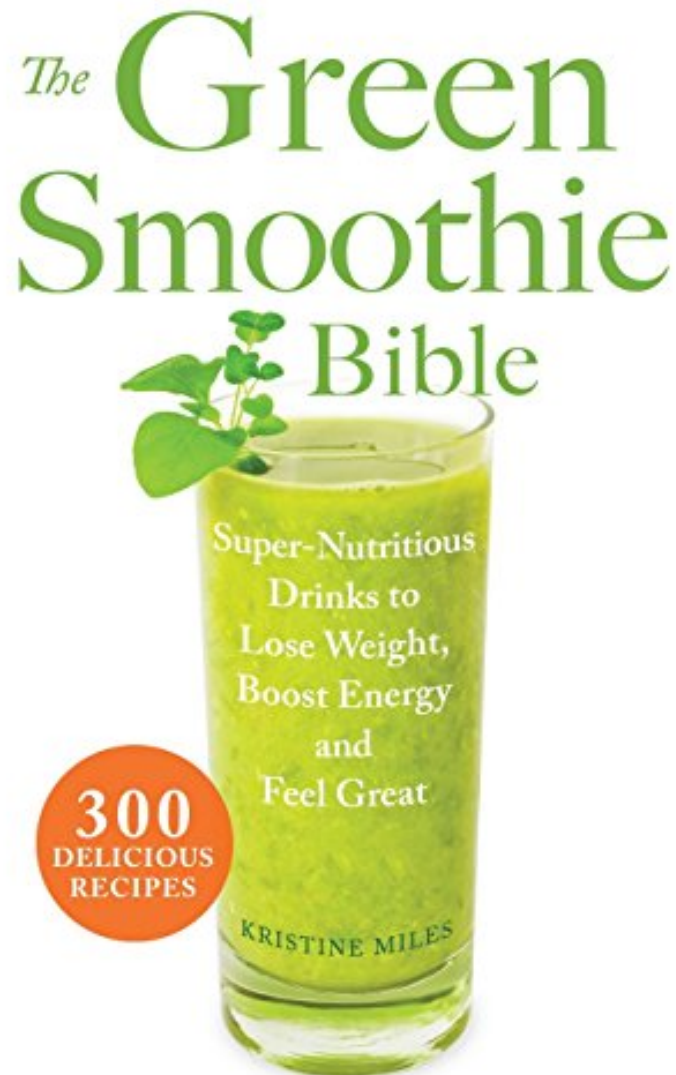


The Green Smoothie Bible: 300 Delicious Recipes

Kristine Miles

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#337535 in Books Miles Kristine 2012-02-21Original language:EnglishPDF # 1 8.50 x .51 x 5.511, .54 #File Name: 156975974X240 pagesThe Green Smoothie Bible 300 Delicious Recipes | File size: 45.Mb

Kristine Miles : The Green Smoothie Bible: 300 Delicious Recipes before purchasing it in order to gage whether or not it would be worth my time, and all praised The Green Smoothie Bible: 300 Delicious Recipes:

11 of 11 people found the following review helpful. Smoothies Where You Choose Which Greens To Use of What QuantityBy Michael ZThe 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. 5 of 5 people found the following review helpful. Honestly, one of the worst smoothie books I've ever read. By Customer: 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. 10 of 10 people found the following review helpful. Still looking for a good smoothie book. By Marco A. Cabrera: 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.

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.

About the Author 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.