelnut butter, fresh fennel, sorrel, acai, lucuma powder, chicory greens, hemp seeds, elderberries, mache, maca powder, milk thistle powder, goji berries, etc., etc. on hand. To be fair, there are plenty of recipes that contain more commonplace items, and the author frequently offers variations and substitutions. All recipes are vegan friendly and none contain added sugars or significant salt. (A few include maple syrup.) The recipes are grouped into several categories: Everyday Smoothies, Superfood Smoothies, Weight Loss Smoothies, Healing Smoothies, Tonics, Smoothies for Athletes, Smoothies for Kids, and Exotics. The book opens by presenting the rationale for incorporating more smoothies into your diet (with references). It also includes a glossary and directs the reader to other smoothie resources. Most of the recipes that I have tried have been quite good, and if you'd like to experiment with more exotic ingredients you'll love this book.

14 of 16 people found the following review helpful. Power of green smoothies By Chloe Hallock Are you looking for a catalyst to change your body, mind and spirit? Your search is over, Bo Rinaldi has written a comprehensive and thorough guide to health and well being in the *Idiot's Guide to Green Smoothies*. He is one of the founders of the Organic and Vegan movement and has extensive knowledge on the power of healing with a plant based diet. Green smoothies are an amazing way to get a high amount of nutrients into your body through a straw! This guide provides delicious recipes that are easy to follow and quite accessible. For people on the go, green smoothies are an easy and quick way to pack in essential vitamins, minerals, enzymes and other important nutrients, in a convenient and delicious drink. Really, what more could you ask for? I highly recommend this guide, drink away and feel your life change. For a taste of what is in store, try out the easy and scrumptious Mediterranean Garden Smoothie or the Strawberry Fields Smoothie here [...] Once you sip, you just can't stop.

Green smoothies are not the sugary concoctions that come to mind when people hear the word "smoothie." They are instead highly nutritious creations that are intended to increase energy, boost metabolism, burn fat, and cleanse the body of toxins. Green smoothies utilize fresh, healthful foods, "superfoods", and a multitude of fantastic ingredients that together offer amazing health benefits. The *Complete Idiot's Guide to Green Smoothies* starts with the health benefits of green smoothies and how to make them properly and fully enjoy them, while the bulk of the book is comprised of 150 fun, nutritious, and delicious recipes, supplemented with numerous variations throughout.