

## Easy Smoothie Recipes: 100 Recipes For Kids (Cooking With Kids Series Book 2)

Are you concerned about the food you are going to eat and how to keep it interesting? This book, The Healthy Smoothie Recipe book: 100 Fresh, Foolproof Smoothie Recipes For Energy, Detox & Weight Loss, was created with you in mind. Inside you'll find a range of appetizing dishes that are quick and easy to prepare, but at the same time healthy glow that comes from a clean, balanced diet.

Satisfy your anytime cravings with a smoothie! On a summer day, after an intense workout, or on a lazy afternoon, nothing refreshes better than a cold smoothie. Unfortunately, it can often take a lot of time and effort to make and enjoy them. But not the smoothie recipes in Healthy, Quick & Easy Smoothies. You won't need more than 10 minutes to make a smoothie and they're all under 300 calories! Healthy, Quick & Easy Smoothies includes these features: 100 mouthwatering recipes for tropical fruit, berry, combination, and green smoothies Complete nutritional data to help with your weight loss goals Expert information from Dana Angelo White, nutritionist for the Food Network, on why smoothie recipe contains complete nutritional data to help you plan your meals and meet your daily dietary needs. Many recipes also offer modifications you can make-but the healthy, quick, and easy promises never change. And because you have so many delicious smoothies to choose from, your blender is sure to occupy a permanent place on your kitchen counter. The No.1 bestselling juicing author Jason Vale is back with his ultimate book of juices and smoothies. His complete recipe book contains recipes for over 100 easy and delicious juices and smoothies to help you lose weight, get healthy and feel fantastic.

Are you concerned about the food you are going to eat and how to keep it interesting?This book, The Healthy Smoothie Recipe book: 100 Fresh, Foolproof Smoothie Recipes For Energy, Detox & Weight Loss, was created with you in mind. Inside you'll find a range of appetizing dishes that are quick and easy to prepare, but at the same time healthy glow that comes from a clean, balanced diet.

Easy Smoothie Recipes  
Simple Green Smoothies  
From the UK's number 1 food blog a real mum's 100 easy everyday recipes for the whole family  
Best 100 Smoothies for Kids  
My Fussy Eater  
4-Ingredient Smoothies + Juices  
Easy Mix-and-match Smoothie Recipes for a Healthier You  
Discover The Smoothie Recipe Book: Over 100 Smoothie Recipes Including Smoothies for Weight Loss and for Good Health for Everyone Here You Will Find The Ideal Recipes That Make Your Evenings So Much Easier! Today only, get this book. Read for free on Kindle Unlimited AND get a FREE BONUS e-book! This Recipe Book Is The #1 Things You Need To Make Healthy, Easy and Delicious Meals! Smoothies - a thick dessert drink, which appeared for the first time in the US. It is prepared from fresh fruits and berries with the addition of juice, milk and ice pieces. Also, as additional ingredients for this thick drink, such ingredients as honey, nuts, and various spices are often used. Vegetarians are especially popular with vegetarians due to their natural composition and undoubted benefits. The main sign of smoothies is a special consistency of the drink, otherwise there are no restrictions. Learn How To Make These Easy Recipes Smoothies of mango-strawberries Smoothies with banana, kiwi and pear Smoothies with kiwi, banana and milk Smoothies of celery and orange Smoothies with avocado and fresh cucumber Smoothies with avocado and apples Do You Want To? Make Delicious Meals? Save your time? Don't Over 100 green smoothie recipes packed with vitamins, minerals, superfoods, and antioxidants Green smoothie recipes for weight loss, energy, detoxing, improving digestion, beauty, and more Step-by-step instructions for purchasing a blender, preparing produce and blending your own green smoothie ingredients A guide to shopping for produce, and when to buy organic Smoothies for all seasons and occasions, including Berry Basket Breakfast Smoothies, Banana-Walnut Wonder, Cucumber-Melon Cooler, and kid-friendly recipes like Chocolate-Covered Cherry

Green smoothies are quick and healthy to make. The best of healthy green smoothies is surprisingly simple. A mixture of leafy greens such as kale or spinach, maybe a dash of green herbs, along with fruits and water or almond milk makes up a typical healthy green smoothie. Regardless of their simplicity, green smoothies are highly beneficial and tote many properties that lend to a healthier life. There are a number of benefits that drinking healthy smoothies offer. These benefits range from weight-loss to reduction in cravings. Healthy smoothies are a powerful dietary supplement. Healthy green smoothies offer an attractive way for us to receive the nutrients our bodies need without drastically changing our daily lives. If you dislike salads or have a problem consuming leafy greens any time of the day, you can enjoy smoothies every day. They are extremely quick to make and taste great. Recipes are not mandatory, and you can easily create your own recipes based on your own taste and creativity. The benefits mentioned above only hit the tip of the iceberg when it comes to the benefits of healthy green smoothies. Not only can green smoothies drastically boost your health, but also reduce unhealthy cravings as well as improve your skin, hair and energy levels. Read this book and make healthy green smoothies a daily part of your diet and you will be pleased with the results.

Let me ask you a few quick questions... Do you find yourself struggling to build muscle? Do you want to feel energized, happy and healthy every day? Do you want a plethora of delicious protein shake recipes at your fingertips? If you answered yes to any of the above then this Protein Shake Recipe Book is a must have. Here is A Preview Of What The Protein Shake Recipe Book Contains: A look into the different types of protein Protein Shake Recipes to Build Lean Muscle Mass Protein Shake Recipes to Shred Unwanted Fat Protein Shake Recipes for Energy & Well-Being That's right, this book contains 100 unique, delicious recipes!

Protein Shake Recipes  
Superfood Smoothies  
100 Best Juices, Smoothies and Healthy Snacks  
The Complete Book of Healthy Smoothies  
100+ Tasty Recipes for Gain Energy, and Feel Great in Your Body  
Delicious Plant-Based Paleo Smoothie Recipes for Vibrant Health, Abundant Energy, and Natural Weight Loss  
100 Smoothie Recipes for Kids

*From one of America's foremost and pioneering juicing companies comes a beautifully illustrated guide to creating restorative and energizing juices and smoothies; as well as preparing nutrition-rich, blended superfoods. Welcome to the Juice Generation ! Refresh, Restore, and Rejuvenate Get ready to live juicy with The Juice Generation. Fresh juices and superfood smoothies will help you feel energized and invigorated with glowing skin and a clear mind. The revitalizing recipes and tips will make you feel lighter and brighter, inside and out. Featuring more than 100 refreshing, health-boosting, spirit-lifting recipes The Juice Generation offers practical, down-to-earth instructions for making restorative and great-tasting vegetable and fruit juices, smoothies, and tonics. Get on the Green Curve and move confidently from smoothies to green drinks Whether you're newly juice curious, or already an old pro, The Juice Generation's plan will lead you to the endless benefits and possibilities of squeezing, crushing, and grinding, and help you integrate the joys of juicing and blending into your busy life. Juicing Tools for Detoxing and Healing The Juice Generation includes detoxing cleanses as well as flu-fighting elixirs and plenty of recipes and great advice from some of its biggest supporters, including Blake Lively, Michelle Williams, Edward Norton, Jason Bateman, and Martha Stewart.*

*Discover The Healthy Smoothie Cookbook: Over 100 Easy Smoothie Recipes for Weight Loss and Improved Health for Everyone Here You Will Find The Ideal Recipes That Make Your Evenings So Much Easier!Today only, get this book.Read for free on Kindle Unlimited AND get a FREE BONUS e-book!This Recipe Book Is The #1 Things You Need To Make Healthy, Quick and Delicious Meals! Made up of super nutrients from leafy greens and fruits, green smoothies are filling and healthy and you will enjoy drinking them. Your body will also thank you for drinking them as your health and energy improve to levels you never thought possible. It is an experience that could change your life if you stick with it!Learn How To Make These Easy Recipes Smoothies with cowberry and plum Smoothies of raw pumpkin and grapefruit Green smoothies from avocado, cucumber and lettuce leaves Vegetable smoothies from sweet pepper, cucumber and parsley Smoothies of apple, kiwi, Peking cabbage and parsley Oatmeal smoothie with apple, pear, banana and ginger Do You Want To?Make Delicious Meals?Save your time? Don't delay any more seconds, Scroll Up, GRAB your copy TODAY and start cooking!*

*Healthy Quick & Easy Smoothies100 No-Fuss Recipes Under 300 Calories You Can Make with 5 IngredientsPenguin*  
*Do you want to lose weight and have more energy while improving your health? Adding healthy smoothies to your diet can dramatically change the way you look and feel today! We all know we should eat more fruits and vegetables. From dramatically lowering the risk of disease to having healthier looking skin to losing weight the benefits of a healthy diet are endless. However, due to our fast paced lifestyles many of us skip meals and wind up grabbing readily available junk food as opposed to finding a carrot or an apple. Another factor is that a lot of people just don't like the taste and texture of certain fruits and vegetables, no matter how healthy and beneficial they are. What do to? This is why people all over the world are increasingly turning to smoothies. Smoothies may be the quickest, easiest, and tastiest way for you to consume the daily dosage of fruits and vegetables that your body needs. How can adding smoothies to your diet help you? Let me count the ways: Help you lose weight and prevent fat accumulation Increase your energy levels naturally without the need for artificial stimulants Rejuvenate your body and help prevent disease Your skin and hair will acquire a healthy, youthful glow that people will notice Aid digestion while purifying your blood and boosting your immune system My book of Smoothie Recipes is filled with delicious smoothie ideas that will benefit you. From low carb to dairy free to vegan it's all here in a form that anyone can make, including you! Your health is the foundation on which you build a productive and joyful life. When you have your health you have everything, without it you have nothing. The power to look better, feel better and be better is within your grasp. Grab this book and get started down the road to a healthier and more dynamic you today!*

*100 Delicious High Protein Smoothie Recipes to Build Muscle, Burn Fat & Increase Energy*  
*100 Smoothie Recipes For Lose Weight and for Good Health*  
*Low-Carb Green, Alkaline, Detox, Protein-Filled, and Cleanse Smoothies Recipes for Diabetics and to Assist with Weight Loss*  
*The Juice Generation*  
*100 Smoothies Recipes: Smoothies For Weight Loss*  
*100 Healthy Smoothie Recipes*  
*The Healthy Smoothie Recipe Book:100 Smoothie Recipes for Lose Weight and for Good Health*

*If you are ready to put a stop to being tempted by convenience foods and becoming agitated at the hum-drum of eating better Then you will be surprised at what this smoothie recipe book has to offer for your valuable time and your overall health! Smoothies are an amazing creation that has the power to withhold a variety of good-for-you ingredients all in one delicious concoction. If you are looking to lose weight, get a better boost of energy that lasts longer, eager for more radiant skin, or just seeking an easy way to consume your fruits and veggies, then this book is just the right fit for you! Fruits and vegetables should be always part of the human diet! They supply our body with the vitamins and minerals needed to boost the immune system and for the body to function properly. Smoothies are great drinks that changes how you intake fruits and veggies to your body. With smoothies, you are likely able to consume a cup of whole fruits and veggies 3x faster than when you eat them solid. Amazing, right? In a study, it has been found that only 4% of students eat a serving of fruit in their breakfast. But when fruits were served in schools as smoothies, the number of students eating full serving of whole fruit increased to 45%. That's how smoothies create a strong impact to our health and diet. Many of us don't have the time to whip up breakfast and snacks, but everyone has the time to blend up a healthy and delicious smoothie that not only satisfies the taste buds but fuels us with energy, vitamins, and nutrients our bodies crave. This is what makes smoothies perfect any time of the day! You can quickly make yourself a smooth, tasty smoothie in just a zap in your blender. No need to preheat the oven, no need to turn on the stove, no need to clean skillets and pans and tongs and other stuffs - just drop the ingredients in the blender and voila! A smoothie is served, a great beverage to make you feel full and will make you healthy. This book is jam-packed with easy-to-make healthy smoothies in an assortment of flavor. The recipes were categorized based on their optimum benefit for the health. We have smoothie recipes for anti-aging, for boosting and amplifying energy, and smoothies filled with antioxidants and other much-needed minerals and vitamins. Here's a quick sneak peek to some recipes: Vitamin E Green Smoothie Zesty Fat Burner Smoothie Alkalinity Bliss Smoothie Toxic Blast Cleansing Smoothie Morning Magic Smoothie Leafy Anti-Aging Power Smoothie Kick Booty Kale Smoothie Being healthy does not have to be hard! Make taking care of your health easy with this book. If you're looking for the 100 smoothie recipes You are the only one stopping yourself from becoming the healthiest version of yourself possible. What are you waiting for? A better life and extraordinary health are just one blend away!*

*100 Easy Smoothie Recipes for Kids or Adults Smoothies are an ideal snack for growing kids. In our world of quick, unhealthy snack solutions, it can be hard to make sure your children are getting all the nutrients they need. Try making a smoothie a day with these easy recipes. This paperback includes the Quick Green Smoothies Book as a bonus and does not include photos within the book.*

*A beautiful collection of vegan smoothies from powerhouse blogger The Blender Girl, featuring photographs, flavor boosters, and nutritional add-ons for every recipe. The Blender Girl takes smoothies to the next level in this comprehensive guide, helping you blast your way to good health and blended bliss. These 100 creative and delicious recipes are designed to fit your every need, whether you want to detox, lose a few pounds, get energized, or guard against seasonal colds. Each smoothie has three optional boosters (like chia seeds, ginger, coconut oil, or wheat grass) that allow you to ramp up flavor, nutrient value, or both. Featuring gorgeous photography throughout, a smoothie pantry that demystifies unusual ingredients, icons to identify smoothies that fit your particular dietary needs, and strategies for achieving smoothie success, this accessible handbook makes it fun and easy to find your perfect blend.*

*A Smoothie a Day Keeps the Doctor Away A better, healthier you is only a few ingredients and a sip away with Green Smoothie Gourmet founder Dee Dine's nutritious array of 100 smoothies, juices and wellness shots! Dee makes creating these wholesome drinks a breeze by limiting your shopping to just 4 ingredients or less and incorporating pantry staples and other items that you already have on hand. Dee also organizes her drinks into 10 different nutritional benefit categories to better suit your needs. Each smoothie, juice or shot contains ingredients known to boost your energy, increase the fiber or protein in your diet, help you manage your mood, weight or stress levels, or better your brain, sleep, immunity or beauty—and many drinks give more than one nutritional benefit at the same time! Get your greens and boost your skin's glow with a sweet Spinach Avocado smoothie "Fight off colds with a Strawberry-Bee Juice or Orange-Tumeric Shot "Boost your brain power with a Blackberry-Zucchini Splash smoothie or a Matcha-Mint Shot "De-stress with a Lavender Lemonade smoothie or pump up your energy with a Pomegranate Frosty "Get plenty of protein and indulge in a tasty treat at the same time with a Coconut-Chocolate Cream smoothie, Cookie Dough Crumble shake or Peanut Butter S'More smoothie Or better yet, try them all! With all these incredible recipes to choose from, you'll be sure to find an option that tastes great and provides the nutrients you're looking for. Create positive change in your health and lifestyle by making these nutritional powerhouses a part of your daily diet.*

*100+ Simple Juice, Smoothie & Nut Milk Recipes to Supercharge Your Health*  
*Healthy Smoothie Cookbook: Over 100 Easy Smoothie Recipes for Weight Loss and Improved Health for Everyone*  
*100 Gluten-Free, Vegan, and Paleo-Friendly Recipes*  
*Juice Master Keeping It Simple: Over 100 Delicious Juices and Smoothies*  
*100 Easy, Nutritious Recipes for Lifelong Health*  
*100 Smoothie Recipes for Weight Loss, Detox, Anti-Aging & More! Breakfast Smoothies, Brain Nourishing Smoothies, Alkalinizing Smoothies, Anti-Aging Smoothies*  
*The Blender Girl Smoothies*  
*Are you tired of the same old milk and cereal sloshing around in your belly all morning Research shows that Americans who start their day off with milk and cereal on average consume 1 pound of sugar per week! Yikes!!! Start your day off right with a high-protein, nutritious smoothie that will keep you full and satisfied till lunchtime, regulate your blood sugar level and help you loose weight! Dairy-Free, Gluten-free, Vegan and Paleo Approved!!! Traditional cereal grain-based breakfasts are high in sugars and other simple carbohydrates, contributing to obesity, diabetes and sugar cravings. They also present problems for people with dietary requirements, such as gluten, lactose or egg allergies. This book explores the breakfast smoothie as an alternative source of high protein nutrition; making it an ideal meal replacement for people with Celiac disease as well as those who are lactose intolerant and/or vegan. The smoothies in this book are also made with superfoods such as chia and hemp seeds, kale and other goodies designed to give you the ultimate nutrition boost! Smoothies are easy to customize for a range of dietary restrictions, and allow for a precise approach to nutrition. Additionally, with these recipes they can be made to taste delicious! With these 21 superfood smoothie recipes it's easy to pack in the protein and low-GI carbs you need to feel energetic and full throughout a busy morning! Included in this guide are breakfast smoothies for Post Workout Recovery, Fat Fighters and Metabolism Boosters as well as Anti-aging, Cancer Protection and much more! SCROLL UP AND GET YOUR COPY TODAY!!!*

*?Are you ready to look healthier, slimmer, and sexier than you have in years? ? Do you want to shed some pounds without those grueling and time-consuming workouts? ? ?If you answered yes, then ??u are ?n th r?ght ?l????? ???Get ready to transform your life!!!! START YOUR BLENDERS!! Whatever your fitness regimen, health goals, or daily routine, this massive book of 100+ recipes has the perfect smoothie for every occasion. So many people who set out to lose weight and be healthier don't know the right ratio of ingredients for a tasty smoothie. Well, you have nothing to worry about because I've got you covered! Whether you want to improve your health, lose weight, or detox your system, The HEALTHY SMOOTHIES COOKBOOK will make it easy to reach your goals. This smoothie recipe cookbook contains: Breakfast Smoothies - Low-carb Smoothie Recipes Protein Smoothie Recipes Smoothies for Weight Loss Alkaline Smoothies Smoothies for Diabetics Green Smoothies Detox and Cleanse Smoothies High-Energy Smoothies Smoothies for Energy This book will guide you from beginning to end on what you can do to succeed in doing what works for you. Enjoy seemingly endless options for imaginative and healthy smoothies with more than 100 nutritious, easy-to-make recipes. The Healthy Smoothies Cookbook is filled with delicious mix-and-match ideas for crafting creative smoothies--from brain-boosting breakfasts to supercharged afternoon snacks. Are you ready for the transformation? So, what are you waiting for?Scroll up and click the "BUY NOW" button ? Buy the Paperback Version of this Book and get the Kindle version for FREE ? \*\*\*Please note: The Book Available in 3 Formats: \*\*\* Kindle Edition Paperback - Full Color Paperback - Black & White Edition Choose the best for you!*

*Healthy Smoothie Recipe Book: Easy Mix-and-Match Smoothie Recipes for a Healthier You From registered dietitian 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.*

*Your complete guide to making simple, healthy smoothies When you need a nutritious breakfast on the go or a midday snack, it doesn't get any easier than a smoothie. This complete guide to creating smoothies offers more than 100 recipes packed with fresh flavors and nourishing ingredients. With helpful tips and tricks for making the most of your blends and nutritional information included with every recipe, you can add a nourishing routine into your daily life. The Complete Book of Healthy Smoothies includes: 115 creative recipes--Sip on health-boosting blends, protein powerhouses, antioxidant-rich recipes, classic green smoothies, kid-friendly beverages, and drinkable desserts. Prep and setup--Discover which smoothie staples to keep on hand, how to store ingredients to extend their shelf life, and how to swap for dietary needs or personal preference. Smoothie anatomy--Learn how to build your smoothie from the base up, including pre-blending and layering ingredients for the perfect creamy texture. Enjoy a fast, easy, and refreshing drink anytime with The Complete Book of Healthy Smoothies.*

*Smoothie Recipe Book: Recipes And Juice Book Diet Maker Machine Cookbook Cleanse Bible (Smoothie Recipe Book Smoothie Recipes Smoothie Recipes Smoothie)*

*100 No-Fuss Recipes Under 300 Calories You Can Make with 5 Ingredients*  
*100 and More Smoothie Recipes for Kids*  
*Simple Superfood Smoothies: A Smoothie Recipe Book to Supercharge Your Health*  
*Lose Weight by Eating*  
*The Smoothie Recipe Book: 100+ Delicious Smoothie Recipes for Weight Loss & Good Health*  
*Easy Recipes For Natural Energy & Weight Control The Healthy Way*  
*The blender now has a permanent spot on kitchen counters in no small part due to the rise of smoothies as a snack fave. Strawberry is the most popular smoothie flavor, while chocolate is the milkshake fave. Although most smoothies share banana as a common ingredient, for milkshakes, it's, well, milk! (Though that milk might be in the form of ice cream.) Whether you're having your smoothie as part of breakfast or as a snack, and whether your shake is a treat or a dessert, grab a straw and enjoy.*

*smoothies - thick, nutritional juice which, unlike regular juices, keeps all the vitamins and fiber of its ingredients. If you want to improve your overall health or lose a couple of pounds. Try all delicious and easy recipes from this book. This book is filled with helpful tips, step-by-step recipes of numerous smoothies and easy-to-use recipes for you to use. Recipes are categorized according to special requirements, and include: weight loss smoothies (fruit and vegetable smoothies)- healing smoothies (allergies, hay fever, eczema, asthma, anatomic pregnancy, female infertility, male infertility, bronchitis, herpes, headaches, gripe, breast-feeding, depression, diabetes, eye diseases, skin diseases, heart diseases, liver diseases, constipation, heartburn, menstrual disorders, migraines, indigestion, preventing cancer, cold, tiredness, aging, anxiety, stress and panic attacks.*

*The quick and easy way to stay healthy. . . Andrew Cooper's Juiceman delivers over 100 delicious recipes packed full of goodness. For all the family and for every occasion, there's something for everyone. Promising 100% natural and unprocessed nutrition, Juiceman is brimming with easy, delicious juices, smoothies, teas, tonics and nut milks, as well as energising breakfasts, healthy snacks and ice cream. It even offers some amazing ideas on what to do with waste pulp! Andrew, a juicing expert, has created a diverse range of recipes to help achieve and maintain optimum health. From medicinal juices, which combat dehydration or digestive problems, to smoothies, for detoxing and retoxing, Juiceman is packed with essential recipes, including: Green Ninja Juice Full Cream Cashew and Hemp Milk Blueberry Facial Smoothie Smoothie Breakfast Bowl Ultimate OJ Recovery Shake Immunity Boost Smoothie Skin Shot As well as these delicious and effortless recipes, Andrew provides a juice cleanse plan, exercise tips and advice for keeping fit.*

*We all know how important it is to give our kids a healthy, balanced diet. But how best to make sure they are getting all the vitamins and nutrients they need when fruits and vegetables are some of the least favorite items on their plate? Popular food writer, blogger and mother of three Deborah Harroun has the answer in 100 delightfully flavorful and nutritious recipes for kid-friendly smoothies. Her newest cookbook, BEST 100 SMOOTHIES FOR KIDS offers up kid-test and kid-approved recipes that are sure to please everyone in the family. The book includes recipes for fruit- and vegetable-based juices, as well as a variety that combine fruits and veggies or get their flavor and nutrients from things other than produce. The chapters include Breakfast Smoothies, Lunch and Lunchbox Smoothies, Snacktime Smoothies, Smoothies for Dinner, and Dessert Smoothies. Two special chapters cover Holiday Smoothies, such as pumpkin pie smoothies for Thanksgiving or Christmas, and Bedtime Smoothies, made with tryptophan-rich milk bases and with soothing ingredients like chamomile, cinnamon, vanilla, and lemon. What's better than a well-fed and happy child who falls asleep easily after a busy day? Harroun also provides a variety of different options for creating the perfect smoothie, with recipes that include milk- and yogurt-based smoothies, as well as dairy-free options made from juice, water, rice milk, almond milk, and soy milk. There are even numerous gluten-free and vegan options as well. Harroun serves up a hundred bright and colorful, healthy and satisfying drinks in this new four-color and photo-rich cookbook. The emphasis throughout is on providing a wide range of flavors, colors, and nutrients, guaranteed to broaden the horizons of any child who thinks carrots or apples are the only acceptable items from the supermarket's produce section. Parents - and doctors and dentists - can take heart in the fact that Harroun uses no processed or white sugar for sweetening her smoothies. With all these options for creating inspired smoothies, parents no longer have to worry about making sure their children are getting all the nutrition they need. The only challenge is figuring out which of these delicious recipes to try first!*

*Drink Yourself Thin*  
*My Ultimate Magic Bullet Blender Recipe Book*  
*Smoothie Recipe Book: 100 Step-by-Step Recipes to Lose Weight, Detoxify, and Get Healthy*  
*Over 100 flavour-packed juices, smoothies and healthy dishes for all the family*  
*100 Recipes for Fresh Juices and Superfood Smoothies*  
*Healthy Quick & Easy Smoothies*

*Reached the Amazon Top 100 list. Rated 5 Stars by Grady Harp, Amazon Hall of Fame, Top 100 Reviewer: "Stop thinking and start whizzing." Movie Maker "Rik," Amazon Vine Voice "Just terrific, and well priced! Tons of feel great recipes, but TWO of them are particularly outstanding! Read on!" When you have a busy life and a packed schedule, it can be a challenge to get enough fresh fruits and vegetables in your diet. The Smoothie recipe gives you everything you need to turn nutrient-rich foods into fast and filling meals. With 100 easy smoothie recipes, all these recipes will help you lose weight, increase your energy, fight disease, and achieve the healthy glow that comes from a clean and well-balanced diet. This book will guide you from beginning to end on what you can do to succeed by doing what works for you. Whether you want to improve your health, lose weight, or detox your system, this recipe compilation book will make it easy to reach your goals. This recipe cookbook contains: - Breakfast Smoothies - Low-carb Smoothie Recipes - Protein Smoothie Recipes - Smoothies for Weight Loss - Alkaline Smoothies - Smoothies for Diabetics - Green Smoothies - Detox and Cleanse Smoothies - High-Energy Smoothies - Smoothies for Energy*

*\*Kris Carr's Crazy Sexy Juice is a completely original, up-to-date, and colorful (of course!) guide to the wonderful world of fruit and vegetable elixirs. 100+ all-new recipes--developed especially for this book--contain superfoods ranging from immunity boosters, inflammation fighters, happiness helpers, longevity leaders, mood fixers, and booty enhancers. The all-green healthful tonics and fruity and refreshing potions are organized by function, including the Cleaners, The Healers, The Boosters, and The Beautifiers. Fiber-rich superfood smoothies are likewise categorized, as star pH Warriors, Body Boosters, Age Defiers, and Superheroes. A section on Nut Milks helps you get your protein power on. Not only are there enough recipes to keep your juicer and blender busy through every season, but Kris also addresses every concern you may have about juicing and blending. From selecting the right equipment for your needs and budget, to choosing and storing the most nutritious produce, she takes you through every aspect of the process--and helps make it a habit that sticks for life. Whether you're an old pro at making liquid magic or if you're just starting out, you will experience juicing and blending as a fun and delicious journey into the healing powers of fresh, raw fruits and vegetables, as well as nuts and seeds. Here's what else you can expect from this essential, concise (crazy, sexy) reference: Flavor combinations that tantalize your palate: Tips for blending and juicing on the go: Handy lists of helpful kitchen tools: The 411 on alkalinity and why it's important: A pick-and-choose Handy substitutions for food sensitivities: Hints on handling mental and emotional hurdles that come with change: Plus an easy 3-day cleanse and so much more. Drink your veggies. Change your life. Join Kris Carr on yet another adventure in health, happiness, and the delicious food that can make a powerful impact on your overall vitality. Cheers!!*

*Standout Healthy and Satisfying Juices, Smoothies and Snacks Juices and smoothies are packed with the vitamins and nutrients you need to nourish your body. And Emily von Ew, creator of thisrawsoveganlife.com, has recipes that are so delicious you'll be drinking to your health every day. Recipes include: - Lime and Apple Aura? - Watermelon Wake Me Up - Carrot Ginger Sipper? - Apple Cinnamon Delight - Banana Spinach Almond Drink - Pineapple Berry Mixer - Vanilla Melon Smoothie - Strawberry Milkshake - Dark Chocolate Chip, Oat and Hemp Cookies - Dare to Date Squares - Hippie Hemp Hummus? - Cheesy Garlic Kale Chips Each sip will boost your metabolism, detox your body, strengthen your immune system and help you get your daily-recommended intake of fruits and vegetables. Plus, swapping in some of the healthy drinks and quick snacks will help control your weight and save you a time in the kitchen. With recipes that are not only good for you and easy to make, but tasty and portable as well, you'll be clinging to this healthy living companion with both hands.*

*The Healthy Smoothie Recipe Book*  
*The Green Smoothie Recipe Book: Over 100 Healthy Green Smoothie Recipes to Look and Feel Amazing*  
*Nutribullet Recipe Book*  
*Super-Nutritious, High-Protein Smoothies to Lose Weight, Boost Metabolism and Increase Energy*  
*Pegan Diet Smoothies: 100% VEGAN!*  
*Smoothie Recipes*  
*The Smoothie Recipe Book: Over 100 Smoothie Recipes Including Smoothies for Weight Loss and for Good Health for Everyone*

*"Everyone loves smoothies. Everyone! With an infinite number of delicious, natural flavors, colors, and health benefits to mix and match, smoothies are the easiest way to embrace a healthy lifestyle on a daily basis. Now you can give your smoothie-blending routine a boost when you use the most antioxidant-, vitamin-, and mineral-packed foods in the world: superfoods. Superfood Smoothies offers 100 nutrient-dense recipes plus innovative culinary methods to get the most health benefits and pack in the maximum amount of nutrition into every incredible drop of these satisfying drinks. You'll discover which superfoods are the best for smoothies; find out which ingredients to avoid; and learn countless secrets to making your smoothies more nutritious (and more delicious) than anything you could buy in the store. From athletes to kids to fast-paced executives, and to anyone seeking a gentle cleanse, Superfood Smoothies will upgrade your nutrition, energize your day, and inspire you to power up your blender now!"--*

*100 Easy Smoothie Recipes for Kids or Adults Smoothies are an ideal snack for growing kids. In our world of quick, unhealthy snack solutions, it can be hard to make sure your children are getting all the nutrients they need. Try making a smoothie a day with these easy recipes. Please note our paperback book doesn't include pictures within the cookbook to reduce printing costs. Get a quick start with your Magic Bullet Blender and meet your goals for better health and delicious meals!This book shows you exactly how to get the most out of your Magic Bullet so you can create delicious soups, shakes, sauces, breads, smoothies, desserts and even mixed drinks like a pro!No other book contains such an assortment of helpful, specific instructions and delicious choices for how to use your Magic Bullet blender, with 100 of some of the most popular recipes, this book is truly the perfect companion for anyone who owns a Magic Bullet! LEARN HOW TO: - use your Magic Bullet to make soups - milkshakes and protein shakes - use your blender as a food processor - make sauces and dressings - make baked foods, breads, nut butters - make entrees such as burgers - make incredible desserts from cheesecake to ice cream! - Don't forget the tantalizing smoothies!! Do you own a Magic Bullet? Then this is your book. All of our recipes and "how to" information is designed specifically for your Bullet blender, and to help you with your lifestyle and health goals. Grab it today!*

*MONEY-BACK GUARANTEE!!Free shipping for Prime members NEVER COOK SEPARATE MEALS AGAIN! 100 yummy recipes from the UK's number 1 food blog. Most parents have to deal with the fateful 'Fussy Eater' at some point in their lives - let My Fussy Eater show you the easy way to get your children eating a variety of healthy, delicious foods. Packed full of family-friendly recipes, entire meal plans and the all-important tips on dealing with fussy eaters, you'll be guided every step of the way. You'll no longer need to cook separate meals for you and your children - saving time, money and stress. The never-seen-before recipes will take 30 minutes or less to prepare and cook, using simple, everyday ingredients. Make in bulk for easy meal times, and get your fussy eaters finally eating fruit and vegetables! My Fussy Eater provides practical, easy and delicious solutions for fussy eaters the whole family can enjoy!*

*Incredibly Nutritious and Totally Delicious No-Sugar-Added Smoothies for Any Time of Day*  
*Smoothie Recipes for Weight-Loss, Detox, Anti-Aging & So Much More!*  
*Crazy Sexy Juice*  
*The Superfood Smoothie Recipe Book*  
*The best smoothie recipes for increased energy, weight loss, cleansing and more!*  
*Top 100 Amazing Recipes Milkshakes and Smoothie*  
*100 Delicious, Energizing & Nutrient-Dense Recipes*

*100 Easy Smoothie Recipes for Kids or Adults Smoothies are an ideal snack for growing kids. In our world of quick, unhealthy snack solutions, it can be hard to make sure your children are getting all the nutrients they need. Try making a smoothie a day with these easy recipes.Please note our paperback book doesn't include pictures within the cookbook to reduce printing costs. 130 superfood smoothies--made super easy. Blend health into every day with a smoothie recipe book featuring a whopping 130 recipes that feel like you're drinking liquid goodness. The chapters are organized by each of the 15 included superfoods--like berries, avocados, yogurt, and cinnamon--and every smoothie is labeled according to the health benefits it offers. From weight loss to boosting energy and reducing inflammation. Discover how many basic and affordable ingredients at your local grocery store are actually superfoods and learn the powerful differences each one can make in your smoothies--and in your health. A smoothie recipe book that's truly super: Make smoothies fun again--Whether you're a smoothie newbie or stuck in a smoothie rut, this smoothie recipe book will help you make yours a high-flavor success. Blissful blending--The ingredients are affordable and easy to find, and the recipes are quick to make. Troubleshooting tips--Get a list of common problems with smoothies (too thick, too sour, too grainy) and what you can do to fix them. Raise the goodness factor with a smoothie recipe book that offers unprecedented options for supercharged smoothies. Jen Hansard and Jadah Sellner are on a fresh path to health and happiness--deprivation not included. In their book, Simple Green Smoothies, these two friends invite you into a sane and tasty approach to health that will inspire and energize you on your own journey toward a happier life. The Simple Green Smoothies' lifestyle doesn't involve counting calories or eliminating an entire food group. Instead, it encourages you to make one simple choice: drink one green smoothie a day. Simple Green Smoothies includes a 10-day green smoothie kick-start to welcome you into the plant-powered lifestyle, with shopping lists included. Follow it up with 100+ delicious recipes that address everything from weight loss to glowing skin to kid-friendly options. Hansard and Sellner are two moms raising their own families on healthy, whole-food recipes. They've seen the amazing health benefits of green smoothies firsthand--from losing 27 pounds to getting more energy. Their wildly popular website has changed the lives of over 1 million people and made them the #1 green smoothie online resource. Simple Green Smoothies will empower you to take control of your health in a fun, sustainable way that can transform you from the inside out. Ready to join the plant-powered party?*

*Popular blogger Audrey Johns lost 150 pounds in 11 months by eating all the foods she loved. Now she shares her secrets to help you lose weight, too! At 275 pounds, Audrey Johns was unhealthy and unhappy--until the day she vowed to give up the "fake food"--frozen "diet" meals, low-cal sodas, quick-to-make boxed foods--and taught herself to cook her favorites from scratch. In less than a year, Audrey mastered the kitchen and lost more than 150 pounds (more than half her body weight), going from a size 24 to a size 4--all while pinching pennies. Now Audrey shares her story, insights, and clean-eating recipes to help you slim down. Lose Weight by Eating includes more than 130 mouth-watering recipes for family favorites, including pasta, sauces, meat loaf, and cookies--all bursting with flavor but with fewer than 300 calories per meal. Most recipes use simple and inexpensive Smart Swaps and are full of hidden vegetables that keep you feeling fuller longer, and all are picky-kid-friendly and spouse-approved. Imagine losing 8 to 16 pounds the first week and 15 to 20 pounds a month eating skinny pizzas with only 125 calories per slice or 150-calorie cheesecake! Enjoy these delights and more: - "Jelly Doughnut" French Toast - California Club Pizza - Veggie-Packed Lasagna - Cheddar-Stuffed Turkey Burgers - Steak Fajitas - Skinny Watermelon Margaritas - Chocolate Peanut Butter Dip with Fruit - Skinny Cheesecake with Raspberry Drizzle Nutritious food doesn't have to be boring, expensive, and difficult to make. Lose Weight by Eating is easy to follow because there are no rules, only goals you set for yourself. Complete with a handy six-week meal plan to keep you motivated, Lose Weight by Eating gives you the support and kitchen confidence you need to change your life, your body, and your health.*

*Healthy Smoothie Recipe Cookbook*  
*Over 100 Healthy Green Smoothie Recipes to Look and Feel Amazing*

**Healthy Smoothies Cookbook. 100 Recipes**

**Juiceman**

**The Green Smoothie Recipe Book**

**100 Amazing Smoothies, Juices, Shakes, Sauces and Foods for Your Magic Bullet Personal Blender**

**115 Smoothie Recipes to Nourish, Heal, and Energize**

50 Step-by-Step Healthy Homemade Smoothies! Smoothies are an easy way to pack a ton of nutrients into your diet. It's easy to get a lot of healthy fats in a smoothie, which are great for energy and brain function. Smoothies are also a great way to get the fiber you need in your diet. Smoothies are a great way to get a lot of nutrients in a really easy and convenient way. Smoothies are also a great way to get more veggies into your diet which is important for helping you stay healthy. There's a lot of debate about whether it's best to blend your smoothie ingredients together before or after you've added the liquid. I prefer adding everything to the blender at once and then adding the liquid. This book covers: 50 quick recipes for making fresh, delicious fruit and vegetable smoothies From breakfast smoothies to green smoothies and fruit smoothies Smoothie recipes for weight loss, energy, detoxing, and excellent health All ingredients are affordable and easy to find A lot of interesting flavors that give your body a wide range of healthy nutrients Whether you're a beginners or stuck in a smoothie rut, this recipe book will help you make yours a high-flavor success And much more! You can preserve smoothies by first putting them into an airtight container before putting them in the fridge. This will ensure that they stay fresh for longer than just one day. What are you waiting for? Get your copy now!

Delicious and Nutritious 100% Vegan Paleo (Pegan) Smoothie Recipes to Help You Look and Feel Amazing...even on a busy schedule. Over 45 healing, easy-to-follow tasty recipes inside! This book is an excellent choice for: -vegans and vegetarians - healthy, whole food, plant-based lifestyle lovers -paleo diet fans who would like to explore more of a gatherer's side of this diet and eat more fruits, veggies, greens and herbs -gluten-free diet followers (the vegan paleo diet is 100% gluten-free and 100% lactose free). -anyone wishing to restore natural energy via fresh, plant-based foods One of the easiest ways to incorporate more vegan paleo foods into your diet is through smoothies. With this guide, you will learn a myriad of recipes that follow the vegan paleo rules and include a variety of smoothies such as: -green smoothies and detox smoothies (perfect to add more green, alkalizing foods and leafy greens into your diet) -protein smoothies || these are great as a meal replacement and will keep you energized, strong and healthy -soup smoothies- these are smoothies that can be easily turned into a delicious, healing soup (raw or cooked) -tasty, colorful fruit smoothies -naturally sweet treat smoothies (yummy!) You will discover naturally sweet smoothies, spicy smoothies and savory smoothies. We will even explore oriental taste while learning about the best superfoods that you can use with your vegan paleo smoothie recipes. Don't worry, these superfoods and herbs are easy to find in your local grocery store and inexpensive. Inside this guide you will also find easy to follow food lists and shopping lists to help you on your journey. Order your copy today and start creating more energy and zest for life with vegan paleo (pegan) smoothies!

Lose weight and drink up your daily dose of vitamins, nutrients, and antioxidants with Healthy Smoothie Recipe Book. Whether you want to detox, lose weight, or just make sure you get your daily dose of essential vitamins and minerals, drinking a smoothie is a tasty way to boost your health. With over 100 mouth-watering recipes, Healthy Smoothie Recipe Book makes it quick and easy to naturally get your fill of antioxidants from fresh fruits and vegetables. Fill your glass with vitamins that suit your needs and taste how sweet being healthy can be. Healthy Smoothie Recipe Book contains: 100 Recipes for making fresh, delicious fruit and vegetable smoothies-from breakfast smoothies to green smoothies and superfood smoothies Helpful Facts for understanding the nutritional advantages of specific fruits and vegetables Healthy Smoothie Recipe Book includes: Breakfast Smoothies, Brain Nourishing Smoothies, Alkalizing Smoothies, Anti-Aging Smoothies, Antioxidant Smoothies, Cleansing Smoothies, Diabetic Smoothies, Digestive Health Smoothies, High-Energy Smoothies, Green Smoothies, Healthful Skin Smoothies, Low-Fat Smoothies, Protein Smoothies, Weight-Loss Smoothies, and much more Looking for a fast and easy way to boost your health? Go green! Green smoothies are flavorful drinks packed with disease-fighting vitamins and antioxidants. With The Green Smoothie Recipe Book you'll be able to improve the way you look and feel by replacing unhealthy high-calorie foods with nutrient-packed green smoothies. Just by adding a regular green smoothie to your diet, you'll be able to lose weight, fight disease, and increase your energy. The Green Smoothie Recipe Book will show you how to optimize your health with over 100 fast and easy green smoothie recipes. The Green Smoothie Recipe Book will make it easy to make green smoothies a part of your healthy routine, with: Over 100 green smoothie recipes packed with vitamins, minerals, superfoods, and antioxidants Green smoothie recipes for weight loss, energy, detoxing, improving digestion, beauty, and more Step-by-step instructions for purchasing a blender, preparing produce and blending your own green smoothie ingredients A guide to shopping for produce, and when to buy organic Smoothies for all seasons and occasions, including Berry Basket Breakfast Smoothie, Banana-Walnut Wonder, Cucumber-Melon Cooler, and kid-friendly recipes like Chocolate-Covered Cherry Whether you want to improve your health, lose weight or detox your system, The Green Smoothie Recipe Book will make it easy to reach your goals.

Begin To Healthy Detox