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Best Green Drinks Ever: Boost Your Juice With Protein, Antioxidants And More (Best Ever)



Synopsis

Model-turned-nutritionist Katrine van Wyk shows you how to take your veggie smoothie to the next level, by enhancing its benefits with added protein, fiber, and superfoods like acai and bee pollen—all to make sure your body's enjoying, truly, the best green drink ever. Why have green drinks gone from diet trend to diet staple, with Starbucks being the latest to jump on board? Simple: drinking green alkaline vegetables balances the body, clears the skin, and lifts the spirits. Katrine van Wyk shows readers how to enhance these benefits with added protein, fiber, and superfoods such as acai and bee pollen. By taking your smoothie to the next level, you'll find yourself satisfied more quickly, which means eating less of what you don't need. The results will shrink inches from your hips and add a smile to your lips! From the Cococabana to the Tropical Green to the Green Kiss, all these drinks sneak a bit of green into every sip.

Book Information

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Customer Reviews

If you have a Vitamix and prefer smoothies to juice, this is the perfect book for you. She takes the time to break down what foods do what for your body in a straight forward, easy to understand way. The recipes are laid out by benefit and most have a picture next to the recipe. I've been sipping my way through the book and so far am very satisfied. Check out her facebook page for additional recipes.

I'm really loving this book. It's super easy to read and fun looking with all the full page photos. But most importantly, it's really informative. It's not just a bunch of recipes, it has a little something for all levels of smoothie lovers. If you're just a beginner, then there is lots of info upfront on different ingredients, types of blenders, why even drinking green smoothies is beneficial. It gives you a low-down on all the basics, e.g., good sources of protein, why and when to buy organic, and a discussion about dairy. And then come the recipes. Lots and lots of inspiring and yummy looking recipes, with little "booster" tips along the way letting you know about the nutritional punch of certain ingredients. If you're looking for fun ways to add greens and great nutrition to your diet, then this is a great book to have in the kitchen. It's definitely inspiring me to eat better even beyond my smoothie regimen. Love it.

Love this book. There are plenty of diverse options for healthy smoothies and juices. Plus she gives you information on the medicinal value of some of the ingredients. I've been making green smoothies and juices for awhile now. This is my new go to healthy drinks book and has introduced me to whole host of new options.

Once again the publisher has destroyed the usefulness of this otherwise "EXCELLENT" book on why and how to add especially leafy green drinks to your health regiment. The recipes are excellent, with just a few ingredients needed. However, In trying to make the book "pretty", pages of information and recipes are in type color or against a background making actual reading (AND THEREFORE USE) difficult EVEN WITH A MAGNIFYING GLASS¹: Small white print on an apple green background, recipes in very light green against a white background but unreadable unless you are holding the book up to your face as you are mixing ingredients, black print against a simulated wood or over a picture of kale in background; or, as on pg. 152 where pale green recipe ingredients are against a medium brown background--totally unreadable! Same with pg. 130, and on and on. The publisher has done a tremendous disservice to the author and should reprint the book in a useful, readable form!

I wanted to start the year off right, doing the healthy thing. But \$10 for a juice at the juice bar? What do I look like, a railroad heiress? Best Green Drinks Ever takes away the intimidation of making your own drinks - with loads and loads of healthy, creative options that really do taste great and are easy on the wallet. Plus, the recipes are super easy to follow. 5 stars for getting me three weeks into the new year without falling off the bacon cheeseburger wagon.

Everyone considering a diet should read this book! Katrine Van Wyk succinctly describes why diet isn't about restriction but actually about including more nutrient rich foods into your life. She offers countless original and creative recipes. A few of my favorite recipes are pina colada, spiritual gangsta, and mint chocolate chip shake! This book is inspirational and makes incorporating nutrient-dense foods into your life a piece of cake!

If you are new to making juice like I was, this book breaks down green juice in an informative and simple way. The recipes are easy to follow and tasty. If you feel a little daunted by the thought of making your own juices at home, this book will put your mind at ease. From which equipment to use, to boosts with specific benefits, it covers all the basics. Definitely great to have on hand in any kitchen or home that is trying to maintain a clean and healthy lifestyle.

A cookbook for healthy drinks - simple and wonderful. I just want to drink green drinks, not to join a cult. Awesome!

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