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Best Green Drinks Ever: Boost Your Juice With Protein, Antioxidants And More (Best Ever)



Synopsis

Model-turned-nutritionist Katrine van Wyk shows you how to take your veggie smoothie to the next level, by enhancing its benefits with added protein, fiber, and superfoods like acai and bee pollen—all to make sure your body's enjoying, truly, the best green drink ever. Why have green drinks gone from diet trend to diet staple, with Starbucks being the latest to jump on board? Simple: drinking green alkaline vegetables balances the body, clears the skin, and lifts the spirits. Katrine van Wyk shows readers how to enhance these benefits with added protein, fiber, and superfoods such as acai and bee pollen. By taking your smoothie to the next level, you'll find yourself satisfied more quickly, which means eating less of what you don't need. The results will shrink inches from your hips and add a smile to your lips! From the Cococabana to the Tropical Green to the Green Kiss, all these drinks sneak a bit of green into every sip.

Book Information

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Customer Reviews

Katrine van Wyk came to New York from Norway as a model. Her personal struggles with food allergies led her to attend the Institute for Integrative Nutrition. She is now a wellness expert for MindBodyGreen.com and a certified 200 RYT yoga teacher. Van Wyk helped develop smoothies and juices for Equinox's juice bars in London and Toronto. She lives in Brooklyn, New York. Dr. Frank Lipman is the founder and director of Eleven Eleven Wellness Center in New York City.

I absolutely love this book!! I saw it at an IFM Conference on a table with about a hundred other juicing books. I was looking for a simple book with juicing recipes and this one RESONATED with me when I opened it Not only are there fantastic, simple juice recipes (if you have a juicer), but I LOVE that there are recipes for green drinks you can make with a blender (not everyone has a juicer). Blended green drinks is a great place to start. I am a nutritionist and find myself recommending this book regularly. We even added it to our store at Sanoviv Medical Institute. Recipes are simple with ingredients you most likely have or are easy to get. Drinks are fantastic! I like the short information pieces that help readers understand the benefits of certain greens, herbs, and spices. I LOVE this book's simplicity.

I love both of these books but am only a beginner. I've read them through, learned, prepared mentally, prepared supermarket, prepared little stashes of frozen cups of fruits and avocados, and berries and cucumbers, spinach, etc. It's so handy!! And then finally began with a few of the simple Green Drinks - also some yoghurt/fruit smoothies...and they're wonderful!! Easy and delicious!! Will get back to you on the Green EATS...

I wanted to start the year off right, doing the healthy thing. But \$10 for a juice at the juice bar? What do I look like, a railroad heiress? Best Green Drinks Ever takes away the intimidation of making your own drinks - with loads and loads of healthy, creative options that really do taste great and are easy on the wallet. Plus, the recipes are super easy to follow. 5 stars for getting me three weeks into the new year without falling off the bacon cheeseburger wagon.

This book is really awesome. I've got it, my mom's got it, her friends have got it, and i've given 2 or 3 of them as gifts now. The author puts this in an excellent simple way for people to learn about incorporating healthy ingredients into your blender and into your life. The recipes are also good. Me and my mom are getting ready to do a green drink cleanse and we're going to use this book for most of our recipes. Love this book and highly recommend it! I'd even recommend endeavoring at least 2 recipes a week for breakfast until you've tried a bunch of them.

For someone always looking for new ways to get greens into my diet this is a great guide for all kinds of delicious and healthy smoothies. She provides a clear cut case for why you should drink smoothies and details out the benefits. For someone looking for alternative protein sources other than meat and dairy it's good to have her guide which contains a discussion of other sources of

good

proteins.<http://www.shelbysguide.com/blog/2014/12/13/a-good-cookbook-is-a-great-kitchen-tool>

Love this book - it's my favorite juice/ smoothie book. Has some really great information and teaches you how to build juices & smoothies -- which is nicer than simply a collection of recipes.

For anyone thinking about not purchasing this book...I'd have to say go for it. The recipes are spot on and delicious; I've already made several smoothies, which have all been great! Yes, it is an acquired taste for some folks to drink kale or the bitter taste of dandelion root with cacao (Dandelion Detox page 92), which first made me cringe at the thought, but once I blended it all together and took a sip, I was pleasantly surprised and satisfied. This is my go to book for healthy smoothies.

Love this book. There are plenty of diverse options for healthy smoothies and juices. Plus she gives you informational on the medicinal value of some of the ingredients. I've been making green smoothies and juices for awhile now. This is my new go to healthy drinks book and has introduced me to whole host of new options.

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