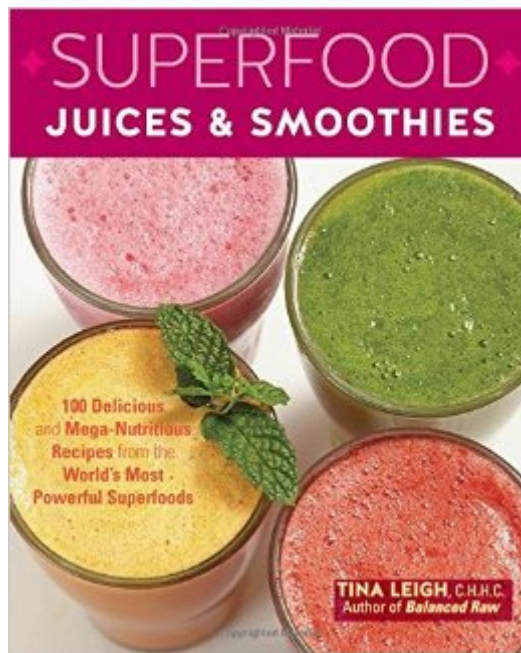


The book was found

# Superfood Juices & Smoothies: 100 Delicious And Mega-Nutritious Recipes From The World's Most Powerful Superfoods



## Synopsis

Mom always told you, "Drink your juice!" But let's face it— the choices in the grocery store can be boring, full of sugar, and getting more expensive every day. Well, move over orange and cranberry cocktail! This looks like a job for superfoods like Kale, chia, coconut, goji, and cacao! Never heard of things like sachinchi or yacon? Not to worry— Superfood Juices & Smoothies offers an easy-to-follow guide that anyone interested in getting healthy will love. Author Tina Leigh breaks down each nutrient rich food and provides you with taste, texture description, health benefits, storage and more! Most of the recipes in the book are low-glycemic and low sugar to keep you feeling balanced and healthy. Juices and smoothies are so fun and simple to make and with the 20 key superfoods found in this book, you can start to enjoy 100 delicious and nutritious recipes!

## Book Information

Paperback: 208 pages

Publisher: Fair Winds Press (May 1, 2014)

Language: English

ISBN-10: 1592336043

ISBN-13: 978-1592336043

Product Dimensions: 7.8 x 0.8 x 9.2 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars— See all reviews— (10 customer reviews)

Best Sellers Rank: #571,966 in Books (See Top 100 in Books) #96 in Books > Cookbooks, Food & Wine > Kitchen Appliances > Blenders #435 in Books > Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies #816 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Natural Foods

## Customer Reviews

I never knew I could love smoothies so much! I learned so much on the different ingredients and the benefits from them. Get it!

One of the most original and informative books on juicing, blending and really crazy unique super foods I've ever seen or read. Honestly some of the ingredients are tricky if not impossible to track down.. at least in Vegas. But if your serious about wanting a Maca Cacao Goji Smoothie this is your new bible. I've only tried about 12-16 recipes so far but hope to set a goal to try them all as soon as work slows down.

With this book you will definitely learn about all the benefits of superfoods and you learn to make great tasting smoothies for yourself and your family. Most people like smoothies and you will find that your children will love the taste of it. I love the names of the smoothies in this book. To name a few; Watermelon Salsa Smoothie - Mexi Milk Steamer - Lover Smoothie and Dirty Chai. In every chapter a superfood is discussed extensively. Happy making beautiful colours are used and the pictures are bright and shiny. I think this really is one of the best smoothie books. 'To your health'!

Tina Leigh has assembled a fascinating and helpful book on simply eating foods that sustain improved health. The recipes are easy to make, and combining super foods that weren't well known to me before reading this book. Tina is an expert in nutrition, and the book reflects her attitudes about food, and making choices in a pretty unhealthy world. Good eating is not necessarily for the faint of heart, but this book is worth a read and adopting new habits for life.

We love this book and are making smoothies every day. My gf says its a lot better than the book that came with our vitamix.

Enjoyed learning about new herbs and holistic approaches when making smoothies. Definitely worth having.

Great book for a starting or advanced juicer! The recipes are great and easy to make.

I have learned new things from this book and everything I've made tastes great!

[Download to continue reading...](#)

Superfood Juices & Smoothies: 100 Delicious and Mega-Nutritious Recipes from the World's Most Powerful Superfoods SuperFoods Audio Collection CD: Featuring Superfoods Rx and Superfoods Healthstyle Anti-Cancer Smoothies: Healing With Superfoods: 35 Delicious Smoothie Recipes to Fight Cancer, Live Healthy and Boost Your Energy The 7 Figure Realtor: Become a Mega Marketer, Sustain Mega Income & Experience Mega Success The Smoothie Maker Recipe Book: Delicious Superfood Smoothies for Weight Loss, Good Health and Energy - Works with Any Personal Blender or Smoothie Maker Complete Vitamix Blender Cookbook:: Over 350 All-Natural Recipes For Total Health Rejuvenation, Weight Loss, Detox, Superfood Smoothies, Spice Blends, ... More (Vitamix Blender Recipes) (Volume 1) Smoothies For Kids: 80+ Recipes, Whole Foods Diet, Heart Healthy

Diet, Natural Foods, Blender Recipes, Detox Cleanse Juice, Smoothies for Weight ... loss - detox smoothie recipes) (Volume 40) Smoothies for Diabetics: 85+ Recipes of Blender Recipes: Diabetic & Sugar-Free Cooking, Heart Healthy Cooking, Detox Cleanse Diet, Smoothies for ... loss-detox smoothie recipes) (Volume 54) Coffee Designs: Take a Coffee Break! 50 Amazing Coffee And Superfood Patterns for Stress Free (Coffee Designs, Superfood Patterns, Stress Free) 100 Best Smoothies & Juices Super Ninja Blender: Top 25 Smoothies & Super Juices Recipes To Satisfy Every Craving From Breakfast To A Dessert Superfood Soups: 100 Delicious, Energizing & Plant-based Recipes Smoothie Recipe Book: 150 Smoothie Recipes Including Smoothies for Weight Loss and Smoothies for Optimum Health Super Ninja Blender: Top 50 Detox Smoothies & Super Juices to Cleanse, Fight Inflammation, and Reset Your Body 500 Smoothies & Juices: The Only Smoothie & Juice Compendium You'll Ever Need (500 Cooking (Sellers)) Food With Benefits: The JingSlings' Delicious and Game-Changing Organic SuperFood Recipes of Gluten-Free & Sugar-Free, Paleo, Vegan & Omnivore Comfort Foods Raw Vegan Sauces and Salad Dressings: Delicious and Nutritious Sauce and Salad Dressing Recipes. Green Kitchen Smoothies: Healthy and Colorful Smoothies for Every Day The Homemade Flour Cookbook: The Home Cook's Guide to Milling Nutritious Flours and Creating Delicious Recipes with Every Grain, Legume, Nut, and Seed from A-Z Eating for IBS: 175 Delicious, Nutritious, Low-Fat, Low-Residue Recipes to Stabilize the Touchiest Tummy

[Dmca](#)