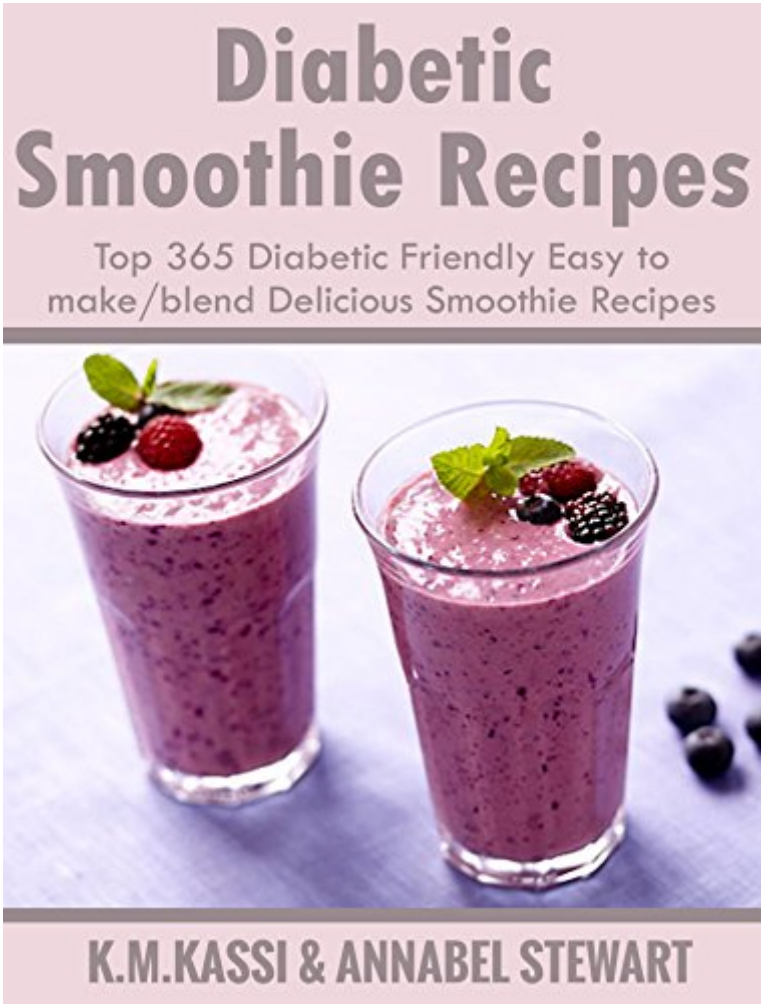
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Diabetic Smoothie Recipes: Top 365 Diabetic Friendly Easy To Make/blend Delicious Smoothie Recipes (1)



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Synopsis

Diabetic Smoothie Recipes- Top 365 Diabetic Friendly Easy to make/blend Delicious Smoothie RecipesToday only, get this Best Seller for just $2.99 Regularly priced at $6.99.Read on your PC, Mac, Smart phone, Tablet or Kindle device.There are a lot of healthy recipes in store for you. Go ahead and make your first This book contains proven steps and strategies on how to prepare the Top 365 Diabetic Friendly Easy to make/blend Delicious Smoothie Recipes. Creating a perfect glass of creamy smoothie requires proper timing, the right amount of water, and the perfect kitchen appliance. Here are some important tips for you to keep in mind as to not waste the ingredients and start all over again. Smoothies and Refrigeration TimeMaintain a creamy smoothie, you need some refrigeration time. The ice cubes will melt or the ingredients will soak up the creamy texture. Rule of thumb is to add chia seeds or flax seeds for that thick consistency. Should your smoothie turn into a porridge-like consistency, just add coconut milk or even water to help dilute it. Fruits - Fresh, Canned or Frozen? Diabetics should have restricted access to refined sugar. Canned fruits have hidden sugars that will affect the glycemic levels. It is advised to use fresh fruits instead. But what if the fruit you need is out of season? The next best thing to do is head to the frozen section. Frozen fruits will make sure your smoothies stay smooth and creamy. DonÃ¢â ¬â„¢t Add SugarYou can always substitute sugar with natural sweet tasting products such as raw honey or Stevia (powdered or liquid). Further in the recipe book, you will be introduced to green and leafy vegetables. An example would be the arugula. It has a distinct taste which may not suit your taste buds. Curb its after-taste by choosing stronger-flavored ingredients like mangoes. Be reminded you only need half a mangoÃ¢â ¬â„¢s cheek if you are diabetic since it is very sweet. I hope you enjoy it! Let the recipes in this book lead the way to a happier and healthier life.Take action today and download this book for a limited time discount of only $2.99!Tags: Diabetes, Diabetic Cookbook, Diabetic Recipes, Special Diet, Diabetic and Sugar- Free, Cookbooks, Food and Wine, Smoothie Recipes, Diabetic Smoothie Recipes, Diabetic Smoothie.

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Customer Reviews

Diabetic Smoothie Recipes: Top 365 Diabetic Friendly Easy to make/blend Delicious Smoothie Recipes (1) by K.M. Kassi and Annabel Stewart is a very useful composition for me which contains very creative ideas in preparing sweet and delicious drinks. The recipes mainly target the diabetic patients and I recommend this book for all the others as well. The authors have considered moving in to fruits, green leaves and vegetables in preparing these recipes and I really like the combination of spinach and cucumber. The author has described how to prepare smoothies with strawberries, bananas, apples and oranges as well. All the recipes are described with method of its preparation and ingredients. Almost all the recipes are easy quick cook guides and I am really hoping to enjoy my time preparing these.

I am a big fan of smoothies and the cover photo caught my eye. I enjoy trying new things and this book has plenty of those. I am looking forward to trying as many as I can. The ingredients all seem to be things my local stores carry and aren’t too costly either.This book is a very worthwhile recipe treasure trove for the kitchen!

As a diabetic i would recommend this smoothie recipe book, used many of them already and they are delish!.

This book is good for someone who is diabetic.. for the recipes are intended for them but we can

also try the recipes mention in here. It was very simple and looks delicious. Every smoothie recipes are easy to prepare.

It’s ok

I love that this book has a huge section about Kale! I am a big fan of Kale and I have been trying everything I can think of with it. I think there are at least 30 different Kale smoothies to try out. The Authors must have had fun coming up with so many unique things to blend together. The images are bright and exciting, they make the smoothies look like they will taste amazing. I am sure this is going to make my smoothies a big hit around here!

Good info

I have only been juicing for a little while now, but I havenÃƒÂ¢Ã â ¬Ã â„¢t seen anything but amazing results so far ÃƒÂ¢Ã â ¬Ã â œ I feel like I have more energy and IÃƒÂ¢Ã â ¬Ã â„¢ve even noticed IÃƒÂ¢Ã â ¬Ã â„¢ve dropped a few pounds.The problem I kept encountering, though, is that thereÃƒÂ¢Ã â ¬Ã â„¢s only a few books that focus on smoothies for diabetics; I noticed that some recipes in my other ÃƒÂ¢Ã â ¬Ã Ëœnormal ÃƒÂ¢Ã â ¬Ã â„¢ books would often lead me to being in a range of blood sugar levels that I am required to avoid, so faced with this issue I tried to find a book with recipes where that wouldnÃƒÂ¢Ã â ¬Ã â„¢t pose a problem. So, that being said, I came across K.M. KassiÃƒÂ¢Ã â ¬Ã â„¢s diabetic-oriented smoothie book and I havenÃƒÂ¢Ã â ¬Ã â„¢t looked back since. Everything IÃƒÂ¢Ã â ¬Ã â„¢ve tried so far has gone way above and beyond my expectations of taste and thereÃƒÂ¢Ã â ¬Ã â„¢s so many of them that I have no fear of becoming bored of the recipes. This book gets a huge 10/10 from me and I highly recommend it.

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