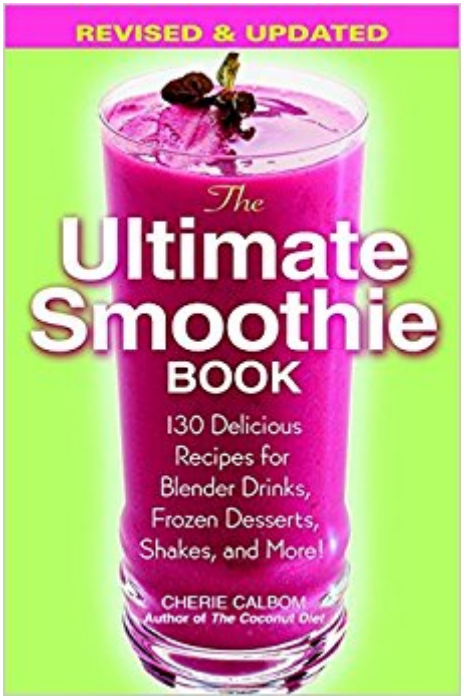
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The Ultimate Smoothie Book: 130 Delicious Recipes For Blender Drinks, Frozen Desserts, Shakes, And More!



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Synopsis

Written by nutritionist and renowned author Cherie Calbom, this text shows readers how to make scrumptious smoothies that will make them feel great. It includes charts that analyse calorie, fat, protein, and vitamin content of the smoothies.

Book Information

Paperback: 368 pages
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Customer Reviews

Cherie Calbom is known to millions for her frequent appearances on the QVC shopping channel as well as her infomercials with Jay Kordich and George Foreman

I have read all of Cherie Calbom's books and they are all great. She was very sick and bedridden and literally changed her health through studying and correcting her eating habits which included juicing and blending drinks for easier digestion. She proved that the body can heal for most illnesses as long as the body is given proper nourishment and love.

I really like this book because the recipes are simple, flavorful, healthy, and have easy to find ingredients...which is everything I look for in a recipe book. It has a wide range of recipes and most of them seem to be worth trying. There are fruit smoothies, veggie smoothies, soups, popsicle recipes, situation specific recipes such as ones for moms to be and much more. My favorite smoothie so far is the Chai smoothie on page 131...real simple and tastes fantastic: banana, milk of your choice, honey or other sweetener, cinnamon, cardamom, black pepper, coriander, cloves, and

ice...yummy! I also really enjoyed the Purple Power Pops made with just grapes and strawberries blended together...no added sugar but still tasted better than store bought fruit pops and much healthier! The recipes are to the point, easy to follow and she has helpful info about each one and how they benefit you health wise. Also, next to each recipe is a complete nutritional breakdown of what you are about to eat. I'm sure this will be the last smoothie book you will need to buy!oh, and I just wanted to say that I am not a novice when it comes to cooking or preparing smoothies so I have tweaked a few recipes to make it easier, more affordable, and less time consuming.....so don't be afraid to get creative...if you don't have one ingredient on hand and you know that it comes from a health food store and its not the main component of the recipe then just omit the ingredient.....also...you don't have to juice...you can get away with just blending the fruit or vegetable directly into the smoothie which adds more fiber anyway and tastes basically the same...so, yes, if you are not a novice at eating healthy and with cooking then I highly recommend this book...it gives you a wealth of ideas for those that are seeking something different from their usual lineup.

I bought this book based on the five star reviews. I was choosing between 500 Smoothie Recipes and the "Ultimate Smoothie Book". Now, the book has arrived, and I'm now sorry I bought it. Yes, the book has a few excellent pointers, but the quality and selection of the recipes were unsatisfying.The positives of this book is that detailed nutritional and caloric information is included with each recipe. There is also a section that teaches you how to choose organic fruits and vegetables in season, juicing and selecting a proper juicer. You can also learn how to make almond milk to use in other basic recipes (this is a plus for people on the Specific Carbohydrate Diet, where almonds are a necessity, and where store-bought almond milk is off limits due to added sugars). There is also a whole section dedicated to making coconut smoothies (including coconut oil/milk,etc; for health benefits), and coffee-break shakes, and smoothie pick-me-uppers. There are also shakes for weight loss, pregnancy, healing and body building.I have many problems with this book. First, I agree with another reader who criticized the lack of pictures in the book. Yes, I do own excellent recipe books without pictures like "The Joy of Cooking" and "Nourishing Traditions". But, in a smoothie book -- where results can be (and often are) inconsistent (take green smoothies for example) -- you want to know what the end product will look like before spending your hard-earned money to make one.Second, another concern, there are only five total Basic Smoothie recipes.Third, some of the recipes in the book have NOTHING to do with smoothies. There is a section dedicated to...(drumroll) TOPPINGS. Oooookay. Some might argue that the toppings could

be an excellent addition to top smoothies (like a sundae). Nope. The toppings are for things like breakfast granola and dinner entrees. Hunh? If I wanted a book on dessert and entree toppings, I would have bought a different recipe book. Complete waste.Last, I was hoping for more recipes for yogurt smoothies included. Not many were. I know that’s not something the author could have "foreseen" and I should have taken the time to look through the index, maybe, online, to see how many were included.My advice is to look at this book (through the online "look inside me" feature on .com, check it out from a library, etc; before purchasing this book. I give this book two and a half stars....only because of the nutritional advice, but warily.

Excellent service, highly recommend, A+A+A+A+A+

Very good book for great smoothies!

gift for daughter

Great Book with wonderful Recipes.

What I like about this book is that there are a lot of options for the type of smoothie you want to make. I specifically was looking for a book that was not just a fruit smoothie but one that included ingredients to make a more complete meal and this definitely hit the mark. Now that I have the information, I can apply the ingredients to other smoothies in the book and change them around as needed, to suit myself or my friends or family.

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