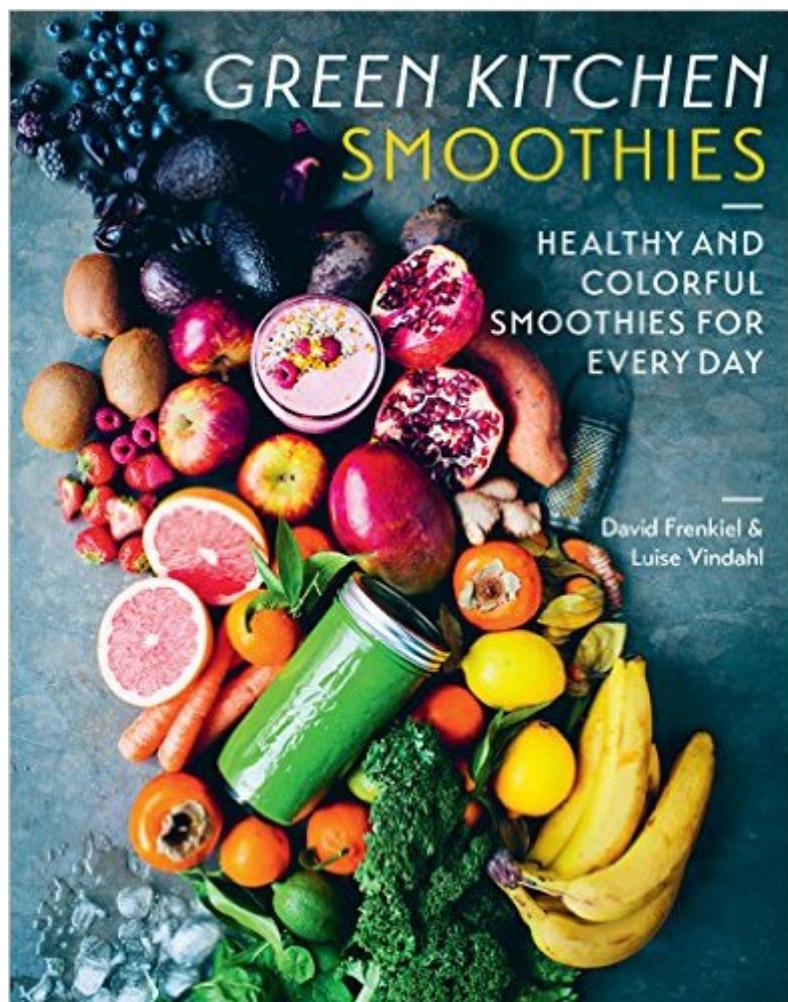


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# Green Kitchen Smoothies: Healthy And Colorful Smoothies For Every Day



## Synopsis

Delicious smoothies from the authors behind the award-winning and hugely popular blog Green Kitchen StoriesBestselling authors David and Luise now share their top smoothie recipes, as well as some new and exciting ideas. The book is divided into simple smoothies, post-workout favorites, breakfast ideas, energizers, desserts, and more. David and Luise also reveal their recipes for nut milks and butters, granola, muesli, as well as their favorite juices, which can be added to the recipes. Recipes include the Green Bowl, Sleeping-in Smoothie, Green Stamina Workout, the Warm Smoothie, and Apple Pie in a Glass. This is no run-of-the mill smoothie book. For anyone reluctant to switch to a purely liquid breakfast, there are snacks to go along with them. And for any Nutribulletâ„¢ experts who are looking for some new ideas, this is the perfect book.

## Book Information

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## Customer Reviews

There's a lot I like about this adorable book, but there are also a few major issues that keep it from being a solid 5 stars. I'm going to start with the things I did like about this book first, and then discuss what I didn't. Pros: So far I've made the goji-mango-turmeric, upside-down breakfast, greens for all, and blueberry power smoothies. They were all delicious and the recipe made plenty for myself plus another serving. I absolutely loved the goji, mango, and turmeric smoothie - it tasted so refreshing and different from any smoothie I've ever seen or made. [I liked it a lot more before I added the chia seeds - once I did that and chilled it before going to work, one of my co-workers told me it looked like I was eating marinara sauce.] The others were also excellent - very refreshing, flavorful, filling, and nutritious. Breakfast, before or after workouts, dessert, and snack time are all well-represented.

Every recipe is accompanied by a picture, so you know what the end result will look like. There's an incredible amount of variety here, and any reader should be able to find some really interesting recipes to add to their repertoire. There are green smoothie options, fruit-only smoothies, nut butter based smoothies, and a variety of non-smoothie recipes as well. Many of the recipes are vegan and many of them look like something even a picky eater (kid, other adult, whomever) would enjoy. They're naturally sweetened with fruit - a few call for dates, but many rely on the natural flavors of the ripe produce. **Cons:** It's billed as a book about smoothies, but 2 of the 6 chapters deal with making nut milks and juicing. I get the nut milk recipes, as many of the smoothies rely on nut or rice milks.

I have long followed the blog Green Kitchen Stories and own / regularly use the authors Green Kitchen Travels book so was excited to purchase their latest book. I think it's an important disclosure for anyone considering purchasing this that the title "Green Kitchen Smoothies" suggests this is a book about " and perhaps exclusively about smoothies, which is not quite the case. Though this is the main premise and most dishes center on the basic concept in some way -the book takes things step further exploring nut butters, granolas (things that you could use on top of a smoothie bowl) nut milks, desserts such as ice pops and semi fredo; and pudding bowls. For those that own their prior book; it was exciting to see this one chock full of new recipes which are divided up into basic recipes, simply smoothies, showstoppers (think toppings, creating layering and simply stunning beautiful concoctions), nut milks, juices and desserts. The book begins with looking at how best to utilize this book -which usefully contains advice for diabetics or those looking to lower even natural sugar content with substitutions; a look at the smoothies vs juice debate, suggestions about building a smoothie friendly pantry and most useful for me, a how to guide which explores tips on making the perfect smoothie with the ideal components and way to layer in the blender. As a girl who has taken a big gulp of my green smoothie only to ingest a soggy wet leaf from improper blending, this was a neat guide. The recipes are simple and well thought out: Basic recipes features ideas such as nut butters, granola and muesli, and then we go into the actual smoothies.

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