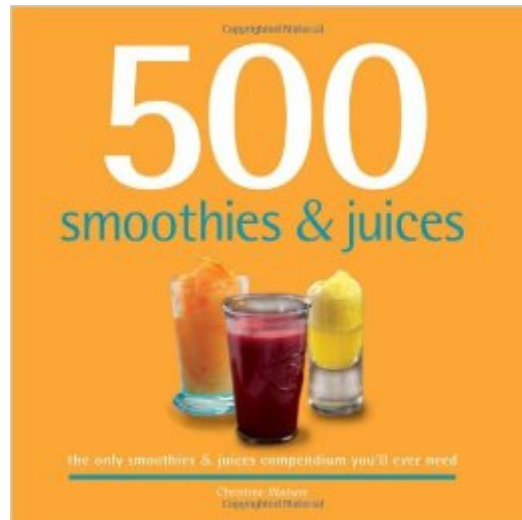


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# 500 Smoothies & Juices: The Only Smoothie & Juice Compendium You'll Ever Need (500 Cooking (Sellers))



## Synopsis

This smoothie and juice compendium is packed with 500 refreshing recipes, all of them clear and easy to follow. Filled with tips on how to select the right ingredients for your smoothies and juices and then how to make them taste absolutely perfect, this is the only book of smoothies and juices you will ever need.

## Book Information

Series: 500 Cooking (Sellers)

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Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (131 customer reviews)

Best Sellers Rank: #308,705 in Books (See Top 100 in Books) #66 in [Books > Cookbooks, Food & Wine > Kitchen Appliances > Blenders](#) #258 in [Books > Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies](#)

## Customer Reviews

If you're new to juicing and blending this book is great, it's helped me begin my juicing journey with lots of easy-to-make recipes to choose from, it provides many varieties of basic fruit juices & smoothies. However, many of the recipes are high in calories & lack in-depth nutrition info, okay if you're not dieting. But I was looking for a book of smoothies that are healthy, in addition to this book I also purchased [Superfruit Smoothies: 50 Healthy Smoothie Recipes for Weight Loss, Energy & Optimum Health](#) to use in conjunction for my health regime. Overall, 500 smoothies & juices has good recipes, nice photos, and doesn't disappoint, it's well worth the purchase.

This book does not have a detailed index or a list of recipes so you have to go to back and forth trying to find something. Most smoothie recipes are the same recipe over and over with one or two ingredients being changed. I use a Vitamix so after a while, you really don't need a recipe book, just imagination.

This book contains quick and easy recipes for making smoothies and juices. The best part is that it contains recipes for easily obtainable ingredients.

There is nothing earth shattering here, but you get the basic recipes and many variations. If you are new to creating your own smoothies like I am, it is a great resource. You could probably find these recipes on line but nice to have them all in one place.

I was initially thrilled reading the recipes until I kept seeing " put it through juice extractor". I don't own a juice extractor. So now I'll either have to use my blender and "strain" or just skip the dozens upon dozens of "juice" recipes this book has. Other than that, the book has some great looking smoothie recipes that call for blending which I'll use my new nutri ninja IQ blender with

This book has it all. We have tried only a fraction of the recipes in here but the ones we have tried are outstanding. This book along with our new blender make great companions.

I find this book very disappointing. The recipes are very repetitious, can basically be deduced by the title alone and are very high in calories. The "health tonics" are accompanied by claims that have little or no scientific basis. And, how many times do I need to be told to blend for one minute and serve immediately? 500, apparently.

So many ways to make super simple, uncomplicated and delicious smoothies. This is a gem of a book with lots of variations on the standard breakfast options, but where it shines is the extra recipes for the dessert types and the adult beverage based mixes. This is not geared just for the folks focused only on health food or weight loss - there are so many other ideas here. My favorites so far are the Mango, Coconut & Lime smoothie on page 75 - 4 ingredients and you have a tart cold summer refreshment that's perfect while reading on the deck. My mother is a fan of the Mango and Cardamon Lassi on page 195 - I make this for her whenever she visits. There are several options for "Boozy Smoothies" in the last section of the book - Fruity Gin Fizz and Passion fruit Margaritas have both been popular with guests here. Generally, this is a well rounded little book.

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