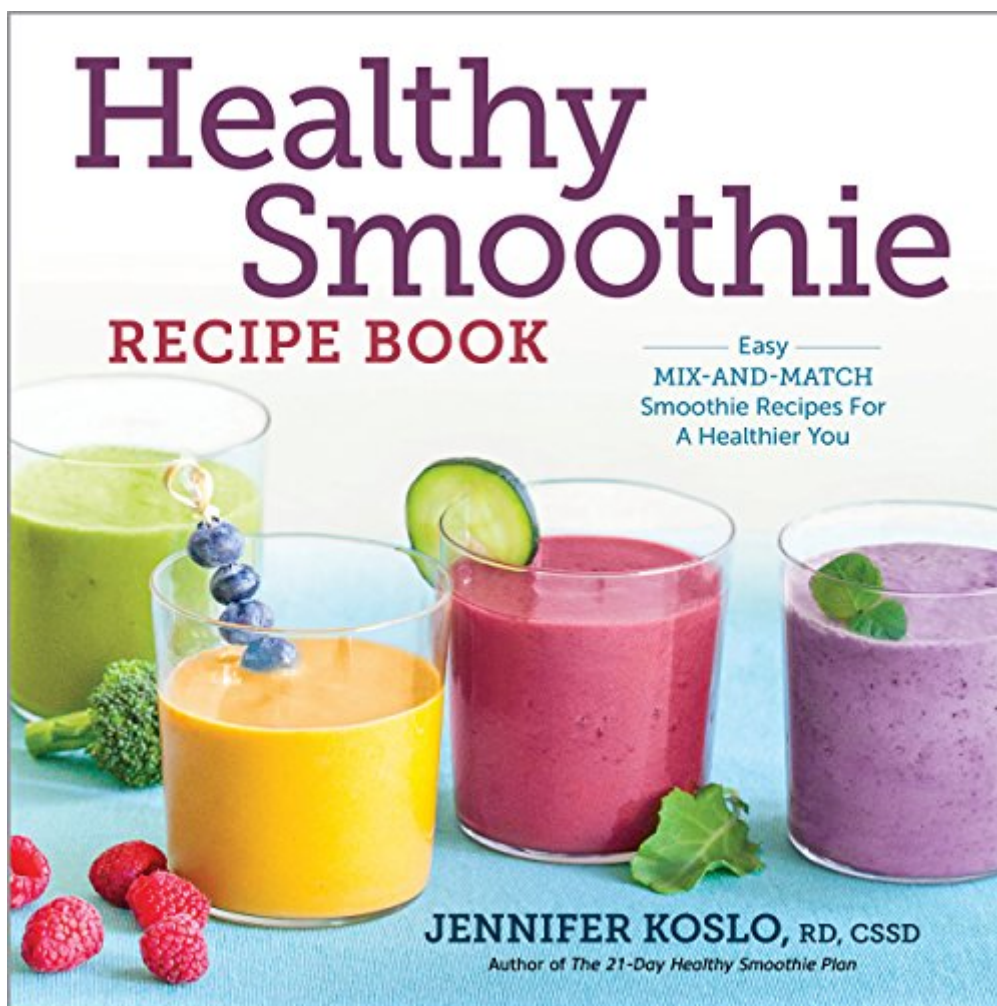


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# Healthy Smoothie Recipe Book: Easy Mix-and-Match Smoothie Recipes For A Healthier You



## Synopsis

Healthy Smoothie Recipe Book: Easy Mix-and-Match Smoothie Recipes for a Healthier You From registered dietician Jennifer Koslo, Author of The 21-Day Healthy Smoothie Plan Enjoy nearly endless options for imaginative and healthy smoothies with more than 100 nutritious, easy-to-make recipes. The Healthy Smoothie Recipe Book is packed with tasty mix-and-match ideas for crafting creative smoothies – from brain-boosting breakfasts to supercharged afternoon snacks. Whatever you crave, The Healthy Smoothie Recipe Book is your go-to guide for creating customizable smoothies that are perfect for you. Cutting calories? Choose low-fat ingredients for lighter versions. Spicing things up? Handy spice charts give your smoothies an extra kick. Stumped for ideas? Mix-and-match charts help you customize smoothies to your tastes. Smoothie troubleshooting tips: Too thick? Too bland? Too watery? There's a smoothie solution for that. Handy dietary labels: Colorful icons match smoothies to health goals, from weight loss, immune boosting, and more. Jennifer Koslo, PhD, RD, CSSD, is a registered dietitian, a board certified specialist in sports dietetics, and a nationally recognized nutrition expert who has impacted hundreds of people's lives through her nutrition consulting work and her writing.

## Book Information

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## Customer Reviews

I own many smoothie books and have downloaded many more recipes from the Internet but this book is my #1 go-to smoothie book. Ms. Koslo has listed numerous different ingredients and combinations depending on the type of smoothie you wish to create. She outlines the basics of creating a good smoothie, lists spices that can be added with their nutritional and health values, and then comes her mix and match charts. Want creamy and sweet? Chunky? Less sugar more spice? You can be the mad scientist, the smoothie barista with Ms. Koslo's book. And because she is a registered dietitian you get the benefit of her extensive knowledge for all the possible ingredients. I venture to say that this is the only smoothie book you need whether you are just beginning to experiment with smoothie making or are a seasoned pro. The chapters include: Detox and Cleanse, Inflammation Fighters, Weight Loss and Diabetes, Digestion Support, Brain and Energy Boosters, Immune Support, Anti-aging and Beauty, Muscle, Bone and Joint Support (one of my personal favorites), Heart Healthy, and Overall Wellness. She also lists the, "Dirty Dozen" pesticide laden fruit and veggies and the, "Clean Fifteen" safe and cleaner produce with a link to keep current (ebook version). There is also a Glossary of terms used in the book. There is so much information and so many helpful suggestions crammed into this book that I've had it for over a month and I'm still discovering things. Do I love this book? Yes. If you are looking for the only smoothie book you'll ever need, this is it.

This book was a good introduction to making smoothies for health and wellness. I loved how the book was divided into sections based on the purposes of the different smoothies such as Custom Smoothies for Vibrant Health, Detox and Cleanse, Inflammation Fighters, Weight Loss and Diabetes, Digestion Support, Brain and Energy Boosters, Immune Support, Anti-Aging and Beauty, Heart Healthy, Muscle, Bone and Joint Support, and Overall Wellness, making it easy to search through the book and find what you need for. It also included a section dealing with vegetables and fruits that are better to buy in organic form and ones that are fine in conventional form. Overall, I recommend this book to anyone who's looking to make smoothies to improve any aspect of their health.

This a wondergul recipe book. I have made green smoothies for years now, but I'm pretty boring. I have the tendency to make the same, ole ingredients over and over again. All of the ingredients use

are items that you can easily find at the grocery or health food store, so no searching in speciality stores. The recipes are well organized by category, with vivid pictures. This is the perfect book for beginning smoothie makers, and also for smoothie vets that are looking to increase variety or make smoothies for targeted concerns. Highly recommended. Disclaimer: I received this item at a reduced rate in exchange of an unbiased, honest review after use.

Healthy Smoothie Recipe Book: Easy Mix-and-Match Smoothie Recipes for a Healthier You By Jennifer Koslo RD CSSD Love, Love this book. I've been trying to learn about smoothies for quite some times but it didn't seem like I have found the correct book for me, until I came across this offer. I like how the book is categorizes the smoothies into sections and explains how it can affect the texture, taste, color, depending on the ingredients, and health condition with all their benefits included. I received this product (book) for free in exchange for my honest and unbiased review.

Sponsored book, goofy, talks down, too little nutrient information, too few pictures of smoothies, just promotes food vendors. Try superfood smoothies, it is much better.

The book arrived quickly ( earlier than the estimated date) and in great condition. I have been having a lot of digestive issues lately and I am really excited to try the digestion and detox recipes. This book is one the whole family can enjoy as a matter of fact my husband will also be trying the muscle/joint recipes and the first chapter is all about custom smoothies which I can definitely use to sneak in those veggies my 3 year old toddler refuses to eat. There are plenty of recipes focusing on several areas including beauty and anti aging.

Wonderful recipes, healthy

Delicious recipes for smoothies.

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