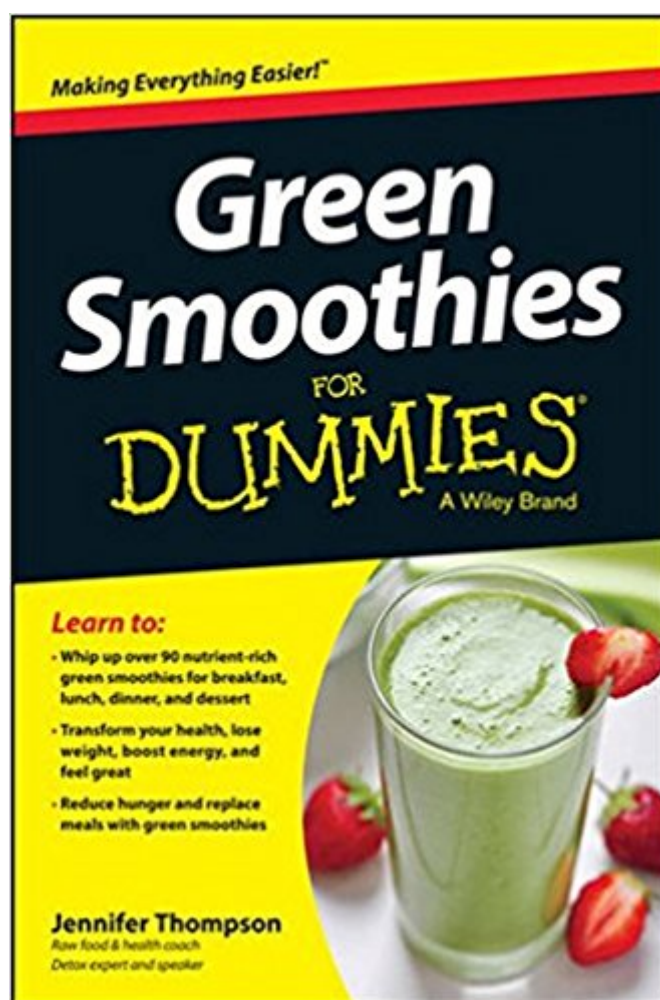


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# Green Smoothies For Dummies



## Synopsis

Sip your way to ultimate nutrition and feel better than ever Whether you're looking to detox, lose weight, or just add more veggies to your diet, green smoothies are the way to go. Easy to prepare, portable, and endlessly customizable, green smoothies are the trendy new beverage in everyone's cup. Think you don't like kale, collard greens, or watercress? Try them in a smoothie and you'll never see them the same way again. Green smoothies are the easiest, most painless way to add more nutrients to your diet, so you can feel better than ever before. *Green Smoothies For Dummies* is your beginner's guide to the world of drinkable greens. Author and international smoothie guru Jennifer Thompson explains the benefits of green smoothies, and provides over 90 recipes that will make you start craving your vegetables. You'll get to know the flavors and properties of each ingredient, and how to combine ingredients for complete nutrition. Replace meals with green smoothies without sacrificing nutrients Boost your nutrition even higher with protein and fiber supplements Reduce hunger and feel full longer with the right smoothie blends Customize your smoothies to your personal nutritional needs Before too long, you'll be experimenting and coming up with your own favorite combinations. Your vegetable intake will skyrocket, and you'll look and feel fantastic. How often does something so good for you taste so delicious? Green smoothies help you fill the nutrient gaps in your diet so you can experience optimal health and well-being. *Green Smoothies For Dummies* is your guide to all things smoothie, and will get you started now.

## Book Information

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## Customer Reviews

A nice Dummies book ... easy to read, found it interesting that the author's recommendations about blenders didn't quite jibe with user feedback at . On the whole, though, a useful addition to my stash of healthy living cookbooks.

Amazing!!! I bought this book because I could stand to lose a bit of tire belly and was looking for natural ways to boost my energy levels too. At first I was afraid of the green looking drinks but I have to say that it was really easy to understand and follow the instructions and all the recipes tasted really good. And get this, within 1 week I lost 5 pounds! Got so motivated that I did the 3-day detox outlined in the book and lost even more! Wow and thank you!! I even shared some of the recipes with my family and friends and they're hooked!

Just a wealth of information in layman's terms. Especially look forward to the "tips, warnings, etc targeted sidebar". Jennifer seems to be very knowledgeable in all fields. Whenever I am into something "new", I find the DUMMIES books are the easiest route to go. Simple and easy reads. Not preachy and allows room for your own substitutions. It's really all you will ever need in an information/recipe smoothie book. I agree with former reviewers. Who has room/needs a collection of books when it's all right here! Impressed with "about the author" page (exhausting just reading her accomplishments). Will highly recommend. I would also like to add that this book also is informative on many many other subjects. MSG, Hidden enemies, vitamins etc.

With viruses and bacteria seeming to lurk everywhere these days, it's never been more essential than ever to know how to give your immune system a good kick in the behind. Thomson's "Green Smoothies" provides a good overview of why raw green leafy vegetables combined with an endless assortment of other fresh ingredients can keep you healthy, lean and feeling energetic. There are enough recipes here to go three months without repeating the same smoothie. Whether you enjoy smoothies in order to save time or as part of an overall detox program, "Green Smoothies" delivers all the information you need to keep smoothies as an essential part of your daily diet.

Exactly what I was looking for! This book is extremely easy to understand and use. The recipes are straight forward, easy to make and the ingredients are available in a normal grocery store. Unique tips such as making your own almond milk (super easy), natural sweetening options and which parts of produce are the best to use in smoothies are a welcome addition. The very serious chapter

on using green smoothies as an aid and support for medical conditions such as chronic inflammation is extremely informative. Part 4 addresses individual health needs and should be a "go to" for everyone using this book. Think I will toss out my other smoothie books and just keep this one. Well done!

I made green smoothies before and knew the amazing benefits by experiencing it with my weight and clarity. Reading this book gave me so much scientific background and knowledge that impacted my subconscious mind to do it regularly! I was quite falling back to old habit of eating fried chickens and pizzas for convenience when I was busy and hectic when I got my eyes on the book as ebook download version! 'Green smoothies for dummies' book inspired me to go back to green smoothie and healthy habit again! :) I am so impressed by wealth of knowledge and tips and advices and her sharing experiences with her clients etc! Also I am glad I got the ebook version because I wanted to read right away! But I feel it's BEST to have this book paperback version as well!!!

Great book for novice to expert Green Smoothie fans. Lots of new recipes and tips, great section on blenders and the section on adjusting your Green Smoothie ingredients to your taste levels is very helpful. The section on using Green Smoothies for detox is especially good. I like the shopping list as I always forget something. The morning, midday and evening recipes are also novel. Overall if you are going to buy a Green Smoothie Book, this is the one you should get.

This book will help you to re-think your eating - what you eat, and how much you eat. The recipes are straightforward and suddenly that leftover spinach can be part of your breakfast smoothie. It's helped me to re-think my diet and look sooooo much better... definitely worth trying.

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