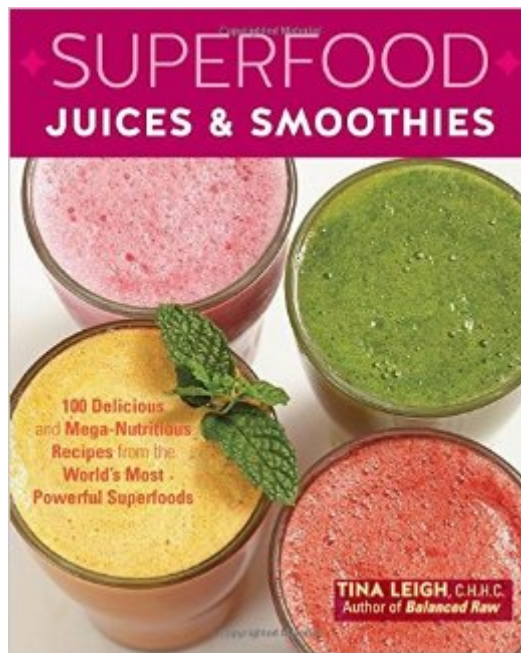


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# Superfood Juices & Smoothies: 100 Delicious And Mega-Nutritious Recipes From The World's Most Powerful Superfoods



## 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

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## 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!

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