



365 Vegan Smoothies: Boost Your Health With a Rainbow of Fruits and Veggies

Kathy Patalsky

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Boost your health and feel great with a smoothie for every day of the year.

Popular food writer and blogger Kathy Patalsky loves sharing her passion for healthy, vegan cuisine.

With *365 Vegan Smoothies*, she makes it possible for everyone to enjoy this daily diet enhancement that is free of animal products (including honey) and the saturated fats, chemicals, and hormones that often accompany them.

From her frosty sweet 'Peach Pick-Me-Up' to green smoothies such as her revitalizing 'Green with Energy' Patalsky's innovative smoothie recipes are built around themes such as brain boosters, weight loss, healthy digestion, and detoxification. She also includes mood boosters, such as the 'Cheerful Chocolate Chia,' with B-complex vitamins and omega fatty acids to boost serotonin levels.

Featuring vibrant colour photographs and simple steps to stock a healthier pantry, *365 Vegan Smoothies* serves up the perfect blend for everyone.

365 Vegan Smoothies: Boost Your Health With a Rainbow of Fruits and Veggies Details

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From Reader Review 365 Vegan Smoothies: Boost Your Health With a Rainbow of Fruits and Veggies for online ebook

Sarah says

I always feel like I don't need a smoothie recipe, but I basically only make 2 different smoothies, so I've come to realize I'm probably wrong :)

As a vegan, I'm really happy to have an exclusively vegan smoothie recipe book - I always hate seeing recipes with unvegan ingredients, and I don't buy any unvegan cookbooks.

While looking over a different smoothie book, I thought of something else important that I really like about 365 Vegan Smoothies - smaller recipes! The other book I was looking at made 2-4 servings of a smoothie and used whole pints of fruits and large quantities of foods in each smoothie.

Several months ago I made up an oatmeal cookie smoothie for myself, and this book has a similar recipe, but so much yummiier than mine! Yummy. Raisins make an outstanding sweetener in smoothies!

Rachel Rooney says

I checked this out on a whim because I wanted more smoothie recipes. I have liked all the recipes that I have tried so far. I have not invested in all of the ingredients that she recommends, but just use what I have.

Belle S says

wonderful book. the best smoothie book I own, and I have a lot! so many flavor combinations I never even thought about!!

Bob says

Great book! So many different smoothies, easy to make with easy to find ingredients, nutritional info for each recipe, great photos, a nice section with substitutions, etc!

Kristin says

Awesome recipes! If you love smoothies (or anything delicious and healthy), then this book is for you! <3

PorshaJo says

I really enjoyed this book and now I need to purchase it. I grabbed this from the library recently and spent a day reading the entire thing. I thought I was pretty good at whipping up a smoothie but it appears now I am a novice. I love all the different combinations. I need to eat more fruit and this book will help with that. Being in Pittsburgh we do not have a wide variety of locally grown fruit so I tend not eat as much. But now I'm setting a goal to try and get through each of the smoothies in this book.

Manybooks says

While I have generally and indeed sometimes even absolutely loved the flavourful and scrumptious featured recipes of Kathy Patalsky's 365 Vegan Smoothies: Boost Your Health With a Rainbow of Fruits and Vegetables and have tried and also much enjoyed, savoured the majority of them over the past year or so, I simply cannot fully understand why almost ALL of the delicious (and nutritious) fruit and vegetable based concoctions usually tend to contain (sometimes copious amounts of) additional, of extra sweetener as part of the main list of ingredients (not white sugar, not honey perhaps, but really, even adding maple or agave syrup is only very marginally better than adding processed white cane sugar and still for all intents and purposes just a total carbohydrate spike with not much if any added nutrients). For honestly, since these smoothies are all and sundry fruit and vegetable based, they already and by necessity and nature do contain rather much naturally occurring simple sugars already and therefore (at least in my opinion), adding additional sweeteners will or at least should not be all that necessary, except for perhaps as a very rare treat, if one wants to imbibe a smoothie as a replacement for a sweet and decadent dessert.

And personally, I have indeed generally omitted any or at least most of the additional sweeteners suggested in the 365 Vegan Smoothies recipes when I have made them for myself (for my personal consumption and enjoyment). And yes, I have generally found the end results not only exceedingly tasty but for my own private palate in fact considerably superior flavour-wise to the few times, I have actually followed the recipes to a T and have added the agave syrup, maple syrup etc. suggested by the author. I guess this is all first and foremost a matter of personal taste and personal likes, but really, considering that it is becoming more and more obvious and even scientifically proven that simple carbohydrates, that especially simple sugars are not only a major addiction, a major craving for many people, but also a real and problematic long term health concern and issue, in my own very humble opinion, I truly think that Kathy Patalsky should NOT have included agave syrup or other sweeteners in her 365 Vegan Smoothies as part of the main ingredients list (that she should have made ALL sweeteners, syrups and the like wholly and totally OPTIONAL, as that much added sugar should really not be promoted as being all that healthy, especially considering that 365 Vegan Smoothies very specifically claims to totally be thus).

Barb says

I have used this book the past year - making a couple smoothies a week. It is an amazing book with creative smoothie recipes that I would have never, ever thought of myself. The smoothies have also come out just like they do in the pics, and are DELICIOUS!

Bob says

What a creative book!

I'm used to the SOS (same old smoothies) but this book is an eye opener -- I've tried a couple recipes and they were delicious (and easy to make).

Book is well organized. Love the 12 different sections, and also LOVE how alternatives are given for ingredients (in case you don't like bananas, you can use the alternative).

Kris Siegel says

My beloved Vitamix & I are looking forward to trying all of the delicious recipes in this book. The photography is amazing!

Jennifer says

Decent on ideas, most are not low calorie. It isn't a good idea to drink that much soy, unless you are trying to make hormonal changes and even then there is debate. Not all of the smoothies need nut milk either. Just extra calories in my opinion. But overall if I am trying to think of what to make it's good enough for ideas.

Seattle Soul says

This is a great book on easy, healthy smoothies made with fresh ingredients. Kathy breaks down her recipes into helpful categories and provides extremely helpful nutritional information. I plan on giving this book as Christmas gift this season.

Emily says

I found a lot of good recipes. I can't wait to try them out!

Sarah Fox says

Love this book! I have found so many amazing recipes by Kathy. I love being inspired everytime I pull it off my shelf.

L says

I love this book. I used to think, "Who needs a recipe for a smoothie?!" But that might be why my smoothies all came out muddy-colored and tasting the same (like bananas). I haven't tried every recipe in the book yet, but all that I've tried so far have turned out great...and tasting like more than bananas. Even when I don't have an ingredient and make a substitution, my smoothies are turning out better than they ever did before.
