

Healthy Smoothie 51 Original Smoothie Recipes For Good Eyesight

Healthy Smoothie Recipe Book: Easy Mix-and-Match Smoothie Recipes for a Healthier You From registered dietician Jennifer Koslo, *Author of The 21-Day Healthy Smoothie Plan* Enjoy nearly endless options for imaginative and healthy smoothies with more than 100 nutritious, easy-to-make recipes. The Healthy Smoothie Recipe Book is packed with tasty mix-and-match ideas for crafting creative smoothies—from brain-boosting breakfasts to supercharged afternoon snacks. Whatever you crave, *The Healthy Smoothie Recipe Book* is your go-to guide for creating customizable smoothies that are perfect for you. Cutting calories? Choose low-fat ingredients for lighter versions. Spicing things up? Handy spice charts give your smoothies an extra kick. Stumped for ideas? Mix-and-match charts help you customize smoothies to your tastes. Smoothie troubleshooting tips: Too thick? Too bland? Too watery? There's a smoothie solution for that. Handy dietary labels: Colorful icons match smoothies to health goals, from weight loss, immune boosting, and more. Jennifer Koslo, PhD, RD, CSDS, is a registered dietician, a board certified specialist in sports dietetics, and a nationally recognized nutrition expert who has impacted hundreds of people's lives through her nutrition consulting work and her writing.

Whether you have food allergies or you simply want healthier alternatives to your favorite desserts, you'll soon be cooking like a rock star even if you have no prior experience in the kitchen. Most of my recipes only take a few minutes to prepare, yet they're bursting with flavor and nutrients so you can feel energized instead of sluggish. All of these recipes were invented with love and care. Impress yourself and treat your friends and family to delicious meals.

Kids ages 4 to 8 will get a kick out of making 50 easy recipes while learning kitchen basics and having fun in the kitchen! It's never too soon to get cooking. So, tie on that apron and get ready for some recipe fun! Kiddo cooks will learn all about basic kitchen skills while making these tried and true—and don't forget delicious!—dishes from Good Housekeeping. From Ooey-Goey Glazed Cinnamon Rolls for breakfast, Traffic-Stopping Sandwiches for lunch, Totally Twisted Pasta with Cherry Tomato Sauce for dinner, and Ice Cream Cake Pops for dessert, young chefs will discover the fun and satisfaction of making their own food. Inside this beginner's cookbook, your budding chef will find: Easy-to-read recipes that speak directly to kids (not down to them), and show them just what to do (while letting parents know how they can help, too!) Test Kitchen avatars (the Good Housekeeping Kitchen testers are shown as cartoon characters!), photos, and step-by-step instructions teach kids about the recipes and basic techniques, like cracking eggs and juicing citrus. The down-low on using common kitchen equipment, fun, cool facts about kids' favorite ingredients, advice on whenever a grown up's help is needed, and tips and sidebars to make sure kids get everything they need and succeed. These no-fail, Good Housekeeping Test Kitchen tested-tl-perfect recipes are sure to build kids' confidence as they learn to make really tasty food for themselves and their families. With colorful photographs and easy-to-read recipes and helpful advice on every page, this cookbook will guide kids through their first culinary adventures. Bon voyage and bon appétit!

A beautiful collection of vegan smoothies from powerhouse blogger The Blender Girl, featuring photographs, flavor boosters, and nutritional add-ons for every recipe. The Blender Girl takes smoothies to the next level in this comprehensive guide, helping you blast your way to good health and blended bliss. These 100 creative and delicious recipes are designed to fit your every need, whether you want to detox, lose a few pounds, get energized, or guard against seasonal colds. Each smoothie has three optional boosters (like chia seeds, ginger, coconut oil, or wheat grass) that allow you to ramp up flavor, nutrient value, or both. Featuring gorgeous photography throughout, a smoothie pantry that demystifies unusual ingredients, icons to identify smoothies that fit your particular dietary needs, and strategies for achieving smoothie success, this accessible handbook makes it fun and easy to find your perfect blend.

10 Days Green Smoothies for Life

100 Gluten-Free, Vegan, and Paleo-Friendly Recipes

Drink Yourself Thin

Homemade, Nourishing Recipes from Baby Spoonfuls to Toddler Treats

Raw-Riffic Food's 101 Super-Charged Juices, Shakes & Smoothies

More Than 500 Fresh and Flavorful Drinks for the Whole Family

300 Healthy Fruit and Green Smoothies for Preconception, Pregnancy, Nursing and Baby's First Years

First Bites

Sometimes we think about being healthy and it is so hard to imagine yourself doing it. We can't help to look at pictures of people being healthy and living an amazing life feeling incredible. Every time we try to lose weight, it just doesn't work, maybe because the diet is to an extreme, in occasions we can't lose weight because we're just so intoxicated by everything we've consumed throughout these years that our body doesn't trust us anymore. The hardest part of the process is that those last 10 pounds are the impossible ones. What your body needs is a cleanse, that isn't only going to make you lose a lot of weight, you'll feel much better, healthier and even happier. The 10 Day Green Smoothie Cleanse isn't a diet, (even though it'll get rid of that extra pounds) it's a life changing method. All of the smoothie recipes you'll read in this book are going to help you out in some way; some of them are going to help you by increasing your energy levels, some others are going to protect you from heart diseases, tell all have a vital function. If you want to learn incredible, super original healthy smoothie recipes, and make yourself healthy and full of energy, this book is for you!

Find out about the quick, easy way to make your diet healthy with Smoothie Power! Do you have problems with energy loss? Do you want to be more healthy but don't know how? Do you want to improve your health without much effort? Do you want to feel good in your own body? Smoothie Power will show you how you can improve your health and wellbeing in a very simple, fun, and low cost way. Eighty healthy and easy recipes are offered for the new generation of smoothie enthusiasts. The smoothie obsessed and the smoothie newbie will love the colorful recipes offered in this book. Included are a range of green smoothies, super nutrition-packed super food smoothies, healthy and delicious smoothies for kids, and amazing savory and sweet smoothie bowls. The recipes are all uniquely illustrated with photographic ingredients lists making recipes easy and fun to make.

Chock full of berries, avocado, bananas, leafy greens, fruits, nuts, seeds and spices, this book celebrates the energy and fun that smoothies and all their ingredients can add to your healthy eating plan.

**The highly anticipated cookbook from the immensely popular food blog Minimalist Baker, featuring 101 all-new simple, vegan recipes that all require 10 ingredients or less, 1 bowl or 1 pot, or 30 minutes or less to prepare Dana Shultz founded the Minimalist Baker blog in 2012 to share her passion for simple cooking and quickly gained a devoted worldwide following. Now, in this long-awaited debut cookbook, Dana shares 101 vibrant, simple recipes that are entirely plant-based, mostly gluten-free, and 100% delicious. Packed with gorgeous photography, this practical but inspiring cookbook includes:
• Recipes that each require 10 ingredients or less, can be made in one bowl, or require 30 minutes or less to prepare.
• Delicious options for hearty entrées, easy sides, nourishing breakfasts, and decadent desserts—all on the table in a snap
• Essential plant-based pantry and equipment tips
• Easy-to-follow step-by-step recipes with standard and metric ingredient measurements
Minimalist Baker's Everyday Cooking is a totally no-fuss approach to cooking for anyone who loves delicious food that happens to be healthy too.**

From the creators of NYT Bestseller The Complete Cookbook for Young Chefs, America's Test Kitchen and an army of kid recipe testers, this awesome new cooking collection will get 5 to 8 year olds (and their grown-ups!) into the kitchen doing fun food projects together! My First Cookbook will inspire the youngest chefs to enter the kitchen, empower them to cook, and engage their creativity—plus they'll have fun doing it. From simple after-school snacks, family meals, and holiday celebration recipes, each beginner recipe is developed by America's Test Kitchen Kids before being kid-tested and kid-approved.

Healthy at Last

More than 100 Blended Recipes for Boosted Energy, Brighter Skin & Better Health

Top 51 Nutribullet Smoothie Recipes for Weight Loss, Beautiful Skin, Anti-Aging

80 Smoothie-Packed Smoothie Recipes for Every Day and Everyone

Smoothie Power

The Meatless Guide to Pleasing Your Palate

More Than 200 New Vegetarian and Vegan Recipes for Delicious and Nutrient-Rich Dishes

Indulge in these easy, delicious recipes and discover the incredible health benefits of green smoothies! IncredibleSmoothies.com founder Tracy Russell tried just about every fad diet and expensive "superfood" supplement out there, with negligible results. It wasn't until she discovered green smoothies that she lost 40 pounds, lowered her cholesterol by 50 points, and started running marathons. In *The Best Green Smoothies on the Planet*, Russell shares healthy, down-to-earth recipes made with unprocessed whole foods. Packed with fresh fruits and vegetables—particularly leafy greens—that you can find at your neighborhood grocery store or local farmers' market, every recipe in this book contains nutrition information as well as options for substitutions and variations. Russell reveals optimal flavor pairings (which green goes best with which fruit and which fruits blend best together) and specific health benefits of key ingredients. Focusing on the many positive effects of drinking green smoothies, including detox and cleansing, natural weight loss, and mood enhancement, Russell offers nutrient-rich recipes with flavorful, fun combinations such as: Pineapple-Ginger Chocolate-Peanut Butter Mango-Avocado Cherry-Pomegranate Nectarine-Goji Berry With 150 delicious green smoothie favorites (enough smoothies for five whole months!). *The Best Green Smoothies on the Planet* provides recipes that can accommodate and enhance any individual or family diet. Whether you're a smoothie veteran or trying something new, these drinks will wow you—with both accessibility and incredible taste.

THE COST OF A CALORIE REVEALED - CALORIE SHOPPING with EXERCISE EQUIVALENTS - The Diet Detective's Count Down Offers Readers Calories, Carbs, Fat and the Exercise Equivalents For More For Than 7,500 Foods(Walk, Run, Swim, Bike, Yoga, and Dance). Ever find yourself debating whether or not to buy just one bag of chips? Or grab a little candy bar for the road? Consider this: what if the nutritional labels on your favorite foods spelled out exactly what you'd have to do to burn those calories? Well, nutrition and public health advocate, Charles Stuart Platkin's new book, **THE DIET DETECTIVE'S COUNT DOWN**, is the first of its kind that translates food into exercise, giving readers a tool for deciding what a calorie means and which calories are worth it. **THE DIET DETECTIVE'S COUNT DOWN** lists more than 7,500 foods with exercise equivalents in minutes calculated using six forms of activity: WALKING, RUNNING, BIKING, SWIMMING, YOGA, AND DANCING. All this information is listed in an easy to view table format. The table also includes calories, fat and carbohydrates. This is no ordinary diet book, it is a food fact bible giving readers tasty nuggets of information that make them think before they eat. Translating food into calorie counts isn't enough -- translating calorie counts into exercises makes clear the consequences each bite has on the waistline! Examples of an Exercise Equivalent (The book contains more than 7500 listings in an easy to use table format w/ Calories, Carbs and Fat, walking, running, biking, swimming, yoga and dance): 1 double-stuffed Oreo cookie = 18 minutes of walking 1 handful of chips = 26 minutes of dancing 1 slice of chocolate cake = 48 minutes of biking 1 candy bar = 32 minutes of swimming 1 soda = 48 minutes of yoga 1 tablespoon of butter = 11 minutes of running

Eating your fruits and veggies is the best way to have your dessert. Whether you're in need of an energy boost to start the day, or you're after an extra shot of vitamins, try one of our fruit smoothie recipes.Chris Mills, Food Enthusias"t Works Like Magic!" Healthiest breakfasts and snacks out there! Lose Weight Support Immune System Boost Body & Mind Reverse Aging Heal Your Skin Cleanse Have More Energy And Mental Clarity These recipes are fantastic for satisfying all your family members! High In Chlorophyll Probiotics & Enzymes Supports Daily Detoxification No E numbers or GMO No gluten or wheat No preservatives or thickeners No Synthetic Alkazing & Mineralizing Fiber and Omega-3 Now, You're Probably Wondering... Why you need this smoothie recipe book? These recipes will give you: Supple skin & Shiny hair-Daily amount of fruits and vegetables Improve digestion Muscle gain & better athletic performance More energy Less cravings Brain boost Less anxiety and depression Use these recipes today! Impress your family with these delicious & healthy smoothie recipes! Scroll up to the top of the page & Get once in a lifetime opportunity to try these incredible smoothie recipes

Motivated by the simple principle that eating more vegetables, fruits, and whole grains keeps people healthier longer, the Moosewood Collective presents this all-new collection of more than 200 recipes that make whole foods wholly delicious. Moosewood Restaurant's cookbooks have long been an essential resource for creative recipes for home cooks, recipes that make mindful eating an unqualified pleasure. In this latest book, the Collective has carefully crafted recipes that celebrate local and environmentally sustainable food and that reflect the latest thinking on good nutrition. From soups to desserts, the dishes in this book are distinctive, adventurous, and globally inspired. Including plenty of vegan, gluten-free, and raw food options, the book has something to please every taste. Polenta with Greens and Eggs or Whole Grain Pancakes will get the day started right; appetizers such as Chickpea Crêpes and Pineapple Salsa with Blueberries are festive for a casual gathering; and Southwestern Black Bean Burgers are a great choice for a cookout. Tofu, Leek, and Almond Stuffed Portabellas and Quinoa and Collard Leaf Dolmas are elegant choices for a more formal occasion. Desserts like Figs Baked with Chèvre and Pistachios, Chocolate Bark, and Sweet Potato Pie with Pecan-Oat Crust are naturally sweet and packed with nutrients. Each recipe comes with a detailed nutritional analysis as well as menu and serving suggestions. The Collective discusses everything from eating locally to the Glycemic Index, and the ideas and information will prove useful to both new vegetarians and those who grew up cooking with the Moosewood Restaurant. Eating well feels good. Moosewood Restaurant Cooking for Health is all about cooking for pleasure and cooking for health. You can do both!

The Smoothie Recipe Book for Beginners

Chocolate Every Day

The Diet Detective's Count Down

Healthy Smoothies

Virgin Vegan

Smoothie Project

The Smoothie Recipe Book: 150 Smoothie Recipes Including Smoothies for Weight Loss and Smoothies for Optimum Health

Plant-based recipes for health + wellbeing

Delicious smoothies—100% free of gluten, dairy, and refined sugar! Think Paleo and smoothies don't mix? Think again! Now, you can enjoy the quick burst of energy and nutrition that comes from the easy-to-make pre-/post-workout drink—without any of the gluten, dairy, or refined sugar! This cookbook shows you how to blend 150 Paleo smoothies right in your own home, so that you never have to worry about what else is in your drink. Whether you're interested in cleansing your body or just need an extra boost of energy after an intense workout, each section offers a delicious blend of all-natural fruits and vegetables that will keep you full throughout the day. Featuring step-by-step instructions and nutritional data, the recipes make a wide variety of tasty Paleo smoothies, including: Pineapple sunshine smoothie Acai boost smoothie Vanilla coconut cream smoothie Kale power smoothie Pumpkin protein smoothie Sweet apple pie smoothie You don't have to give up the vitamin-packed smoothies you love just because you're on the Paleo diet—with Paleo Smoothies, you can have healthy, flavorful smoothies at every meal!

Green smoothies are quickly taking the health world by storm. The basis of healthy green smoothies is surprisingly simple. A mixture of leafy greens such as kale or spinach, maybe a dash of green herbs, along with fruits and water or almond milk makes up a typical healthy green smoothie. Regardless of their simplicity, green smoothies are highly beneficial and tote many properties that lend to a healthier life. There are a number of benefits that drinking healthy smoothies offer. These benefits range from weight-loss to reduction in cravings. Healthy smoothies are a powerful dietary supplement. Healthy green smoothies offer an attractive way for us to receive the nutrients our bodies need without drastically changing our daily lives. If you dislike salads or have a problem consuming leafy greens you won't be forced to suffer through eating something you don't like to boost your health. Healthy smoothies taste delicious and many people quickly desire the taste. Even if you find the taste a bit disagreeable at first, you can still enjoy your smoothies. Simply mix in some fruit, flavored protein powder or even cocoa powder in your smoothie. This will mask the taste without affecting the nutrients you are receiving. You can enjoy smoothies any time of the day. They are extremely quick to make and taste great. Recipes are not mandatory, and you can easily create your own recipes based on your own taste and creativity. The benefits mentioned above only hit the tip of the iceberg when it comes to the benefits of healthy green smoothies.

Not only can green smoothies drastically boost your health, but also reduce unhealthy cravings as well as improve your skin, hair and energy levels. Read this book and make healthy green smoothies a daily part of your diet and you will be pleased with the results.

Hundreds of delicious smoothies and juices right at your fingertips! Need a quick burst of energy and nutrition? With this cookbook, you'll learn how to combine fresh fruits and vegetables into hundreds of tasty drinks that will keep you feeling full throughout the day. Featuring step-by-step instructions and nutritional data for each flavorful drink, *The Big Book of Healthy Smoothies and Juices* offers more than 500 easy-to-make recipes, such as: Strawberry breakfast smoothie Cabbage kale cleanse Green lemonade smoothie Apple melon cooler Chocolate banana blitz smoothie Whether you're interested in cleansing your body or just looking to incorporate more wholesome foods into your diet, you'll find all you need to indulge in the vitamin-packed drinks you love in *The Big Book of Healthy Smoothies and Juices!*

Authors Peter and Beryn Daniel reveal Rawlicious Superfoods. Revered by ancient cultures and verified by scientists, superfoods are reemerging today as a profound solution to widespread nutritional deficiencies. This book combines beautiful illustrations and photos, information on superfoods, and delicious recipes to inspire the whole family. The authors show how to easily add superfoods, from berries to bee pollen to maca to cacao to tonic herbs, to our diets to enjoy delicious health. With over 100 new recipes with full-color photographs and 17 enchanting illustrations to bring each superfood to life, the authors reveal the healing power of the world's top superfoods and share information on cutting-edge nutrition. Rawlicious Superfoods covers alole, baobab, goji berries, chia, berries, blue-green algae, camu camu, grasses and microgreens, hemp, coconut, sea vegetables, maca, lucuma, mesquite, bee products, raw cacao, and medicinal herbs and discusses "What Are Superfoods?," "Where Is the Proof?," "What About Cost," "Stocking the Kitchen with Superfoods," and much more so that readers come away with a comprehensive knowledge of superfoods.

From the table of contents: Foreword by David Wolfe Introduction Our Journey with Superfoods What Are Superfoods? Functional Food Where Is the Proof? What About Cost? Quality Is Key How to Use This Book A Superfoodist's Kitchen Stocking the Kitchen with Superfoods Aloe Baobab Goji Berries Chia Berries Blue-Green Algae Camu Camu Grasses and Microgreens Hemp Coconut Sea Vegetables Maca Lucuma Mesquite Bee Products Raw Cacao Medicinal Herbs

Entrepreneur

Lose Up to 15 Pounds in 10 Days!

Good Housekeeping 1,2,3 Cook!

101 Entirely Plant-based, Mostly Gluten-Free, Easy and Delicious Recipes

The Blender Girl Smoothies

Zero Belly Breakfasts

100+ Tasty Recipes to Lose Weight, Gain Energy, and Feel Great in Your Body

Paleo Smoothies

More than 70 Smoothie Recipe Book recipes packed with vitamins and antioxidants Smoothie recipes for weight loss, energy, detoxing, and optimal health 3- and 7-day Smoothie Recipe Book meal plans to kickstart a full-body detox A produce shopping guide from the editors of The Smoothie Recipe Book Smoothie Recipe Book tips for reducing calories, adding superfoods into your diet, and modifying recipes to suit your taste buds

Help children develop healthy eating habits with more than 40 nutritious and child-approved recipes.

Ve-gan [vee-guhn]—a person who does not eat or use animal products Despite its long history, veganism is still considered unusual by many in this carnivore world of ours. But, in the United States alone, there are more than 3 million vegans and the ranks are growing, especially in the under thirty crowd. Becoming vegan requires learning a whole new way of eating and thinking about food, and Linda Long's handy guide educates you on planning meals, understanding new ingredients, products, and brand names, and k

including tips on simple adoptions like six ways to use a veggie burger. She also offers a host of tasty recipes for breakfast, lunch, snacks, dinner, and parties, several from some of the top vegan chefs in the world. Linda Long has been a committed vegan for 30 years and writes and photographs for vegetarian magazines such as *Vegetarian Journal*, *American Vegan*, and *VegNews*. She is the author of *Great Chefs Cook Vegan* and lives in New York City.

It's a popular superfood extract that can help you achieve your health and fitness goals. The patented technology in Nutribullet will enable you to prepare high quality smoothies, soups, and many other healthy meals easily. It seems that everyone nowadays lives such busy lives that they tend to turn to quick and easy meal solutions in order to stay sane. Well, this may be the reason why smoothies are immensely popular among urban households. Smoothies take only a few minutes to prepare and a drink and dish in this recipe book is guaranteed to come out smooth and creamy yet retain the pulp for fiber content, as long as you use the Nutribullet correctly. Choose from a variety of energy smoothies that you can drink first thing in the morning, green smoothies to help you get your daily amount of vegetables, detox smoothies to help cleanse and revitalize your digestive system, and soups that will keep you satiated and well-nourished. You will also be happy to know that there are also bonus recipes that will

potential of your Nutribullet and maximize its amazing features. You will soon discover how easy it actually is to prepare tasty and healthy drinks and dishes within the comforts of your own home.

Official Gazette of the United States Patent and Trademark Office

Fun recipes to cook together . . . with as much mixing, rolling, scrunching, and squishing as possible!

10 Days to Lose Weight and Feel Great in Your Body

Green Smoothie Recipes

Delicious Fresh Ways to Drink to Your Health!

Healthy Smoothie Recipe Book

Essential Smoothies to Get Healthy, Lose Weight, and Feel Great

10-Day Green Smoothie Cleanse

Cure any ailment, from PMS to the common cold, with delicious smoothies and soups. It's easy to explain the craze for soups and smoothies: They're fast, super simple, extremely good for you, and don't leave a lot of dishes to clean up—plus they are an easy way to get in smooth foods that keep your body energized and your mind sharp. With one appliance and 5 minutes, you can get all the benefits of whole foods and home cooking, minus the stress and mess. In *The Women's Health Big Book of Smoothies & Soups*, nutritionist Lisa DeFazio shares more than 100 blended recipes specifically formulated with the nutrients you need to fuel up and take on the world, one tasty gulp at a time. Having a stressful day? You can find smoothies to help you unwind. Battling a stubborn winter cold? Try an immunity-boosting soup. You'll reap all the benefits of eating more fresh fruits and veggies, from glowing skin to off-the-charts energy. Just grab your blender and eat your way to better health!

Jen Hansard and Jadah Sellner are on a fresh path to health and happiness—deprivation not included. In their book, *Simple Green Smoothies*, these two friends invite you into a sane and tasty approach to health that will inspire and energize you on your own journey toward a happier life. The *Simple Green Smoothies'* lifestyle doesn't involve counting calories or eliminating an entire food group. Instead, it encourages you to make one simple change: drink one green smoothie a day. *Simple Green Smoothies* includes a 10-day green smoothie kick-start to welcome you into the plant-powered lifestyle, with shopping lists included. Follow it up with 100+ delicious recipes that address everything from weight loss to glowing skin to kid-friendly options. Hansard and Sellner are two moms raising their own families on healthy, whole-food recipes. They've seen the amazing health benefits of green smoothies firsthand— from losing 27 pounds to getting more energy. Their wildly popular website has changed the lives of over 1 million people and made them the #1 green smoothie online resource. *Simple Green Smoothies* will empower you to take control of your health in a fun, sustainable way that can transform you from the inside out. Ready to join the plant-powered party?

"It is impossible to look at the rainbow of options in *Smoothie Project* without seeing health on every page. I am, as in all things **WELLICIOUS**, sold."—Jennifer Garner
Trusted family food expert and Wellicious founder serves up almost 100 transformative recipes for nourishing and delicious smoothies
Wellicious founder Catherine McCord is an expert recipe developer who helps families eat healthfully and deliciously. When her son started suffering from chronic nausea and her family doctors couldn't help, McCord turned to her experience with nutrition for an answer, researching until she discovered a surprisingly simple solution—smoothies. She shared her family's story and some of her favorite smoothie recipes on social media, and the *Smoothie Project*, a daily online source of inspiration, was born. People began to use her recipes and share how smoothies had become a force of change in their lives, too. Years of witnessing the positive effects that smoothies can offer inspired McCord to create a smoothie bible packed with almost 100 of her favorite, tried-and-tested recipes. With guidance from top nutritionists, McCord also explains how to eat based on your age and details the health benefits of key smoothie ingredients, so you can:
• Reduce stress and anxiety
• Lose weight
• Control ADHD symptoms
• Boost your immune system
• Improve digestion
• Increase your energy
• Eat to support pregnancy or breastfeeding
• Have beautiful, strong skin, hair, and nails
• Encourage kids to eat nutritious foods
• And more...
McCord reveals a way to change your life in just twenty-eight days, using only your blender. All you have to do is commit to having one of her smoothies each morning for a month, and every glass will bring you one step closer to achieving your goals.

Start your blenders! A comprehensive guide with more than 100 recipes for flavorful nutritional powerhouses! "Love love love this book!" —one of over 300 "FIVE STAR" Amazon reviews
Whatever your fitness regimen, health goals, or daily routine, this massive book of 100+ recipes from the author of *The Healthy Juicer's Bible* has the scoop on how to get started, how to keep it simple, and how to make perfect smoothies for every occasion, including: Zesty Berry Smoothie • Shake Your Waistline • Shak Better than Sex Elixir • Healthy Minty Chai • Spicy Sweet Potato Shake • Healthy Green Ocean Potassium-Rich Bananas • Free Radical-Fighting Blueberries • Nutrient-Rich Spinach • Succulent Mango, Light and Sweet Almond Milk . . . these are just some of the delicious natural ingredients that pair up in this book. 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? Farnnoosh Brock talks you through these situations and many more, giving you useful tips on how to manage each as you move forward with *The Healthy Smoothie Bible*.

The Best Green Smoothies on the Planet

100+ Delicious Recipes for Optimal Wellness

The 28-Day Plan to Feel Happy and Healthy No Matter Your Age

Original Nutri Ninja

Lose Weight, Detoxify, Fight Disease, and Live Long

With 100+ Recipes for a Healthy Lifestyle

Homemade Smoothies for Mother and Baby

More than 100 Delicious, Real Food Recipes to Change Your Body and Your Life: THE NEW YORK TIMES BESTSELLER

Earth To Table is a beautiful plant-based cookbook with delicious recipes for health + wellbeing. Teresa Cutter, The Healthy Chef has built up a cult following amongst health-conscious foodies thanks to her super healthy and delicious recipes. Earth To Table is a stunning cookbook focusing on plant-based, vegetarian recipes that everyone will love. The recipes are easy to make, embracing simple techniques using ingredients straight from nature. Teresa is a classically trained chef/nutritionist/personal trainer — bringing the best of food and health together in one talented package. "Earth To Table is inspired by my love of health, Mediterranean, plant-based cuisine using wholefood ingredients. No matter how busy you are, you'll find that healthy eating can be both simple and achievable for everyone." Straight from the farmers market to the table, savour a mouth-watering Roasted Vegetable Ratatouille drizzled with balsamic or a Detox Pumpkin Soup served with Spelt Soda Bread. You'll love my Spinach, Ricotta + Sweet Potato Tart and a wholesome Roasted Cauliflower, caressed with Tahini + Pomegranate. For the sweet tooth, master the art of making the World's Healthiest Chocolate Cake or a gorgeous Garden Zucchini Cake topped with Yoghurt Frosting. "I hope you enjoy making and eating the gorgeous plant-based recipes from my latest cookbook. Stay healthy and be nourished." Teresa Cutter

Start your baby off right with real food to nourish their every need. First Bites teaches you the ins and outs of introducing food so good, even they will want to eat it! This adorable and innovative cookbook is packed full of easy recipes that are bursting with flavor and nutrients to expand your baby's palette and give them the vitamins they need to thrive. Work your way through flavorful purees that will delight your baby's taste buds and get them excited about a new world of real food. Then, you'll transition them into eating little bits that get them ready to participate in family meal time! Your baby will not only love eating these delicious recipes but will also develop healthy eating habits early on. Recipes include: *Cinnamon vanilla pear puree *Zucchini, pea, and thyme mash up *Curry coconut sweet potatoes *Lentil and veggie fritters *Whole wheat banana mini pancakes *Peachy coconut chia pudding *White peach and raspberry smoothie *Kale and white cheddar mini frittatas *Healthy salmon fish sticks *So many more!

New York Times best-selling author and revolutionary food activist Vani Hari offers an array of quick, easy, REAL food recipes that make cooking fun, healthy, and delicious. This book will inspire you to take control of your health and ditch processed foods for good. Get ready to ditch processed foods for good, and eat the cleanest, healthiest food on the planet! With more than 100 mouthwatering recipes-from Biscuits with Whipped Flour Butter to Baja Fish Tacos, Grapefruit Goddess Salad, Luscious Lemon Bars, and even Homemade Doritos-the Food Babe Kitchen will show readers how delicious and simple it is to eat healthy, easy, real food. Food Babe Kitchen shows you how to shop for the healthiest ingredients by breaking down every aisle in the grocery store with expert label-reading tips and simple swaps, plus a handy meal-planning guide and pantry list to stock your kitchen for success. Eat healthfully, close to the earth, with the best ingredients that you choose, so when you sit down to enjoy a delicious meal you know what you are eating, and you haven't spent all day in the kitchen! Easy-to-follow directions, eye-catching photography, and simple substitutions to accommodate vegan, dairy-free, grain-free, and other diets, make this the ultimate guide to getting back into the kitchen to create healthy meals for yourself and those you love. Getting off processed food has never been easier-or more delicious.

Do you want a smoothie that tastes good and is healthy? Do you want to lose weight and maintain a healthy weight? Are you unsure how smoothies can help you? Fear no more. This book can help you lose weight with 51 healthy smoothies. BONUS - Download 5 of the BEST E-books ABSOLUTELY FREE that will help you lose weight, melt off fat, and get in great shape! They taste great too, and each recipe is designed to help promote health, boost your immune system, and even kick up your metabolism. From green smoothies to tropical smoothies to herbal smoothies, there are so many different smoothies that you can choose. You'll even learn about how smoothies can help you to get the vitamins and minerals you need to stay healthy and get the energy you need to work out. It won't replace a proper diet overall and exercise, but it's your first step to losing the weight you want and becoming a healthier you. There are even tips on dos and don'ts with smoothie making to make sure that you can make up your own recipes when you've tried them all. Take the next step for your health, and add a helpful, delicious smoothie to your daily routine. What you will learn after purchasing -Green Smoothie Recipes -Why Use Green Smoothies -Recipes #1-10 Kale Smoothies -Recipes #11-20 Spinach Smoothies -Recipes #21-30 Avocado Smoothies -Recipes #31-40 Boosted Green Smoothies -Recipes #41-51 Green Vegetable Smoothies -Bonus Tips & Tricks Want to Know More? Download the Book Today Just Scroll to the top of the page and select the Buy Button. ----

Smoothies & Juices: Prevention Healing Kitchen

My First Cookbook

Minimalist Baker's Everyday Cooking

100 Healthy Smoothie Recipes

A Plant-Based Approach to Preventing and Reversing Diabetes and Other Chronic Illnesses

The Women's Health Big Book of Smoothies & Soups

Dessert First

Simple Green Smoothies

A handy reference guide for parents of babies and toddlers offers more than 75 recipes using 50 superfoods that can be incorporated into nutritious meals masquerading as kid favorites—such as macaroni and cheese, pizza and chicken fingers—with minimal processing. Original.

Enjoy 100+ refreshing smoothies and juices that promote gut health, glowing skin, heart health, strong muscles, and reduce inflammation from the trusted editors at Prevention. Smoothies and juices are a delicious and easy way to add more fruit and vegetables into your diet and satisfy cravings between meals. Organized by principal health benefit—gut health, heart health, silky skin, post-workout recovery, and reducing inflammation—every recipe includes a detailed explanation about why it's so good for you. Plus, nutrient-rich ingredients include whole fruits and vegetables like avocados, berries, and kale; fresh herbs like mint, basil, and cilantro; as well as healthy add-ins like collagen peptides, bone broth, celery juice, alternative milks, chia seeds, flax seeds, and hemp seeds, apple cider vinegar, filling proteins like nut butter and protein powders, and prebiotics and probiotics to support your microbiome. Smoothies & Juices: Prevention Healing Kitchen includes: · 100+ healthy and delicious recipes such as Carrot-Coconut Smoothie, Pear-Almond Smoothie, Peaches 'N' Cream Oatmeal Smoothie, Citrus-Pineapple Smoothie, Pumpkin Detox Smoothie, Berry, Chia, and Mint Smoothie, Turmeric Twist, Celery Juice, Banana-Avocado Zinger, Blueberry Cobbler Smoothie Bowl, and more! · No additional equipment needed! All juices as well as smoothies can be made in your blender · Tips and tricks from the test kitchen for easy preparation · Recipes clearly labeled as high in fiber, protein, and calcium, as well as vegan and good for meals on-the-go · Nutritional values for every recipe · Lie-flat binding for easy use So power up your blenders! A healthier way of eating is only one tasty smoothie away.

Reboot your diet and jump-start healthy eating with this indispensable guide to home-made smoothies!

"Lose up to 16 lbs. in 14 days!"—Cover.

Rawlicious Superfoods

100 Plant-Based Recipes

Nutribullet Recipes

Trademarks

7500 of Your Favorite Food Counts with Their Exercise Equivalents for Walking, Running, Biking, Swimming, Yoga, and Dance

Earth to Table

51 Delicious & Nutrient Recipes Improve Your Emotional and Physical Health

The Moosewood Restaurant Cooking for Health

SUPERDELICIOUS AND ULTRANUTRITIOUS, SMOOTHIES ARE THE PERFECT FOOD FOR MOM AND HER LITTLE ONE Every mother-to-be knows how important it is to eat right. But it's challenging to consume the nutrients you need during the different phases of pregnancy and motherhood. Luckily, *Homemade Smoothies for Mother and Baby* makes it easy for you to optimize your health with tasty, all-natural smoothies. It includes 200 recipes packed with vitamins, minerals and other vital nutrients that address you and your baby's every need. •Enhance fertility with Pineapple Pizzazz •Ease morning sickness with Honeydew Healer •Increase iron intake with Goji Gold •Rejuvenate skin with Beaming Beets •Relieve cramps with Raspberry Relaxer •Boost your mood with Cheerful Cherry •De-stress with Peaceful Papaya •Optimize breast milk production with Motherly Mango Offering information on food allergies and intolerances, *Homemade Smoothies for Mother and Baby* also features tips for transitioning babies from breast milk to solid foods as well as tricks to disguise healthy greens for toddlers and children. Recommends a ten-day cleansing diet for health and weight loss based on drinking green smoothies made from leafy greens and fruit juices and offers recipes for smoothies and advice on maintaining improvements when the ten days are over.

Brooklyn Borough president and Democratic nominee for New York City mayor Eric Adams is on a mission to tackle one of the most stubborn health problems in the country: chronic disease in the African American community. African Americans are heavier and sicker than any other group in the U.S., with nearly half of all Black adults suffering from some form of cardiovascular disease. After Adams woke up with severe vision loss one day in 2016, he learned that he was one of the nearly 5 million Black people living with diabetes-and, according to his doctor, he would have it for the rest of his life. A police officer for more than two decades, Adams was a connoisseur of the fast-food dollar menu. Like so many Americans with stressful jobs, the last thing he wanted to think about was eating healthfully. Fast food was easy, cheap, and comfortable. His diet followed him from the squad car to the state senate, and then to Brooklyn Borough Hall, where it finally caught up with him. But Adams was not ready to become a statistic. There was a better option besides medication and shots of insulin: food. Within three months of adopting a plant-based diet, he lost 35 pounds, lowered his cholesterol by 30 points, restored his vision, and reversed his diabetes. Now he is on a mission to revolutionize the health of not just the borough of Brooklyn, but of African Americans across the country. Armed with the hard science and real-life stories of those who have transformed their bodies by changing their diet, Adams shares the key steps for a healthy, active life. With this book, he shows readers how to avoid processed foods, cut down on salt, get more fiber, and substitute beef, chicken, pork, and dairy with delicious plant-based alternatives. In the process he explores the origins of soul food-a cuisine deeply important to the Black community, but also one rooted in the horrors of slavery-and how it can be reimagined with healthy alternatives. Features more than 50 recipes from celebrities and health experts, including Paul McCartney, Queen Afua, Jenné Claiborne, Bryant Jennings, Charity Morgan, Moby, and more! The journey to good health begins in the kitchen-not the hospital bed!

A sweet, mostly vegan collection of chocolate treats from the founders of Not Your Sugar Mamas. You think you love chocolate, but do you know how much you could actually love it? In Chocolate Every Day, Bennett and Ky show chocolate for what it really is: a delicious and incredibly potent, antioxidant powerhouse filled with vitamins and nutrients. Their decadent recipes do away with the refined sugar, dairy, and gluten found in traditional chocolate treats, and instead rely on raw cacao and high-quality, unprocessed ingredients to create snacks and desserts you can actually feel good about eating. By combining raw cacao with organic, natural sweeteners, nutrient-rich fats, and superfoods like maca and lucuma, Bennett and Ky's delicious treats pack a real health punch--and are as decadent as their traditional counterparts. Filled with tips and tricks for deciphering chocolate certifications and labels, a guide to building a superfood pantry, and more than seventy-five recipes for delectable and irresistible sweets, like Fudgsicles, No-Bake Thin Mints, Mexican Chocolate Cashew Milk, and Crunchy Salty Peanut Butter Chocolate Tart, Chocolate Every Day will give you more reasons than ever before to indulge in this beloved flavor.

The 150 Most Delicious, Most Nutritious, 100% Vegan Recipes for the World's Healthiest Drink

Superfoods for Babies and Toddlers

85+ Plant-based Recipes for Cacao Treats that Support Your Health and Well-being

Food Babe Kitchen

51 Green Smoothie Recipes to Regenerate, Rejuvenate, and Revitalize

The Early Sprouts Cookbook

Easy Mix-and-match Smoothie Recipes for a Healthier You

150 Smoothie Recipes for Ultimate Health

The Smoothie Recipe Book: 150 Smoothie Recipes Including Smoothies for Weight Loss and Smoothies for Optimum Health Smoothies are not only an easy and delicious way to increase your daily intake of fresh fruits and vegetables, they also provide proven health benefits for both your mind and body. The Smoothie Recipe Book serves up 150 enticing recipes for every palate. Enjoying the many advantages of smoothies has never been simpler: • 150 delicious recipes include green smoothies, protein smoothies, low-fat smoothies, weight-loss smoothies, anti-aging smoothies, smoothies for diabetics, and more. • Learn how smoothies can help you reach your weight-loss goals and keep the weight off for good without making you feel like you're starving. • Make kid-friendly smoothies that get them to eat their daily dose of fruits and vegetables without ever knowing it! • The Smoothie Recipe Book is your guide to the optimum health and weight loss. Working healthful, nutritious food into busy, on-the-go lifestyles can be difficult, so let The Smoothie Recipe Book be your quick guide to detoxing and cleansing your system as well as for getting essential, natural vitamins and minerals to gain boundless energy and optimum health. Fiber-rich, low-calorie smoothies made with whole fruits and vegetables, herbs, and spices are also a tasty way to take unwanted pounds off as part of your weight-loss regimen. With The Smoothie Recipe Book: 150 Smoothie Recipes Including Smoothies for Weight Loss and Smoothies for Optimum Health, you'll experience the vitality and energy to be your best.

The Big Book of Healthy Smoothies and Juices

The Healthy Smoothie Bible