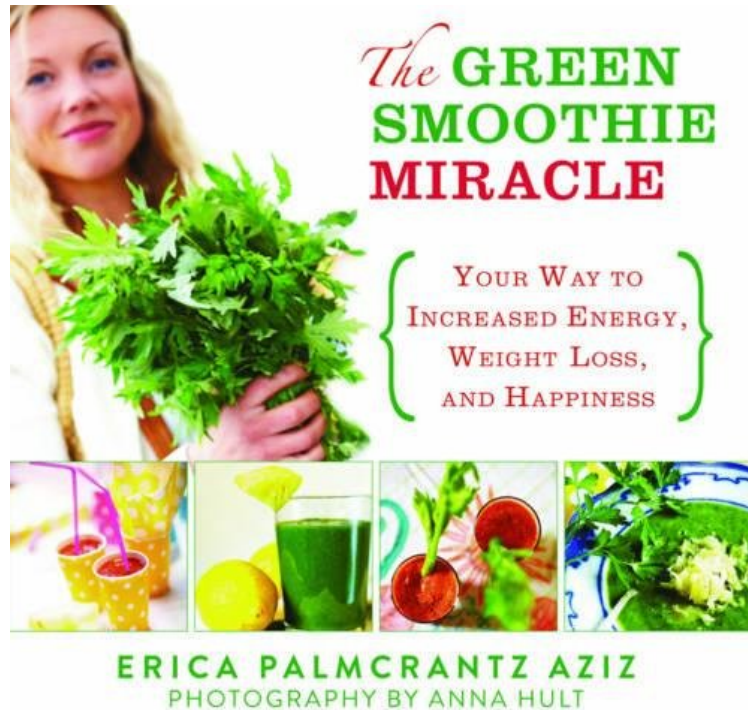


# The Green Smoothie Miracle: Your Way to Increased Energy, Weight Loss, and Happiness

Erica Palmcrantz Aziz  
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**Erica Palmcrantz Aziz : The Green Smoothie Miracle: Your Way to Increased Energy, Weight Loss, and Happiness** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Green Smoothie Miracle: Your Way to Increased Energy, Weight Loss, and Happiness:

6 of 6 people found the following review helpful. Excellent Book!By dpI am new to 'Smoothies' and absolutely love this book! I have purchased several others but was concerned with the sugar content. I am 49, post menopause with the abdomen weight, searching for healthier options. This book is very well organized with helpful tips and colorful pictures. The author is pro-green and raw food, which I was unfamiliar with, but love pages 34-35 to create your own for beginners. It lists greens, fruit, sweeteners (only natural), superfoods, creamy texture (all healthy), and liquid base. Also includes an ingredient list from acai to yerbe mate. She includes a chapter on a 7 day detox, but not sure of porridge and some products that I cannot find locally. It sounds good, may have to order online. The book is balanced with so many recipes -breakfast, soups, juices, even low sugar healthy milk shakes. Well balanced for beginners and the raw food enthusiasts!5 of 5 people found the following review helpful. Good book but...By lchanceyI really liked the info in this book but its focus isn't really recipes. It's more explaining the benefits of green smoothies, juices, and meals and others' experiences with it than helping you get started on actually making green smoothies and what not.3 of 3 people found the following review helpful. InspiringBy RebeckaGood book with nice pictures and inspiring recipes. I have tried a few of them already and god some good tips and arguments for green smoothies and raw food.

The Green Smoothie Miracle has everything you need to know about green smoothies and how you can make these delicious, healthy drinks. Green smoothies are made from leafy greens that give you a boost of chlorophyll (sun energy), minerals and vitamins; they will make you shine like the sun! Learn how this green miracle drink will strengthen your immune system, boost organ health, and promote weight loss at the same time, all while tasting great. With these great smoothie recipes that incorporate a wide variety of fruits and vegetables, you will eat more greens in one sitting than ever before, and you'll enjoy them, too! The full-color pictures of fruits and vegetables and the examples of everyday situations when a green smoothie can give you a great feeling will make you start blending your own smoothies right away. Whether you need to lose weight or simply want to look and feel your best, green smoothies are for you. The recipes are easy, tasty, and take no more than two minutes to make. Incorporating smoothies into your daily diet will give you high energy levels and make you stay happy all day long. Green smoothies are all you need to smile and shine!

About the Author Erica Palmcrantz Aziz is a raw-food educator and has been a high-raw vegan for almost four years. She is the coauthor of *Raw Food: A Complete Guide for Every Meal of the Day* and *Raw Desserts: Mouthwatering Recipes for Cookies, Cakes, Pastries, Pies, and More*. She lives in Gothenburg, Sweden with her husband Sam Aziz and their daughter Saga. Anna Hult has been in the photography business for over twenty years, and she runs a photo studio on the Swedish west coast. Anna is the photographer of the previous Raw Food books of Erica Palmcrantz Aziz, as well as other books on different topics. She has been published in the Los Angeles Times and Vogue.