



## Synopsis

This boxed set of three smoothie books covers how smoothies benefit your overall health and can help you to achieve your weight loss goals as well. There are tips and recipes throughout the collection of books.

## Book Information

File Size: 2763 KB

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in Books > Cookbooks, Food & Wine > Kitchen Appliances > Juicers #83 in Books >

Cookbooks, Food & Wine > Kitchen Appliances > Blenders #93 in Kindle Store > Kindle eBooks

> Cookbooks, Food & Wine > Cooking by Ingredient > Fruits

## Customer Reviews

Excellent recipes. I am not sure why this is called a boxed set in the Kindle version, but the recipes are well written and several I tried were delicious. Here's a basic recipe that I like playing with. If a guest doesn't like the taste of kale, this works great: Serves 1  
Ingredients 3/4 cup chopped kale, ribs and thick stems removed 1 small stalk celery, chopped 1/2 banana 1/2 cup apple juice or one small apple 1/2 cup ice 1 tablespoon fresh lemon juice  
Directions 1. Place the kale, celery, banana, apple juice, ice, and lemon juice in a blender. 2. Blend until smooth and frothy. Leave out the banana and apple if you like the taste of kale as I do; substitute oat milk for water for better heart health. Let your imagination be your guide; you can't really go wrong. :) And, maybe you should move from a glass and straw to a bowl; the Cleveland Clinic makes the case: The authoritative Cleveland Clinic has some good advice: For on-the go meals, smoothies have been an option for years. From the

franchises you see around town to the make-at-home versions youâ™ve tried in your own blender, these thick drinks â™ when made properly and enjoyed in appropriate portions â™ provide a healthy meal alternative. But lately the trend is shifting from portable glasses to hearty bowls â™ and from grab and go to sit and enjoy. The âœsmoothie bowlsâ• youâ™ve seen on Instagram or Pinterest take basic components of a smoothie, add less liquid and more thickening ingredients, and are topped with nutrient-dense, fiber-filled superfoods. Swap the straw for a spoon, and youâ™ve got a hearty dish.

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