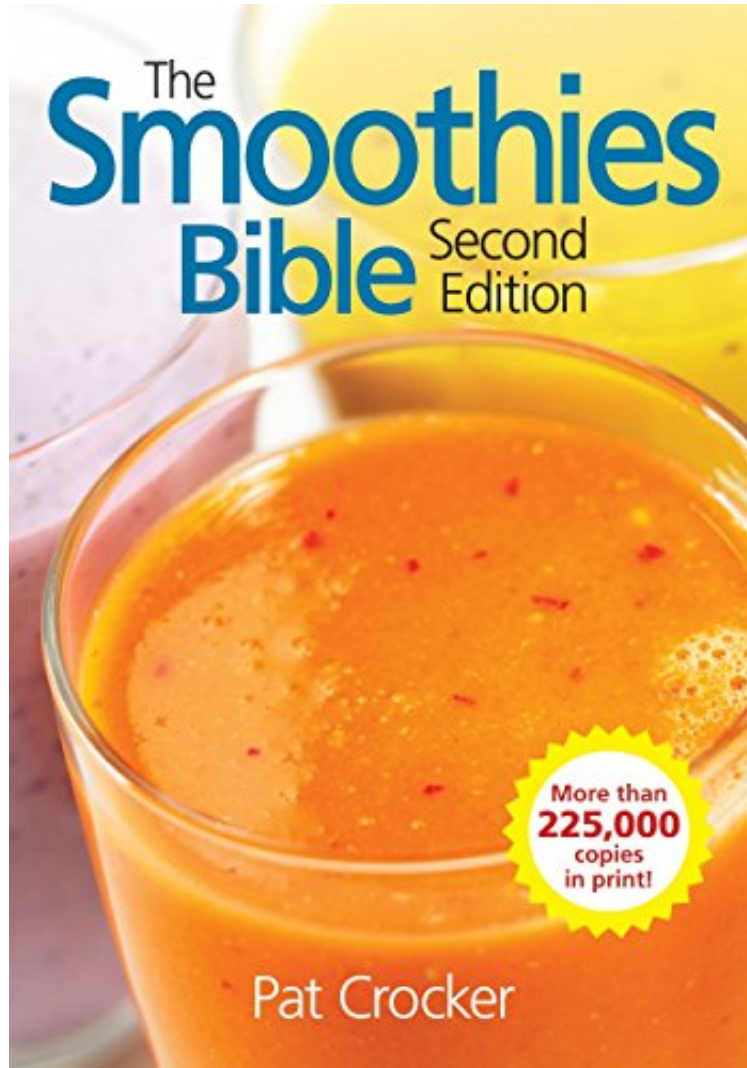


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The Smoothies Bible

Pat Crocker

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Pat Crocker : The Smoothies Bible before purchasing it in order to gage whether or not it would be worth my time, and all praised The Smoothies Bible:

1 of 1 people found the following review helpful. Second Edition (2010). Excellent recipes. Not Internet free stuff.By Sylvie C.Lots of my favorite types of blender drinks attractively presented: Fruit and tropical fruit smoothies and milk shakes. I always add malted milk to the shakes. Around 400 easy recipes plus 32 pages of full-color drink photos.Contents: Healthy Body Systems, Health Conditions, Healthy Foods and extensive Glossaries. Smoothie recipes: Fruit, vegetable, healing herb, dairy, dairy alternative, fruit and nut milks, hot and frozen and desserts and cocktails. The unusual apricot, fig and date milks sound great.Unfortunately, the book advertised as Like New was

damaged by flimsy packaging. However, I'll have to live with it because my new blender arrives tomorrow. 2 of 2 people found the following review helpful. The Ultimate Book on Smoothies By Tom Sullivan I love this book because it provides nutritional information on many fruits and vegetables, as well as vitamins and minerals. There is a section that explains each bodily system, detailing problems and their causes, along with function and curative suggestions. There is a section on health conditions, their causes and recipes to help improve them. The information in this book is not only very helpful, it is extensive. There is a section for both fruits and vegetables, herbs, and other ingredients, that details their actions and uses, tips on buying and storage, suggestions for juicing and smoothies, and a listing of recipes for each. There are recipes for fruit smoothies, vegetable smoothies, healing herb smoothies, dairy smoothies, dairy alternative smoothies, hot and frozen smoothies, along with dessert and cocktail smoothies. The recipes are plentiful and the one's I've tried are delicious. I've developed my own super smoothie that I drink twice each day. I'd recommend this book to anyone who wants to improve their health, and lose weight, using smoothies to replace a meal or two each day. 1 of 1 people found the following review helpful. Great and resourceful book By Vyperms I love how this book not only gives you some great smoothie combinations for health and healing but, I especially love that it has information on each ingredient. Benefits, uses for and so much more.

A companion reissue to The Juicing Bible with an additional 16 new photographs. With more than 225,000 copies in print The Smoothies Bible continues to be one of the bestselling smoothies books today. In response to consumer demand, we've decided to reissue this successful seller with an additional 16 color photographs, which takes the total photo count up to 32. As always, smoothies are a fast, easy and great-tasting way to achieve good health. Home cooks can now introduce even more antioxidant fruits and vegetables into their daily routine. The Smoothies Bible makes it easy. More than 400 healthy smoothie recipes that include fruit smoothies like flu fighter #1 and berry bonanza to mango madness and nectar of the gods. Get a daily dose of vegetables with peppered beet, squash special, zippy tomato or gazpacho smoothies. More than 100 fully illustrated profiles of fruits, vegetables and herbs. 80 common health concerns matched with healing smoothies. In addition to the hundreds of recipes and practical health information, what really sets this book apart is its "The Healthy Body Systems" section, which features information on the seven major body systems as well as diet and lifestyle changes that will help keep these systems working as well as they can.

I have at least one, sometimes even two, smoothies per day and I love them! It is the most effective way to get nutrition into the body without taxing it during the assimilation. Being the food is in liquid state, the body doesn't have to break down solids. And, actually having only smoothies one day a week is a gift to the digestive system. Smoothies are great for detoxing the body as well as part of a healing process for ailments. For the purpose of the review we are asked to test three recipes. Of course, I looked for combinations I've never used before. The first one I made was Corn Chowder. Yes, corn chowder. Keep in mind that smoothies don't necessarily have to be made with raw fruit. The chowder recipe calls for the normal ingredients: broth, corn kernels, onion, sage, thyme, and milkcream. (I used coconut milk instead.) After cooking, this combination is blended and can be served hot or cold. The combination of sage and thyme gave a great flavor. The second recipe I tested was Almond Date. It is suggested to use soy or almond milk but I used coconut milk and added dates, almonds, cream cheese, banana, cinnamon and nutmeg. The end result was delicious! The third recipe I tested was Ice Green Goddess. The combination of coconut milk, lime juice, kiwi fruit, mint leaves and 2 scoops of agave sweetened vanilla coconut ice cream made the best ever combination. It's one of those that you say wow after the first sip. Aside from recipes for smoothies, The Smoothies Bible, Second Edition has a huge section on body systems and health conditions that smoothies are indicated for. Pat Crocker covers the best foods for blending and their actions, uses, how to buy store, and corresponding recipes. As well, Crocker has a section on herbs -- their use, properties, and healing powers. This one of the best smoothie books I've ever seen and it is certainly a keeper. I would honestly say that anyone just venturing into the world of smoothies for health reasons, The Smoothie Bible, Second Edition is your first option. (Irene Watson Reader Views 2011-02-14)[of earlier edition:] Full of delicious and easy-to-follow recipes plus loads of useful information. (Adventures)[of earlier edition:] Opens a world of concoctions to enhance health as well as please the palate. (Myrna Collins Appleton Post-Crescent 2003-06-11)[of earlier edition:] A lot of unusual combinations for refreshing Smoothies. (Marion Sullivan Charleston Post and Courier 2003-07-02)[of earlier edition:] Keeps the recipes coming until you're serving them for breakfast, lunch, snacks, and medicinal purposes. (Janet Groene Family Motor Coaching)[of earlier edition:] I found most intriguing the chapter filled with smoothie recipes for preventing or controlling diseases. (Beverly N. Williams Newport Daily News 2003-08-06) About the Author Pat Crocker is a culinary herbalist and professional home economist. She has written, demonstrated and lectured about herbs and health issues for 25 years. An international award-winning cookbook author, Crocker has written fifteen cookbooks and three herb books including Coconut 24/7 and Preserving. Look for her upcoming book all about herbs, Kitchen Herbal, in stores, summer 2015. Excerpt. copy; Reprinted by permission. All rights reserved. Introduction We know we need them. We know they prevent a host of modern degenerative diseases, including cancer and heart disease. Although the United States Cancer Institute

recommends that you eat five servings of fresh vegetables and three servings of fresh fruit each day, and Canada's Food Guide to Healthy Eating suggests five to ten servings of fresh fruit and vegetables, research shows that significant numbers of people are not meeting these dietary objectives. One of the easiest ways to eat your fruits and vegetables is to drink them. And every year, more and more people are doing just that: according to the California-based Juice and Smoothie Association, by July 2002 the juice and smoothie business topped \$1 billion in sales. Fast and easy to make, smoothies are also becoming the beverage of choice at home, where you can choose the ingredients you use, ensuring their freshness and quality. Children are probably the biggest fans -- and beneficiaries -- of smoothies, which deliver phytonutrients, vitamins and minerals that are so essential for growing bodies. By nine or ten years of age, children are capable of learning the basics of operating a blender safely and cleaning it when they are finished. Teaching them how to make their own satisfying and nutritious drinks will build a healthy habit that will last a lifetime. People at every point in the life cycle, from singles to empty nesters to the elderly, are discovering the simplicity and nutritional benefits of smoothies. Because they are so quick and easy to make and require minimal cleanup, smoothies are ideal to make in small quantities that suit one or two people. They are also a delicious medium in which to take herbal or pharmaceutical medicine and nutritional supplements. Whisking in other healthful ingredients, such as soy protein, ginseng or wheat germ, boosts their already high nutritional value. If your immune system is compromised, or if you are recovering from surgery or a major illness, vegetable smoothies will be of tremendous help. Make them with fresh vegetables and the healing herbs recommended for your health condition (see page 19). All of the vegetable smoothies may be served hot. They are especially beneficial to people who may not be able to take whole meals. It has been said that you don't need a recipe book to make a smoothie. Although that's basically true -- liquid and fresh fruits or vegetables are all it takes to make a blended drink -- there is so much more to smoothies. In addition to a cornucopia of tangy fruit concoctions, this book offers hot smoothies, healing smoothies, vegetable smoothies, cheese smoothies and smoothies made with milk substitutes -- all new and delicious ways to drink to your health. Skoal, Pat Crocker