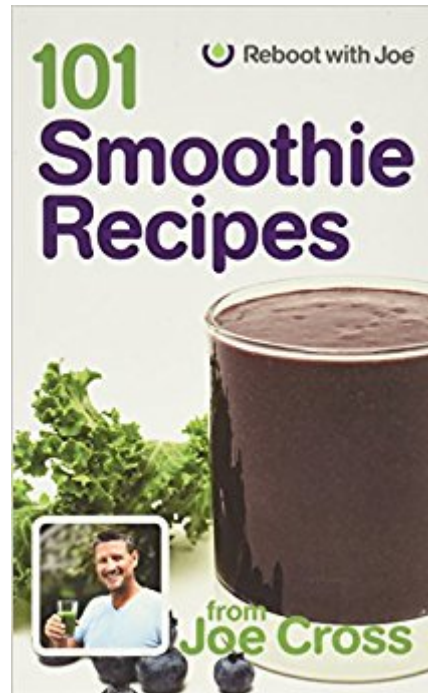




The book was found

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

Publisher: Reboot Holdings (September 13, 2014)

Language: English

ASIN: B00OM3G8GG

Package Dimensions: 9.4 x 5.7 x 1.2 inches

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

Average Customer Review: 4.7 out of 5 stars 39 customer reviews

Best Sellers Rank: #290,005 in Books (See Top 100 in Books) #52 in Books > Cookbooks, Food & Wine > Kitchen Appliances > Blenders #218 in Books > Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies #850 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Vegan

Customer Reviews

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.

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.

As a cancer survivor living a plant based life now, this book was excellent. Anything Joe Cross makes this lifestyle change very easy. Their book is more helpful than most in that it tells you what the 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 their reason. I have both this book as well as the Joe Cross 101 Juice Recipe book. They are both worth your money and time.

good

After watching Fat sick and Nearly dead I am juicing at least one 2 times a day and love to juice. I do an occasional smoothie. I only had a few smoothie recipes so decided to get this book. Very happy with purchase and happy to have so many smoothie recipes. Thanks.

Joe Cross recipes are great and the ingredient index in the back is very helpful. Better lamination on each page in the future please...not so easy to flip but worth having.

Love the smoothie recipes!

There are so many recipes I have tried some not all but some are delicious you do have to have a blender and a juicer to try the recipe in this book

[Download to continue reading...](#)

Smoothies: 365 Days of Smoothie Recipes (Smoothie, Smoothies, Smoothie Recipes, Smoothies for Weight Loss, Green Smoothie, Smoothie Recipes For Weight Loss, Smoothie Cleanse, Smoothie Diet) Smoothies: Everyday Smoothies For Beginners (Smoothie, Smoothies, Smoothie Recipes, Smoothies for Weight Loss, Green Smoothie, Smoothie Recipes For Weight ... Diet)) (healthy food for everyday Book 5) Nutri Ninja Recipe Book: Smoothie Recipes - 50 Delicious, Easy, and Healthy Smoothie Recipes ã ã Look Good ã ã Feel Better ã ã Live Strong (Smoothie Bible) My Oster Pro Blender Smoothie Book: 101 Superfood Smoothie Recipes for Your 1200, MyBlend, 6811, or Simple Blend Blender! (Oster Blender Recipes) (Volume 1) Oster Pro Blender Smoothie Book: 101 Superfood Smoothie Recipes for Your 1200, MyBlend, 6811, or Simple Blend Blender! (Oster Blender Recipes) Nutribullet Recipes: 365 Days of Smoothie Recipes for Rapid Weight Loss, Detox & Burning Fat: Smoothie Recipes for Weight-Loss, Detox, Anti-Aging & So ... Loss Drinks, Anti-Aging, Juicing Recipes) Nutri Ninja Master Prep Blender Smoothie Book:

101 Superfood Smoothie Recipes For Better Health, Energy and Weight Loss! (Ninja Master Prep, Nutri Ninja Pro, and Ninja Kitchen System Cookbooks) Nutri Ninja Master Prep Blender Smoothie Book: 101 Superfood Smoothie Recipes For Better Health, Energy and Weight Loss! (Ninja Master Prep, Nutri ... Ninja Kitchen System Cookbooks) (Volume 1) Diabetic Smoothie Recipes: Top 365 Diabetic Friendly Easy to make/blend Delicious Smoothie Recipes (1) Vegan Protein Smoothies: Superfood Vegan Smoothie Recipes for Vibrant Health, Muscle Building & Optimal Nutrition (Vegan Cookbooks, Vegan Smoothies, Vegan Smoothie Recipes) (Volume 1) Badass Blender Body: Stop Chewing Start Losing: (Weight Loss Smoothie Recipes) (Coconut Oil, Detox, Green Smoothie Recipes) Green Smoothie Recipe Book: 500 Delicious Green Smoothie Recipes for Weight Loss, Better Health, Energy & Cleansing (Green Smoothies, Nutribullet Recipe ... Juicing Recipes, Fat Loss, Cleanse, Detox) The Ultimate Vegan Recipe and Green Smoothie Cookbook - 50 Delicious Vegan Recipes and 25 Amazing Green Smoothie Recipes Diabetic Smoothie Recipes: Top 365 Chocolate Smoothie Recipes for Diabetic South Beach Diet Smoothie Cleanse: Weight-Loss, Detox, Anti-Aging , Quick and Delicious South Beach Diet Smoothie Recipes to Lose Weight, Boost Brain Power and Increase Energy Healthy Smoothie Recipe Book: Easy Mix-and-Match Smoothie Recipes for a Healthier You Smoothie Recipe Book: 150 Smoothie Recipes Including Smoothies for Weight Loss and Smoothies for Optimum Health Red Smoothie Detox Factor: Red Smoothie Detox Factor (Vol. 2) - Healthy Red Smoothies with Superfoods That Detoxify Your System The New Green Smoothie Diet Solution: Nature's Fast Lane for Peak Health (Green Smoothie Guides Book 1) 101 Smoothie Recipes

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)