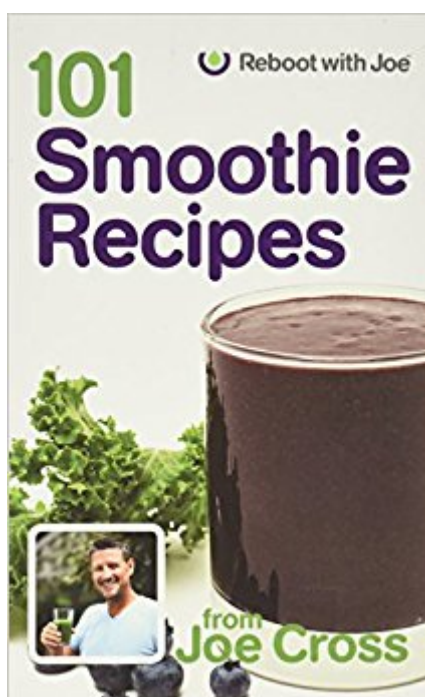


The book was found

101 Smoothie Recipes



Synopsis

From the author of 101 Juice Recipes and the New York Times best-seller, The Reboot with Joe Juice Diet, comes a new collection of healthy, plant-based recipes - this time in smoothie form. The book features 101 delicious recipes, containing Joe Cross' favorite ingredients, some of which can't be juiced, such as nuts, nut milks, avocados, and even chocolate, in its purest form. Recipes are organized by color to ensure you receive a wide spectrum of nutrients and flavors. Have a health condition? Follow the key that indicates what juices are best for fighting specific conditions like diabetes, high cholesterol, osteoporosis, etc. Love to exercise? The key also lets you know which smoothies are the most electrolyte-rich and high in protein to optimize your workout. If you're new to blending, this book includes detailed tips on how to prepare your ingredients to save you time and help your smoothies taste delicious.

Book Information

Spiral-bound: 133 pages

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Language: English

ASIN: B00OM3G8GG

Product Dimensions: 9.4 x 5.7 x 1.2 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars Â Â See all reviews Â (31 customer reviews)

Best Sellers Rank: #55,197 in Books (See Top 100 in Books) #19 in Â Books > Cookbooks, Food & Wine > Kitchen Appliances > Blenders #63 in Â Books > Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies #136 in Â Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Vegan

Customer Reviews

I have tried several recipes so far and can not praise them high enough. Allows more diversity in my diet as far as incorporating more raw fruits and veggies. Very well thought out and easy to follow. A big thanks to Joe Cross and team for starting me on a healthier path on life. Just what I needed!

Loved the recipes. Really appreciated the helpful substitutions section at the end as well. Great book. Would recommend to anyone trying to make healthy changes but not interested in the expense of buying a juicer.

Great recipes, nicely arranged. It inexplicably assumes 8oz portions instead of the 16-20oz portions in the rest of Joe's material. I tend to cut the lemon & ginger in half, but I expect my taste to adjust. Apparently no longer available in hard copy (mine's Kindle), so I'm hoping it means an update's coming? But a very helpful smoothie recipe book.

I like the fact that the nutritional information for each smoothie is posted because I need low sugar types. So I was able to pick a good core group of low sugar smoothie to try.

As a cancer survivor living a plant based life now, this book was excellent. Anything Joe Cross makes this lifestyle change very easy. They book is more helpful that most in that it tells you what they medical benefits are to each recipe. What I mean is it tells you if it is good for helping cancer, diabetes, heart issues. It is a great help to many different kinds of people choosing a plant based lifestyle no matter what they reason. I have both this book as well as the Joe Cross 101 Juice Recipe book. They are both worth your money and time.

Great recipes. I especially like the substitutes guide. My only disappointment is that there is not a way to search for recipes by condition i.e. smoothie recipes for combating migraines etc. Other than that absolutely wonderful.

Joe Cross and his team of nutritionists make the best recipes anywhere. Try the 101 Juice Recipes too - haven't found a bad one in all the ones I've tried.

Have tried several recipes, all have been good.

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