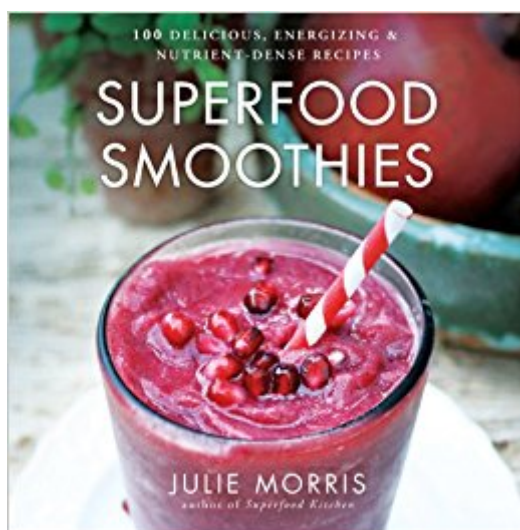


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Superfood Smoothies: 100 Delicious, Energizing & Nutrient-dense Recipes (Julie Morris's Superfoods)



Synopsis

Everyone loves smoothies – and this is the ultimate smoothie book, written by Julie Morris, author of Superfood Kitchen and a superfood expert! Morris whips up 100 nutrient-rich recipes using the world's most antioxidant-, vitamin- and mineral-packed foods, and offers innovative culinary methods for making your smoothies incredibly nutritious and delicious. Whether you're looking for an energy boost, seeking a gentle cleanse, or just trying to get healthy, you'll be inspired to power up the blender!

Book Information

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Customer Reviews

Julie Morris is a Los Angeles-based natural food chef and advocate of whole, plant-based foods and superfoods. She has worked in the natural food industry for close to a decade as a recipe developer, writer, cooking show host, and spokesperson and executive chef for Navitas Naturals, a fair-trade company that specializes in 100% organic superfoods. Her mission is simple: to share recipes and nutrition tips that make a vibrantly healthy lifestyle both easy to achieve and delicious to follow. To learn more about Julie and superfoods visit juliemorris.net.

I'm a big fan of Julie Morris, I am so in love with her first book, "Superfood Kitchen", I cook from it almost every day and consider it the most valuable cookbook I own, so of course I was very excited to get my copy of "Superfood Smoothies"! I am truly amazed but not surprised that she turned out yet another masterfully written and beautifully composed book of awesome recipes. Not only are the

smoothie recipes REALLY TASTY, but they are so creative and very thoughtfully concocted to maximize health, flavor, and texture. My favorites that I've tried so far are: cranberry orange (using frozen whole cranberries and OJ), acai pumpkin (yum! creative use for canned pumpkin puree), and cacao cream. There are so many more I can't wait to try!! I first started trying to turn around my health about a year ago by making green smoothies in my \$30 blender, mixing frozen blueberries, banana, chia seeds, kale and almond milk every morning for breakfast. I have since upgraded to a vitamix, which makes it easier and more enjoyable to blend my daily smoothie! This book is helping me expand my smoothie repertoire so I can never, ever be bored with my smoothie!! I have also slowly expanded my superfood pantry over the last year, and wanted to pass on some tips for locating ingredients and finding good deals. Many of the negative reviews for this book seemed like the reason was because they couldn't find the ingredients or they were too expensive, which are completely bogus reasons for poorly reviewing this incredible book!! They are easy to find AND affordable if you have access to the internet!!! I live in an extremely rural isolated area, 1.5 hours drive to the nearest sizeable town with health food stores, but I buy most of the superfood ingredients online and I get much better deals than I would in stores. Also keep in mind that Navitas Naturals isn't the only brand that sells superfoods, Julie may promote them because she is their spokesperson, and they ARE a fantastic company, but I find that they have the MOST EXPENSIVE products on the market, and you don't get very much for the price. Another good brand that is more affordable is Sunfood Superfoods. These are the online sources I use: Nuts.com- Not only do they have awesome organic raw nuts and seeds of many varieties that I buy to make raw nut milks, they also sell many superfoods like spirulina, dried mulberries, yacon, cacao powder, acai powder, chia seeds, mesquite powder, wheatgrass powder, hemp protein powder, ect..com- I can find Sunfood Superfood brand products here, and have also found good deals from random other brands for everything from cacao powder, barley grass powder (starwest brand, similar to wheatgrass but often cheaper), acai powder, ect. Vitacost.com - BEST DEAL ON HEMP SEEDS! 3 lb bag of Nutiva shelled hemp seeds for \$34 - I keep a small jar on the counter to sprinkle on salads and use in recipes and store the rest in the freezer, the bag lasts me a long time! You can also find good deals on chia seeds and lots of other things Swansonvitamins.com- They also have the same deal on the 3lb bag of Nutiva hemp seeds! Just ordered hemp seeds, chia seeds, cacao nibs, and camu powder from them. Bottom line, if you buy this book (AND "Superfood Kitchen" while you're at it!), you are well on your way to make super nutritious MAGIC happen in your kitchen!!

This is an exceptionally well-written book, and the layout is fantastic. It's easy to read, and making

all the smoothies is straightforward. There are a lot of nice pictures throughout. This is a bit of a food snob book, however. I've never heard of most of the ingredients, and this book emphasizes, basically, the "evil" dairy products, and God forbid whey protein! So, no yogurt or milk in these smoothies - those are for people that don't know how to use calories wisely. To name the most commonly used ingredients in this book: dried white mulberry, sea buckthorn berries, lucuma powder, Medjool dates, dried goji berries, maqui berry powder, and camu berry powder. It's written in a very friendly manner, and all of these weird-sounding ingredients are well-explained. But I wouldn't know where to begin to find them. If you buy them online, they are expensive. Sure, lucuma powder or goji berries may have more antioxidants than blueberries, but when I can find beautiful, fresh blueberries locally for a third the cost, I think I'll go with blueberries! It isn't written with a condescending tone, but it definitely thinks all other sources of vitamins and minerals from basic fruits and vegetables are for people living in the stone age. The most disconcerting thing is when I went to buy these ingredients online, many reviewers were saying things such as "not supposed to be eaten raw" or "sent me to the hospital with bad skin reaction". I'll stick with what I know, and what's locally available! There are plenty of nutritious and organic fruits and vegetables around that are more suitable for healthy smoothies!

If you're a novice smoothie maker, you will really appreciate how Julie took the time to go through the steps of smoothie making in great detail and will be introduced to amazing smart combinations. If you, like me, have been making smoothies pretty much everyday for the last 10 years, have exhausted your creativity to combine ingredients and could use some really unique, tasty and nutritious recipes, you will absolutely love this book. Superfoods may sound foreign if you haven't used them before and you don't necessarily need to buy every single superfood out there, you can certainly leave out the superfood suggestions for many of the recipes and still end up with a vibrant and nutritious drink. Some of the superfoods can be expensive but a bit goes a long way. Julie provides excellent information on each superfood, how, where and what form to buy, benefits, serving size and substitutions. I got this book on a Saturday and on the next day I basically ended up doing a smoothie day, each recipe I tried was so delicious, so full of flavor and was packed with so many nutrients that I kept wanting to try more recipes :-). Everything I've tried so far was absolutely amazing, really love this book, there are combinations of ingredients that I would have never thought of after so many years making smoothies. ** Update: Yesterday I started to explore one of the chapters called superfood shots, they are small, highly condensed smoothies, what a fantastic idea! Yesterday I had one called 'Stress recovery', there is one for energy boost, one for fighting cold...

Really interesting ideas!

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