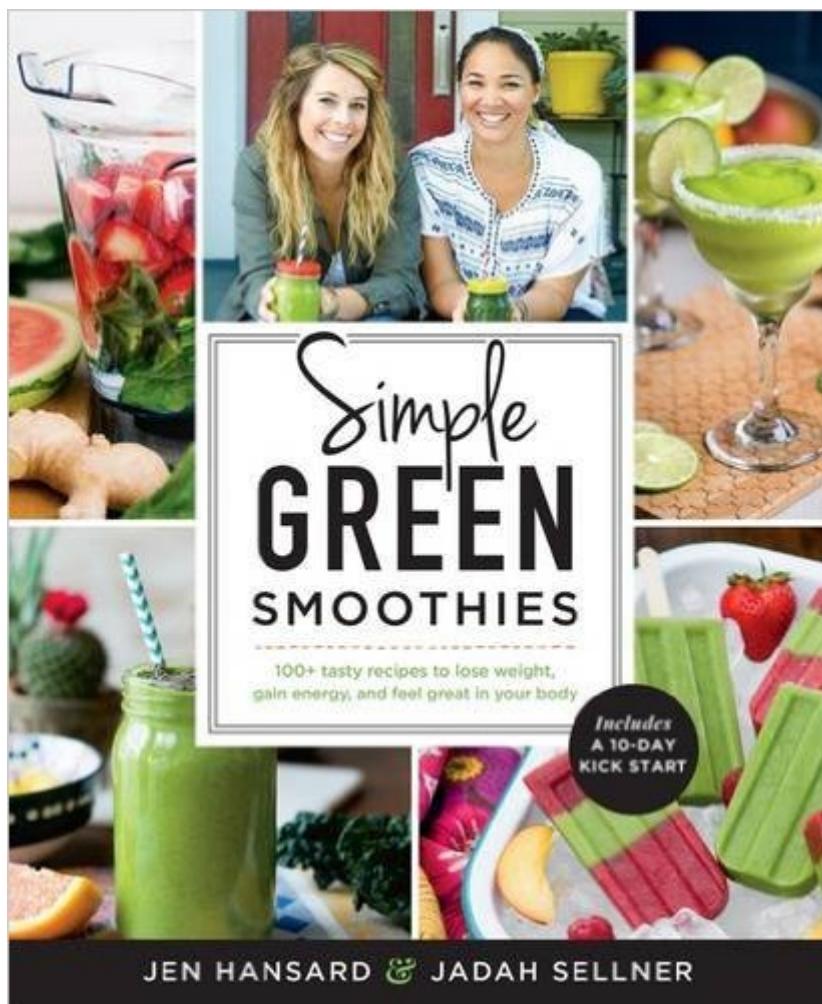


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Simple Green Smoothies: 100+ Tasty Recipes To Lose Weight, Gain Energy, And Feel Great In Your Body



Synopsis

Jen Hansard and Jadah Sellner are on a fresh path to health and happiness- deprivation not included. In their book, Simple Green Smoothies, these two friends invite you into a sane and tasty approach to health that will inspire and energize you on your own journey toward a happier life. The Simple Green Smoothies' lifestyle doesn't involve counting calories or eliminating an entire food group. Instead, it encourages you to make one simple change: drink one green smoothie a day. Simple Green Smoothies includes a 10-day green smoothie kick-start to welcome you into the plant-powered lifestyle, with shopping lists included. Follow it up with 100+ delicious recipes that address everything from weight loss to glowing skin to kid-friendly options. Hansard and Sellner are two moms raising their own families on healthy, whole-food recipes. They've seen the amazing health benefits of green smoothies firsthand- from losing 27 pounds to getting more energy. Their wildly popular website has changed the lives of over 1 million people and made them the #1 green smoothie online resource. Simple Green Smoothies will empower you to take control of your health in a fun, sustainable way that can transform you from the inside out. Ready to join the plant-powered party?

Book Information

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Customer Reviews

Okay - I'll admit I've only had the book for 24 hours - but I do already love it. :-) I had my first smoothie from the book this morning - and it had sweet potato, so I was of course a bit apprehensive - but it was fantastic. I needn't have worried. I've been enjoying the Simple Green

Smoothies lifestyle for almost a year now and Jen and Jadah rarely steer me wrong. I was first introduced to SGS via their 21-day cleanse - which I *highly* recommend. (look for it on their website) I've done it twice now and plan to do it at least 2x per year - forever. I can safely say SGS has changed my life. I have completely changed the way I eat, starting with having a Green Smoothie 5 out of every 7 days, or more. Having so many smoothie recipes in one book is going to be the best. Quite of the book is devoted to "setting up" and the "gear." (too much, imho) SO don't let that intimidate or steer you away. It's not a big deal and before you know it you'll be whipping up smoothies every day without thinking twice. I now have a complete routine and inventory of what's on the counter, what's in the fridge and what's in the freezer. It's just a matter of deciding which one to make when I wake up each morning. One final note: I especially love the book's index. Say you've got a pear on the counter that's perfect and ready to be eaten - today! - just look up "pear" in the index and there you go, all 10 smoothies featuring pear. Take your pick. Yum!!Love it.

I highly recommend this book. My first thoughts were beautiful photography, a realness to the message and super informative with all the recipes and tips. As a long time smoothie drink I thought I knew most of the tips. But within the first few chapters I was taking notes - deep cleaning my blender, setting up a fruit fly trap and inspired by the 10 day kickstart. In fact I head to Wegmans Supermarket and stocked up on some frozen fruit to add to my favorite greens - Spinach and Kale! I loved the focus on building one simple habit into your life. This book is proudly on display in my kitchen and often right next to my vitamix as I try a new smoothie! In fact I purchased another copy to give to my brother for Christmas! If you want to hear more about this book you can listen to a Simple Green Smoothies book review on itunes, on the Grow Better Greens Show Episode 23, but I recommend you buy it NOW and you can listen to the book review while you wait a few days for it to arrive! Enjoy, Happy Blending :-)

We've got 2 little girls under the age of 3 and they love stuffing our NutriBullet with the different ingredients from the book. After battling our oldest since day 1 with eating veggies... we've finally conquered the resistance with the recipes from the book. I'm red meat lover raised on the farm, but even I like my morning jolt of the good green stuff now. The recipe on page 117 is my go to now because it's fast, simple and tastes great.

This book seriously has everything you need to know about green smoothies, and then a whole bunch of recipes on top of that. I've only tried a few so far but they are all good. I just can't believe

how much helpful info there is, though. Any question I have about green smoothies, equipment I need to blend them, even about produce in general has all been answered so far in this book.

I got a copy of this luscious book from the authors, Jen and Jadah, who are dear friends...AND IT'S SO GOOD! I've been making and recommending green smoothies to clients for 10+ years, and their recipes take the kale-cake! Each recipe is fail-proof. The pictures are inspiring and make you want to run to the grocery store and get blending! There are smart recommendations in terms of "building a smoothie" (order of layering ingredients), and really great combinations that I hadn't considered before (mint and ginger?! YUM!). Yes, I know the authors. Yes, I received a free copy of the book to review...and YES, I will be buying extra copies for my siblings for the holidays this year!

I love this book so much, I had it spiral bound! The pictures are beautiful and the recipes are really delicious, making it soooo easy to start my day with healthy energy. The smoothie bowls recipes are an awesome bonus! Buy this book, you will not be sorry. I promise!

I have followed the Simple Green Smoothies website for about a year and always liked their smoothies, but found it tedious to constantly scroll through my phone looking for a recipe. I love having a hard copy book that I keep right next to my Vitamix. I will usually just search for an ingredient I want to use in the index, such as avocado or pineapple, and then find one that uses most of what I have on hand. They explain everything in great detail for those that are new to green smoothies, including how to substitute different ingredients. We now have a green smoothie almost every day for breakfast - even my 1 year old daughter is a fan! I gave copies of this to several friends and family over the holiday and they all love it. A MUST HAVE.

I cannot recommend this enough. Having been a fan for awhile via Instagram and their Rawkstar emails, I was anxiously awaiting their first recipe book. I knew it would be great but I'm beyond impressed. Every smoothie I have made has been delicious, the recipes are all easy, the tips and tricks are fantastic, and it's a lovely looking book too! Recipes are 2 servings each and I've found they all keep very well in the fridge. Add some mason jars and reusable lids/straws too for a great getting started gift!

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