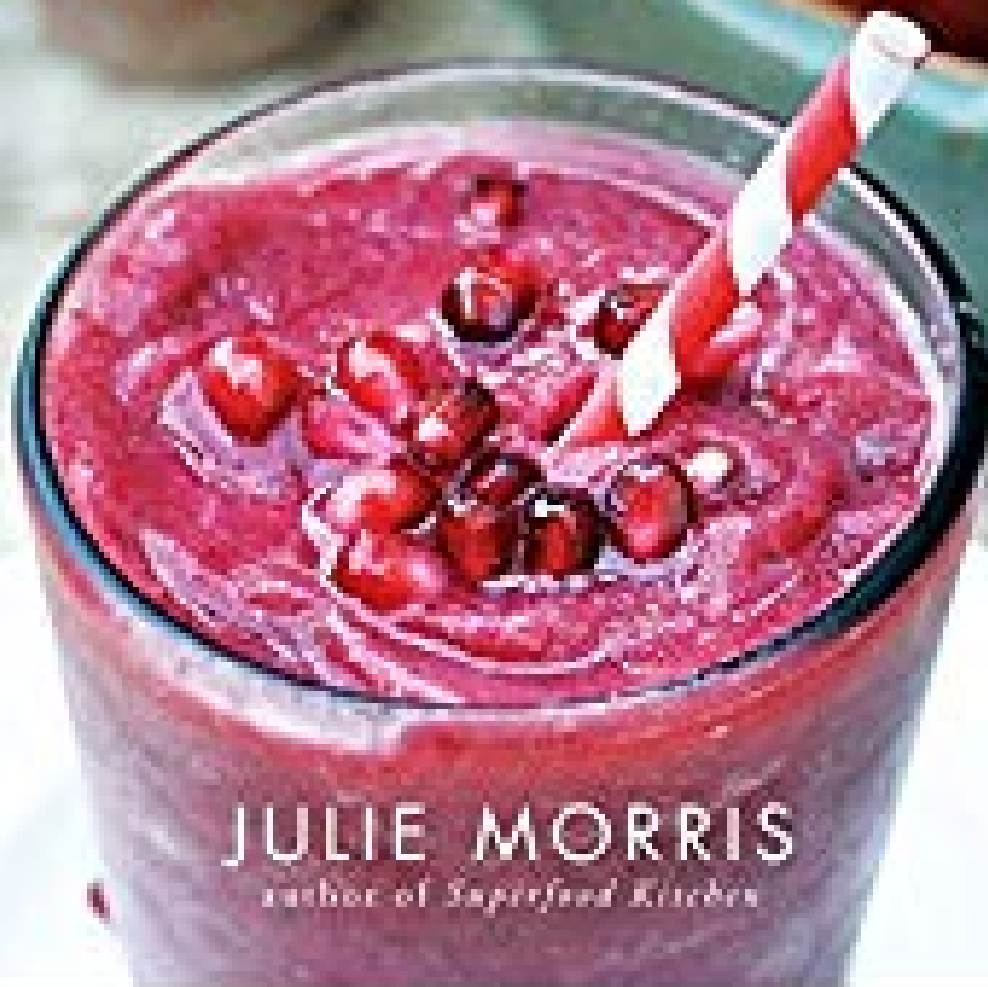


100 DELICIOUS, ENERGIZING &  
NUTRIENT-DENSE RECIPES

# SUPERFOOD SMOOTHIES



JULIE MORRIS  
*author of Superfood Kitchens*

Julie Morris

## Superfood Smoothies: 100 Delicious, Energizing & Nutrient-dense Recipes (Julie Morris's Superfoods)



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Switch on the blender with NY Moments bestselling author Julie Morris for a power boost, a mild cleanse, and a healthier lifestyle. and this is the ultimate smoothie book, compiled by Julie Morris, author of Superfood Kitchen and a superfood professional! Everyone loves smoothies— Morris whips up 100 nutrient-wealthy, plant-based recipes using the world' s most antioxidant-, vitamin- and mineral-packed foods, and offers innovative culinary options for making your smoothies incredibly nutritious and delicious.



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My new favorite recipe book In the 2-3 months I've had it, this book has provided me with so much psychological - and physical - fulfillment! As a single person with not very much in the form of an appetite and limited energy, you quickly find that making standard foods just doesn't seem sensible in terms of the energy and work (and then you wind up consuming the same leftovers for days!) As it happens that smoothies are one of the few things in this world that truly make more sense to prepare when you're single- a blender full of smoothie doesn't go significantly for a family of four, but it's perfect for a single smoothie-loving person! I really enjoy working my way through the publication and picking smoothies that are relevant for the growing season... smoothies simply make me happy! .5 hours drive to the nearest sizeable town with health food stores, but I actually buy most of the superfood ingredients online and I actually get much better deals than I'd to get. Pricey ingredients as well. Some say the elements are difficult to find, but when you have the internet and learn how to use a search engine, you will discover ingredients easily more than enough. It really is true that many of the elements Morris recommends are expensive (maca and maqui powders, I'm searching at you), but she carries a substitution table close to the back of the book so (for instance) if you cannot afford hemp seeds or just don't want to hold back for them to ship in the united states, you may use sunflower seeds from your local supermarket instead. Some of the quality recipes in the reserve are much better than others. For example, Rhubarb Mint fell smooth for me personally, as I felt just like the dates and the orange juice overwhelmed the more delicate tastes of the rhubarb and mint, and I also felt that the day and orange flavors just didn't go well collectively. But also for every one recipe I found that was only alright, there are about 3-4 others that are outstanding. Blueberry Maqui may be the best smoothie I've ever had in my life time, and I've hunted all over for good "smoothie pubs". Every recipe I've tried provides been delicious!) Mayan Chocolate (a spicy cacao mix) was so exceptional I was relocated to make a second batch the next day, because I couldn't end thinking that night about how wonderful it had been the first time around. Lovely Pea was marvelously, vibrantly green, although I added three times as much parsley as the recipe needed, because after tasting it I just wanted more parsley flavor. great recipes great recipes Very happy Perfectly delicious LACKS NUTRITIONAL INFO I couldn't think that a cookbook about healthier options didn't have the nutritional info with each recipe. I've usually been the sort of person to stay closely to quality recipes. (Some might state "stick closely" will be an understatement.!) It's been delightful to discover that, almost all enough time, what I make tastes wonderful regardless. It's uncommon that something as simple as a cookbook can free of charge a person to really step outside of their safe place and grow new self-confidence. Being a perfectionist, you may still find a couple of small ways I think the book could be improved. Morris is normally thoughtful enough to add a recipe for a pup smoothie, but there is absolutely no cat smoothie recipe. My cat attempts to steal my smoothies all the time (just today I switched my back again on a citrus smoothie for a moment and then find him through to the counter, his face shoved into my cup as he eagerly licked up the citrus tastes that the web swears repel all cats. Yeah, not mine. This looked like a publication that shouldn't have also made it out of the printing factory. Not really much. I'm a big enthusiast of Julie Morris, We am so deeply in love with her first reserve, "Superfood Kitchen", I make from it nearly every day and consider it the most effective cookbook I personal, so of course We was very excited to obtain my duplicate of "Superfood Smoothies!" There is a basic set of references in the rear of the book, but it is not clear which parts of this book are linked to which sources Morris references. Book Great thanks Must have for the kitchen! Other good points. I was greatly disappointed with this vendor!. The majority of the recipes have become tasty and healthful (I've never eaten therefore many leafy greens weekly in

my life).' Amazon's Choice provides Camu powder \$14. Therefore, after very much ado about nothing, I'm eliminating this book to create room for one we will in actuality use. Overall, that is an excellent book, accessible to beginners, with beautiful colorful pictures that will probably inspire readers to create their own "superfood smoothies." Also, while I love the convenient small icons following to each recipe indicating that a particular smoothie is certainly supportive of cardiovascular wellness or bone health or beauty or detoxification, the academic in me is normally murmuring "citation needed. We were consistently getting bored of the same kind of smoothies and this brought plenty of fun new recipes into the mix. Not just are the smoothie quality recipes REALLY TASTY, however they are so creative and incredibly thoughtfully concocted to increase health, flavor, and consistency. If you don't have a Vitamix, quality recipes works just as easily at whatever blender you do use. creative use for canned pumpkin puree), and cacao cream. There are so many more I can't wait to try!! I first started trying to turn around my health about a year ago by building green smoothies in my \$30 blender, mixing frozen blueberries, banana, chia seeds, kale and almond milk each morning for breakfast. Disappointing- ALL recipes demand a number of expensive, specialty health food store ingredients Disappointing..Bottom line, in the event that you buy this publication (AND "Superfood Kitchen" while you're at it! I actually've had this book for some months right now and am still making my method through these amazing dishes!! They are easy to find AND affordable in case you have gain access to to the internet!!" Creative, delicious smoothie dishes AND invaluable guide to easy, healthy life style! I live in an extremely rural isolated area, 1. I have seen some people here say this is not the best publication for a beginner, but I'd have to disagree. Just purchased hemp seeds, chia seeds, cacao nibs, and camu powder from their website. Another good brand that's less expensive is Sunfood Superfoods. They are the online sources I take advantage of: Nuts.com- Not only do they have awesome organic raw nuts and seeds of several varieties that I buy to create raw nut milks, in addition they offer many superfoods like spirulina, dried mulberries, yacon, cacao powder, acai powder, chia seeds, mesquite powder, wheatgrass powder, hemp protein powder, ect. This is simply not a yogurt, frozen berries and peanut butter reserve and it looks all vegan.com- I can find Sunfood Superfood brand products here, and have also found discounted prices from random other brands for from cacao powder, barley grass powder (starwest brand, similar to wheatgrass but often cheaper), acai powder, ect. Vitacost.com - BEST DEAL ON HEMP SEEDS! 3 lb handbag of Nutiva shelled hemp seeds for \$34 - I keep a small jar on the counter to sprinkle on salads and make use of in recipes and shop the others in the freezer, the handbag lasts me quite a while! There are also discounted prices on chia seeds and lots of various other things Swansonvitamins.), you are well on the way to create super healthy MAGIC happen in your kitchen! Also keep in mind that Navitas Naturals isn't the only brand that offers superfoods, Julie may promote them because she actually is their spokesperson, plus they are a fantastic company, but I find they have the MOST EXPENSIVE products in the marketplace, and you do not get very much for the price. I have also slowly expanded my superfood pantry over the last year, and wanted to spread some tips for locating ingredients and finding good deals.com- There is also the same deal on the 3lb handbag of Nutiva hemp seeds!) With this book, I have felt so free to substitute, adapt quality recipes to my very own personal flavor, and just generally say to myself, "ah, that's close enough. I've since improved to a vitamix, that makes it less complicated and more fun to blend my daily smoothie! I thought the name meant super-healthy and not sweet-tooth smoothies. Amazon. Perform you currently have readily available any dried white mulberry powder, Camu, lucuma or chlorella powder? For sure you must have sea buckthorn juice, period to de stem figs and one fourth them not forgetting time and money to

find, buy and retain in stock all the super-ingredients to make these recipes. Me? Even a table in the trunk listing which ingredients are and are not really toxic to cats could have been significantly appreciated. Bought this book thinking it was a resource our kids could use to produce a healthful smoothie but instead they thought the majority of the ingredients were 'suspect. The protein smoothies I've produced (there's a good mix of different smoothie "genres" represented here) really are as filling as a typical meal will be. 99 7oz, Lucuma \$14.99, MAQUI BERRIES powder 4oz \$11.99.. There's something very self-nurturing about sitting down with a fancy glass full of frozen healthy goodness. This book is helping me increase my smoothie repertoire so I can't ever, ever be bored with my smoothie! I quit after that. This publication might rather be titled Superexpensivefood Smoothies or possibly Supertimeintensive Smoothies. Once I acquired through the first 46 webpages to the start of the quality recipes I clearly realized how out of touch I am from the younger, skinnier writer who looks to end up being living a dreamy, glamorous LA life style surrounded by savvy substances, fresh new mangoes, ripe papayas and time to make her own almond ice. I did so love one recipe she included for the family members dog however this mom of four would be happy just to make 4 plain old fruit and yogurt smoothies with some still left for me. No nonfiction book is complete without good indexes, which you have two, both helpful. Nevertheless, this is a recipe book, not an academic paper, and therefore these drawbacks are very minor. Appreciate this. I am really amazed but not amazed that she proved yet another masterfully created and beautifully composed book of awesome recipes. Item resulted in damaged I purchased this book, and the copy I received was heavily damaged.) I'd really love in order to share some of my smoothies with him without having to research each ingredient's "cat-security" on the web first. I really believe the web pages will fall out as soon as I begin using it...!! That's in fact among the strengths of the reserve- Morris encourages readers to cast aside perfectionism and strict adherence to recipes with her "It's a smoothie, not a science" mantra. The list of 'low calorie' smoothies buried in the rear of the publication is for recipes 275 calories plus. So, definitely not a book to help with weight loss. Lots of reading involved. I was a total beginner to making smoothies when I bought this book, and after just a few months of smoothie making, I've easily learned enough from Morris to craft and adapt my very own recipes. Vitamix books are excellent in these areas. My favorites that I've tried so far are: cranberry orange (using frozen entire cranberries and OJ), acai pumpkin (yum! There's a few smoothies that i've all the time that are VERY good. I'll provide it a five star ranking. There's just a couple of smoothies that i've on a regular basis that have become good. Fantastic resource for healthy, seasonal smoothies! Many of the negative testimonials for this book appeared like the reason why was because they couldn't find the substances or they were very costly, which are totally bogus reasons for badly reviewing this incredible reserve! I agree with other reviews in that a few of the superfood elements can be pricey, but I buy one new ingredient every few weeks and have developed a bit of a superfood pantry to use in these smoothies. And. (And I actually omitted the maqui powder from that recipe, because I am still along the way of acquiring some of the more exotic ingredients! I really do usually add protein powder to mine however, I need to for sustenance. I completely recommend this book!



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