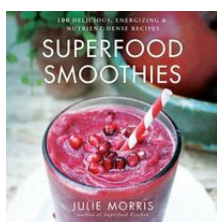


# SUPERFOOD SMOOTHIES: 100 DELICIOUS, ENERGIZING NUTRIENT-DENSE RECIPES

Everyone loves smoothies—and this is the ultimate smoothie book, written by Julie Morris, author of Superfood Kitchen and a superfood expert! Morris whips up 100 nutrient-rich recipes using the world's most antioxidant-, vitamin- and mineral-packed foods, and offers innovative culinary methods for making your smoothies incredibly nutritious and delicious. Whether you're looking for an...



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### Superfood Smoothies: 100 Delicious, Energizing Nutrient-dense Recipes

Author	Julie Morris
Original Book Format	Hardcover
Number of Pages	208 pages
Filetype	PDF / ePUB / Mobi (Kindle)
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## Reader's Opinions

As others have noted, this is a vegan recipe book so there are no milk or meat products used in any of the recipes. The recipes call for ingredients that the normal kitchen does not have such as acai powder, sea buckthorn juice, etc. However, the author lists everyday substitutions for most of the ingredients and lists online...

I need to get a VitaMix blender. I am hesitant to purchase some of those super foods because of the expense. What if I can't stand the taste of them and then I am stuck with a whole bag. Anyone tried some of the ingredients like goji berries or acai? I did get some great ideas for food combinations to try.