



The Best Green Smoothies on the Planet: The 150 Most Delicious, Most Nutritious, 100% Vegan Recipes for the World's Healthiest Drink

Tracy Russell

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In *The Best Green Smoothies on the Planet*, Tracy Russell shares healthful, 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 nutrients-rich recipes with flavorful, fun combinations such as:

Pineapple-Chai Smoothie with Ginger
Chocolate-Peanut Butter Green Smoothie
Pomegranate-Cherry Green Smoothie
Orange-Goji Berry Green Smoothie

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. Anybody who wants to access the incredible health benefits of green smoothies will enjoy these easy, accessible, and tasty recipes.

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From Reader Review The Best Green Smoothies on the Planet: The 150 Most Delicious, Most Nutritious, 100% Vegan Recipes for the World's Healthiest Drink for online ebook

Estella says

I was given this book for an honest review. I really enjoyed this book. It came to me at the perfect time. It helped me to learn how to create my own smoothies. I love that considering my diet is limited due to Interstitial Cystitis! It also has some great recipes. I loved this book and found it to be very useful!

Debbie says

This book came into my line of sight at exactly the right time. I have been working on reducing the sugar in my life and eating more real foods (i.e. greens, fruits, nuts, etc.)

I love that not only is the treasure full of recipes but also great insight into the benefits of juicing/smoothies and the nutritional value of foods used in the recipes.

If you are serious about eating right, this is the book for you!!!

I received a free copy of this book from NetGallery in exchange for a fair and honest review.

Teri says

Very informative book about smoothies. Great for a beginner(me!). There is even an order you put things in the blender. Who knew? Liquid, base fruit, mixing flavors, and then come the greens. This will be a much used book this year!

Kerry says

I've had this book for awhile and I did her 30 day challenge. Most of her smoothies were really good so I decided to purchase her book. I've been very happy with my daily smoothies. I like that she doesn't use yogurt. I actually really like yogurt, but I've found that I don't like it in my smoothie. It tends to overpower the taste. I've been on this kick for about 3 months now and I've gotten to the point where I have to have my morning smoothie. Mango and raspberries, ssssooooo yummy!

Lu (Sugar & Snark) says

I got this book at just the right time! I love making smoothies, but I'm not creative enough to think outside of the box and try mix some interesting fruit and vegetables together. So this book was exactly what I needed! Not only are the recipes interesting, they are also delicious! I found myself wanting to try all the recipes right away! What was also a big plus, was all the nutritional information! As well as the introduction to green smoothies, best ingredients to use and detox and cleansing smoothies recipes!

Green smoothies are my staple as a vegan, and to step out of my comfort zone of banana and spinach, has made a huge change! Moreover, they are super quick to make, easy to follow recipes and hugely satisfying!

I found that most of the ingredients could be found at my local supermarket (Woolworths), and even though some are on the expensive side, it was well worth it! A smoothie a day really makes me feel more energized and healthier all around, and I recommend it to anyone who is feeling a little down and could use a pick-me-up!

Here is a taste of the recipes in this book:

* Blueberry-Lemonade Smoothie * Lemon-Lime Smoothie * Orange-Pear Smoothie * Banana-Pineapple Smoothie * Spiced Blueberry and Pear Smoothie * Raspberry-Orange-Pomegranate Smoothie * Black and Blue Smoothie * Sweet Potato Smoothie * Ginger-Carrot Smoothie * Coconut-Peach Smoothie

Check out my blog for a sample recipe: <http://sugarandsnark.co.za/?p=13919>

Hayzbaw says

I LOVED this book! Usually when I read a recipe book 20% of the book I might cook. In this book I would make at least 90-95% of the recipes.

I loved:

- No cooking required
- Very few ingredients
- 98% of ingredients I know and can find in the shop
- Ingredients easy to switch out with something else
- Nutrition and fat content listed
- Tips on each individual fruit and veg used throughout the book and the consistency it will bring to the smoothie
- True and false statements about the benefits of smoothies and some myths about eating too much fruit.

With a little shopping preparation anybody could benefit from this book. Yes, you need to buy a lot of fruit and veg, however smoothies can be made the day before, and they can also be frozen (not sure if freezing changes nutrition value but I find it handy).

Very, very useful book for smoothie drinkers or people who want to become smoothie drinkers.

Belva says

This is an interesting book filled with nutritional information and a variety of recipes. I noticed many of the recipes contain banana so you might want to stock up. I would recommend this book to those interested in green smoothies for improving their health and as a weight loss tool. I was provided a digital copy of this book by Netgalley.

K says

” Green smoothies combine the best of all worlds. The convenience you need. The flavor you crave. The nutrition your body thrives on. The raw greens your body loves. And green smoothies encompass more than greens, with the possibility of combining an array of non-green wellness foods like citrus, bananas, and more.” – Tracy Russell

Smoothies are all the rage with juice bars and smoothie stands popping up on every corner. While some are brightly colored and bursting with flavor, most of them are loaded with sugar because they rely heavily on fruits for their deliciousness. While this is not bad all the time, to make smoothies truly healthy, they need to be packed with fruits and veggies. Tracy Russell makes this so easy in *The Best Green Smoothies on the Planet: The 150 Most Delicious, Most Nutritious, 100% Vegan Recipes for the World's Healthiest Drinks*. This beautifully photographed book has recipes that are truly tantalizing, but really good for you. There are recipes for Detoxing and Cleansing, Weight Loss, Antioxidant Boosts, Energy, and Immunity, but just because they have targeted health benefits doesn't mean that you are sacrificing flavor.

Options like Watermelon Blueberry, Cherry Kiwifruit, Chocolate Acai, Ginger Spinach, Maca Cacao, Raspberry Carrot Greens, Pineapple Plum, and Frozen Raspberry Lemonade, the flavors combinations are seemingly endless. Plus, these smoothies are packed with fiber, vitamins, and other essential nutrients that can be tricky to get in a plant-based diet. Russell walks readers through smoothie essentials, frequently asked questions, and the best tools to create dreamy, creamy smoothies. There are some recipes that require somewhat rare ingredients like dandelion greens, but for the most part, this is a hit!

Green Apple Smoothie

1 medium green apple

1/2 tablespoon hemp seeds

8 fresh mint leaves

2 cups green leaf lettuce, torn

1 cup green grapes

4 ounces filtered water

Blend all ingredients on high until smooth and creamy.

From onceuponmyshelf.wordpress.com
