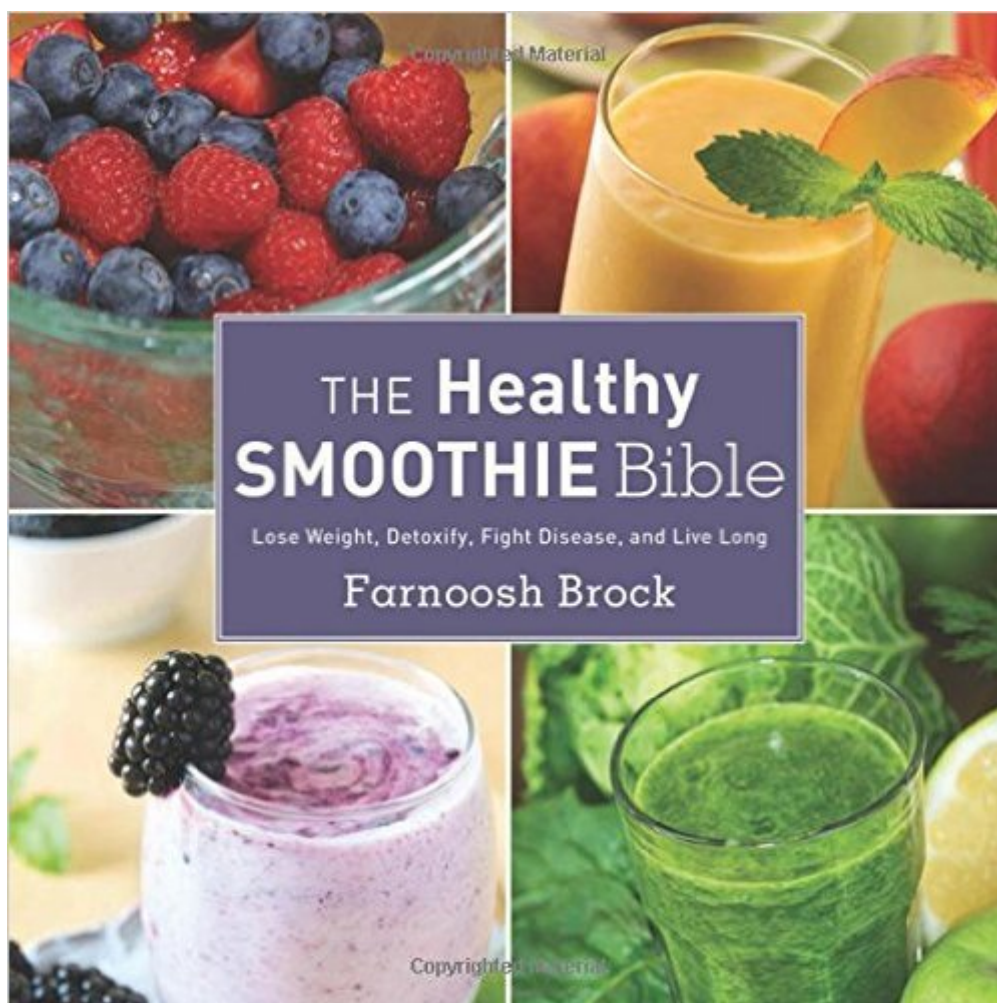


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# The Healthy Smoothie Bible: Lose Weight, Detoxify, Fight Disease, And Live Long



## Synopsis

Whatever your fitness regimen, health goals, or daily routine--this massive book of 100+ smoothie recipes has a recipe for every occasion. Potassium-rich bananas, free radical-fighting blueberries, nutrient-rich spinach, succulent mango, or light and sweet almond milk, every delicious natural ingredient you can think of pairs up in this smoothie bible for devoted followers of the healthy smoothie revolution that's sweeping the nation. Author Farnoosh Brock shares her knowledge, discoveries, useful tips, and lessons learned from years of making smoothies and getting healthier from the powerhouse of nutrition from these drinks. She gives you the full scoop on how to get started, how to keep it simple, how to listen to your body as you add healthy smoothies into your life and how to heal your body and return it to harmony using the magic of your blender. Wondering how to stay motivated after the initial excitement wears off? How to make smoothies quickly and efficiently while still keeping it fun and fresh? Farnoosh talks you through all of those situations, and gives you tips on how to manage each as you move forward with *The Healthy Smoothie Bible*. So start your blenders--and enjoy this comprehensive resource about every aspect of the wonderful world of healthy smoothies! Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

## Book Information

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## Customer Reviews

I can't figure out why this book is so much better than other smoothie books I've seen, but I am loving this book. The smoothies are so easy to make, don't require a ton of ingredients, and are so healthy. I love how she doesn't use dairy but is still able to produce thick "smooth" smoothies. Her writing style makes this a very easy read. I had no idea you could freeze avocados! She has great tips and I feel like I don't have to buy a bunch of weird ingredients or fill my blender all the way to top with random ingredients to render a great smoothie. She also adds spices to some of her recipes which is something I hadn't really thought of (aside from adding fresh herbs, vanilla or cinnamon). I'm not a super novice smoothie maker, but I'm definitely not super experienced either. Sometimes making smoothies can be a little overwhelming because I think it's easy to get in a rut and get bored with the ingredients (and I'm not creative enough to think them up on my own). She offers such variety that I don't think that would happen. And I love that she labels them (such as Green Lover, Meal Replacement, Low Fruit, etc.) Oftentimes I'm looking to make a smoothie as a meal replacement so I can find those quickly without reading through all the ingredients. Love love love this book! ;)

OK, so I'm not a huge fan of greens and green juicing. To say the least. But with this book, I've found a new love for smoothies...even with greens! I call it "drinking a salad" - but it's SO DARN GOOD! It's my pick-me-up in the morning, and sometimes I go for another one at the afternoon just to get re-fueled to finish my day strong. I highly recommend this book - it has a recipe for everyone. What I love most is that Farnoosh answers every question I might think of - it's like she's in my head, and every time I get a question - there she is, answering it in the book. Absolutely amazing! Try it- you'll never look back:)

Looking at the cover, I assumed this was a recipe book, and yes, there are plenty of recipes. But Farnoosh isn't playing around - this really is a smoothie bible! Everything you've ever wanted to know about healthy smoothies is in here, plus everything you didn't know you needed to know! If you squirm at the thought of drinking your spinach, take

a deep breath, Farnoosh is here to help. She breaks down the basics of smoothie-making and shares simple steps on how to start building a smoothie habit. She encourages you to find what works for you, to start slowly, and to work to simple ingredient formulas (ie fruit + fruit + green) as opposed to a strict recipe. I like that! If you're a seasoned smoothie drinker, you'll still learn plenty of new tricks. I thought I knew green smoothies, but after reading the book I discovered: + The importance of switching up your ingredients (I think I was on a banana/bok choy/ginger run for a good 6 months) + Banana and berries aren't the only fruits that can be frozen. You can freeze chunks of mango, peaches, figs, avocado and pineapple too! + You should drink your smoothie SLOWLY. I am a massive culprit for gulping them down. So whether you're just starting out or already a smoothie enthusiast, I know you'll totally be inspired by Farnoosh and her passion for helping you reach a new level of health through green smoothies. Go for it!

My wife and I have recently taken the giant step into a plant-based diet. Farnoosh's Smoothie Bible has been very helpful during this transition. Yes the recipes are fantastic and the quotes are inspiring, but the best thing about this book is that the author has thought through the process of adding smoothies into your eating habit. The book is loaded with information and ideas that will smooth out (not trying to be funny) the process of adding smoothies to your life. Farnoosh helps the reader become more organized to really make smoothies a part of a healthy food regime. For example, in the chapter Building a Smoothie Habit, the 4X4X4 combinations made the whole smoothie habit much more accessible for the day to day food intake. I suggest trying at least 10 of the recipes to get to know the wide range of plants that can go into a smoothie while you figure out what works best for you. Then you can streamline your favorites with the 4X4X4 combinations. have a great journey Nikos (and Suzanne)

Got this book a few months ago...right at the beginning of Summer and it was perfect timing! Absolutely love having a nice, cold, re-energizing smoothie after a strong yoga practice! There are tons of really innovative recipes in here, so even if you are already a smoothie making fiend, you will find some inspiration here. But if you are new to smoothies, this is a great way to get started. Farnoosh takes you step-by-step through the process of building a smoothie habit...but with ALL HEALTHY INGREDIENTS!! I am highly sensitive to dairy, and many smoothie books have a lot yogurt based, or milk based recipes. This one is all dairy free, fruit and vegetable based recipes. Many include nuts and grains for a more hearty meal-replacement also. If you find yourself with an

ingredient in abundance (I'm drowning in figs right now!), or just prefer some particular flavor profile (my son likes lime and orange flavor smoothies) just take a look in the index and you'll find lots of ways to use that ingredient. But enough about the recipes...my favorite thing about this book is that it has inspired me to experiment with different flavor combinations and ingredients...I've even found some good combinations to use in other recipes in my kitchen! Farnoosh understands what the barriers are to getting going, and addresses them all...with encouragement and kindness, not just cheer leading. Love this book and looking forward to some of the more hearty recipes that I can use this Fall and Winter.

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