



The Healthy Smoothie Bible: Lose Weight, Detoxify, Fight Disease, and Live Long

Farnoosh Brock

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Whatever your fitness regimen, health goals, or daily routine--this massive book of 100+ smoothie recipes has a recipe for every occasion. Potassium-rich bananas, free radical-fighting blueberries, nutrient-rich spinach, succulent mango, or light and sweet almond milk, every delicious natural ingredient you can think of pairs up in this smoothie bible for devoted followers of the healthy smoothie revolution that's sweeping the nation.

Author Farnoosh Brock shares her knowledge, discoveries, useful tips, and lessons learned from years of making smoothies and getting healthier from the powerhouse of nutrition from these drinks. She gives you the full scoop on how to get started, how to keep it simple, how to listen to your body as you add healthy smoothies into your life and how to heal your body and return it to harmony using the magic of your blender.

Wondering how to stay motivated after the initial excitement wears off? How to make smoothies quickly and efficiently while still keeping it fun and fresh? Farnoosh talks you through all of those situations, and gives you tips on how to manage each as you move forward with *The Healthy Smoothie Bible*.

So start your blenders--and enjoy this comprehensive resource about every aspect of the wonderful world of healthy smoothies!

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Date : Published April 22nd 2014 by Skyhorse Publishing

ISBN : 9781628737127

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Format : Hardcover 256 pages

Genre : Food and Drink, Cookbooks, Food, Cooking, Health, Nonfiction



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From Reader Review The Healthy Smoothie Bible: Lose Weight, Detoxify, Fight Disease, and Live Long for online ebook

Kim says

Great book for starting out, lots of good information. Chart on page 134 is excellent! Good index with references to ingredients, great find in a cookbook.

Steven Aitchison says

I had read and used the authors other book 'The Healthy Juicers Bible' which helped me clear me from the inside out, as well as helping me to lose 20lbs :)

I always thought that smoothies weren't as good for you as pure juices, but I now realise that's not necessarily the case.

I love the recipes, the way the author talks in a candid way about diet in general and her advice on the different types of blenders. Choosing the right blender was my biggest dilemma and I now have a much better understanding about the blender I should have. I have a blender already, but it's maybe not as good as other ones out there.

Okay, off to make my third smoothie, this time It'll be more green :)

Mike Jewell says

Smoothies as meal

replacements helped me to lose more than 50 lbs. in 5 months. This is a great book for anyone in a bit of a smoothie rut. I would suggest changing recipes quite often and utilizing the impressive library of recipes within the book.

Deanna says

I received this book free through "Goodreads First Reads". My husband and I have been looking for ways to eat healthier and this book will certainly provide us with recipes and advice how to do that. Looking forward to trying some new smoothie's.

Roberta says

Brock is an enthusiastic promoter of smoothies. If you are thinking about incorporating homemade smoothies into your diet and aren't sure where to start I think this would be a good book to read. In addition

to sharing a little bit about her history and why she started drinking smoothies there are inspirational stories about others who are also healthy smoothie aficionados scattered throughout the book with their particular recipe contribution.

This book is not a scientific look at the benefit of smoothies. There isn't a lot to say about equipment needs and ingredients but reading this did make me expand the kinds of vegetables I'm including in mine. Honestly I can't say I've ever made a smoothie that turned out to be un-drinkable but if you are new to making these and worried this might occur following the specific recipes in the books or the formula the author provides for concocting smoothies might be helpful until you get the hang of it.

Moonstone says

I bought this book because of its reviews. It has a lot of information on juicers v blenders, info about ingredients and plenty of coloured photographs of the recipes. Unfortunately I have decided not to keep it as I don't think I will use it. You would have to have an extensive store of ingredients or shopping list each week to keep your recipes varied. I will just carry on using the fruit and veg I have on hand.

Stephen Cranney says

A lot of these books are just glorified cookbooks, but this one really got into the art of green smoothie-ism and, most helpful for me, went over the generic fruits and vegetables that pair well together. I've had enough bad experiences with broccoli banana berry smoothie attempts that this was helpful.

Jodi says

I received my copy of The Healthy Smoothie Bible and find it to be a fun and easily accessible learning tool for healthy eating. I've enjoyed trying many of the smoothie recipes with my family. Thank you for a marvelous book!

Katherine says

Hard to review a self-help book about healthy eating but this is a good one. I'm already a smoothie lover but wanted the extra tips this book provides. Have not been disappointed--as a matter of fact, purchased her Healthy Juicer's Bible and a juicer, which has been on my wishlist for awhile. It, too, is an excellent book. Hopefully, I will be a good learner and benefit from my reading and purchases.

Jamie Cawley says

The ultimate guide to becoming healthy, happy and energetic.

The Healthy Smoothie Bible is an easy to read guide that outlines the ease, efficiency, and benefits of incorporating smoothies into your lifestyle.

Farnoosh shares her journey, inspiration, and knowledge about healthy smoothies.

I was impressed by the sheer volume of useful and practical information to get started in the world of smoothies and how I could easily search through the list of recipes by major ingredient.

Farnoosh talks about choosing ingredients, good combinations, and guidelines on mixing and matching for delicious results.

Despite my default aversion to anything green, this book managed to convince me to give it a try and now I'll never go back!

Chelsea says

I really liked that this author had a relaxed, non-neurotic or preachy approach to switching over to a healthy smoothie plan. She doesn't include caloric information (and actively discourages calorie counting) and doesn't advocate extended detox/cleanse regimens. She does provide a lot of nutritional information about typical, and not so typical, smoothie components, about how certain ingredients complement each other, and so basic tips for how to get started. She also talks about what to look for in a blender and how smoothies differ from juices. There are 128 recipes included, but I found the most useful part of this book (as a beginner) was getting ideas about what ingredients to use, and why.

Kandis the Noble says

Overall the book is a good basic foundational course in the health benefits of smoothies and how to prepare them and I would recommend it to any newbie to the subject like myself. I also like how the recipes are clearly taking taste into account and aren't so fanatical about health that they risk going into "might as well be drinking lawn clippings" territory. Brock goes well into explaining all the little nuances of healthy eating that often get misrepresented and lost in all the fad diet advertising shuffle. I also like the quick reference tags on the recipes that tell you exactly what you're getting with each smoothie.

Personally I was skipping a page here and there because sometimes it went into such detail that it was clearly meant for people who didn't spend anytime in the kitchen and new to food prep of any kind. That's not a complaint just an observation. After all you have to start somewhere and having those sections of the book for such people are appreciated and vital.

However, a couple things irked me. First while the author mentions they are lactose intolerant as why they do not use dairy in their smoothies there were no other substantiated reasons for avoiding dairy. I do like that the author isn't an Evangelical Vegan, quite frankly I'm sick of running into those when doing my healthy recipes reading and I'm saying that as a dietary-vegetarian, and readily accepts and validates the dietary decisions people make within the reasonable blanket framework of health. But coming at it from an academic perspective it would have been nice to have some sort of "here are the reasons why I keep my dairy to a minimum aside for my lactose problem" with citations attached.

Second, and this is completely a personal preference, as far as the detox recipes are concerned I would have liked more information. I'm coming at this book from an herbalist perspective and I'm used to seeing things like "basil calms upset stomachs and ginger is an anti-inflammatory etc." in regards to anything healing where plants are concerned. For example just a quick run down on some of the key ingredients functions like cilantro being able to push out heavy metals and stuff like that would have been nice. But I do realize it being a beginners book that may have added to the page length and been a bit of information overload for someone just starting out.

All in all I'd recommend it as a foundational book for smoothies and healthy lifestyle conversion.

Edith says

Great book to get you started on incorporating smoothies in to your diet.

Jamie Wallace says

When I first became interested in juicing and healthy smoothies, it was Farnoosh Brock who inspired me to take the plunge and give it a go. Because of her deep knowledge and unbridled enthusiasm, I gained the confidence to start my journey into what was then a strange, new land. Through her online community, I learned so much and got tons of support. Today, I enjoy healthy smoothies four or five times a week and it has changed my life.

The Healthy Smoothie Bible is perfect for both newbies and seasoned experts. Farnoosh has done a wonderful job of compiling not only an impressive collection of tasty recipes (including some from her community), but also includes some great "behind-the scenes" information that you need to really "get" healthy smoothies. From the different types of machines to the wide variety of ingredients and their properties, this book covers it all. She even shares specific brand names for particular ingredients so you don't have to worry about being confused by all the options on the market.

This aptly named "bible," includes sections on the lifestyle benefits of healthy smoothies; how to select, prepare, and store your ingredients; which tools you'll need in your kitchen to make smoothie prep a snap; and which smoothie recipes are best for different kinds of needs (from detox to meal replacements to a quick fix - there's a helpful "smart recipe tag" page that lets you quickly find just what you're looking for). And after all that, there's still room for 108 fabulous recipes!

Before I integrated healthy, green smoothies into my diet, I had a variety of health issues that had gone undiagnosed for years. From general discomfort to a couple of incidents that landed me in the emergency room with a morphine drip, these pesky issues had become an unpleasantly persistent part of my world. With Farnoosh's support and guidance, I successfully brought green smoothies into my diet and am delighted to say that all those health concerns have vanished. Instead of having to resort to a long-term "diet" of over-the-counter meds, I am able to "treat" myself (both in terms of my health and my happiness) to natural, fresh food that makes me feel good.

I gave this book 5 stars not just because I'm a fan of Farnoosh and her dedication to helping people live healthier, happier lives, but also because it really is an all-in-one resource for anyone interested in learning

how to make the best, most delicious, healthiest smoothies. Whether you're just starting out or have been at it for a while and want some new flavors and recipes to try, this book will be a great addition to your kitchen library.

Beth says

Meh....this book is not what I expected. I don't really know what I did expect though. I was new to smoothies and I am drinking them every morning now. The book certainly gave me ideas but some of the combinations are strange and not something I would be open to trying. The author gets really excited about smoothies. That's great but for me it is a healthy no frills breakfast that I can drink while working. I probably could have figured out my favorite recipes on my own. I seem to be more content with the basic and am not curious about the more unique or "seriously green" combinations. A big handful of fruit, a small handful of spinach, water, protein powder. Done!
