

The Smoothies Bible By Crocker Pat 2003



The Smoothies Bible By Crocker

Aside from recipes for smoothies, The Smoothies Bible, Second Edition has a huge section on body systems and health conditions that smoothies are indicated for. Pat Crocker covers the best foods for blending and their actions, uses, how to buy store, and corresponding recipes.

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'The Smoothies Bible' by Pat Crocker and 'The Ultimate Smoothies Book' by Cherie Calbom both profess to be a complete guide to making all sorts of smoothies. In many ways, both are better than the book, 'Smoothies for Life' by Daniella Chace and Maureen B. Keane which I reviewed recently.

The Smoothies Bible book by Pat Crocker

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Drinking smoothies is the fastest, easiest and best-tasting way to achieve good health. In addition to its original 250 smoothie recipes, this new edition of The Smoothies Bible introduces 100 fresh, new recipes with even more antioxidant fruits and vegetables and classic cocktails with and without alcohol.

The Smoothies Bible : Pat Crocker : 9780778802419

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Pat Crocker is a culinary herbalist and professional home economist. She has written and lectured about herbs and health issues for over 25 years. Her most recent books, The Juicing Bible and The Healing Herbs Cookbook have each won International Cookbook Revue awards and The Juicing Bible has also won an award from the International Herb ...

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One of the easiest and most delicious ways to consume the recommended 5 to 10 servings a day of fruits and vegetables is to drink them. Packed with nutrients and low in calories, smoothies are a fast, easy and great tasting way to achieve good health. The Smoothies Bible is the most comprehensive source of information to explore and detail the health benefits of these easy-to-make drinks.

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