



Delicious Smoothie & Healthy Snack Recipes

Ericka Smits

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Enjoy 90 smoothie and healthy snack recipes!

If you love snacks, there's no reason to feel guilty. Snacks and that all-time favorite treat – smoothies – can be nutritious.

Smoothies offer an abundance of vitamins, minerals, antioxidants, and fiber. That's because these recipes call on fruits, vegetables, dairy products, and/or nuts. If you want to see how delicious nutritious snacking can be, take a look at the easy recipes that have been collected and assembled in this book. To get your day off to a great start or for a midday pick-me-up, whip up one of the luscious smoothie recipes. If you're craving a salty or sweet treat, got to the "Popcorn & Snack Mixes" section of the book. For those times when you have to eat on the run, turn to the "On-the-Go Snacks" for energy bars and muffins that are perfect for morning commutes or office treats.

Choosing the right snack is vital to maintaining a healthful eating style.

When hunger pangs tell you it's time for a quick bite, pick any one of these 90 recipes and enjoy!

Delicious Smoothie & Healthy Snack Recipes Details

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From Reader Review Delicious Smoothie & Healthy Snack Recipes for online ebook

Anne Camille says

A few interesting recipes that not all are healthy. First section is the strongest but the sections on snacks seemed weak, repetitive, and a lot like recipes most people have been making in their kitchen for decades. I expected this cookbook from its title to focus more on fresh fruits and vegetables. That may be my bias because I think those are healthier and it's what comes to mind when I read the word "nutritious". Lots of recipes call for prepared foods and things like chocolate syrup, candy, etc. Cream cheese on a veggie tortilla? Why? May be ideas for children's snacks but they're not necessarily nutritious. Telling somebody how to put fruit on a skewer or how to roll an ice cream cone in candy or chopped nuts don't really qualify as "recipes" to me unless you're teaching an eight-year-old some kitchen basics. That said, some of the recipes for smoothies are ones that I will try as there were a few combinations of fruit and vegetables in those recipes that I had not thought of previously. Smoothie part of this cookbook: good. The snacks section: A bit of fluff.

Thomas says

Starts with reasons to drink smoothies. They don't just taste good. My family tries to make them, but trial and error is not the best way to get the ratios right.

Then there are separate sections of recipes for the following

- 1) fruit smoothies
- 2) vegetable smoothies
- 3) drinks for kids
- 4) on the go snacks (includes energy bars)
- 5) popcorn and snack mixes
- 6) Party Treats

I've seen similar recipes on websites and in other books. However, Ms Smits has organized them nicely. Now, I don't have to hunt websites for ideas.

Great book.

Randy says

Weren't that practical.

Rachel says

rating may go up as I try more recipes

Megan says

The recipes seem easy enough to try and healthy.

Julie Barrett says

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Many health benefits are discussed at the beginning of the book as to why we should be drinking smoothies with fresh fruit and vegetables.

Choices as to what blender and what each offers in the way of features is talked about. There are also troubleshooting things if your drink isn't just quite right.

Many pictures and nutritional information for the recipes. Love the section for energy bars that you make yourself.

Spreads and other helpful recipes included.

Kay says

Found some recipes to try:

Mocha Smoothies, Chocolate-Peanut Butter Smoothies, Vanilla-Orange Smoothies, Chocolate-Banana Shakes.

Peni says

Good resource to have on hand.
