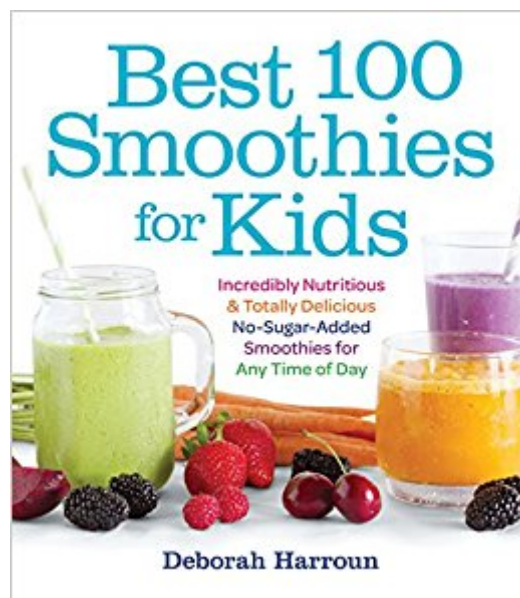




The book was found

Best 100 Smoothies For Kids: Incredibly Nutritious And Totally Delicious No-Sugar-Added Smoothies For Any Time Of Day



Synopsis

We all know how important it is to give our kids a healthy, balanced diet. But how best to make sure they are getting all the vitamins and nutrients they need when fruits and vegetables are some of the least favorite items on their plate? Popular food writer, blogger and mother of three Deborah Harroun has the answer in 100 delightfully flavorful and nutritious recipes for kid-friendly smoothies. Her newest cookbook, *BEST 100 SMOOTHIES FOR KIDS* offers up kid-test and kid-approved recipes that are sure to please everyone in the family. The book includes recipes for fruit- and vegetable-based juices, as well as a variety that combine fruits and veggies or get their flavor and nutrients from things other than produce. The chapters include Breakfast Smoothies, Lunch and Lunchbox Smoothies, Snacktime Smoothies, Smoothies for Dinner, and Dessert Smoothies. Two special chapters cover Holiday Smoothies, such as pumpkin-flavored smoothies for Thanksgiving or Christmas, and Bedtime Smoothies, made with tryptophan-rich milk bases and with soothing ingredients like chamomile, cinnamon, vanilla, and lemon. What's better than a well-fed and happy child who falls asleep easily after a busy day? Harroun also provides a variety of different options for creating the perfect smoothie, with recipes that include milk- and yogurt-based smoothies as well as dairy-free options made from juice, water, rice milk, almond milk, and soy milk. There are even numerous gluten-free and vegan options as well. Harroun serves up a hundred bright and colorful, healthy and satisfying drinks in this new four-color and photo-rich cookbook. The emphasis throughout is on providing a wide range of flavors, colors, and nutrients, guaranteed to broaden the horizons of any child who thinks carrots or apples are the only acceptable items from the supermarket's produce section. Parents - and doctors and dentists - can take heart in the fact that Harroun uses no processed or white sugar for sweetening her smoothies. With all these options for creating inspired smoothies, parents no longer have to worry about making sure their children are getting all the nutrition they need. The only challenge is figuring out which of these delicious recipes to try first!

Book Information

Paperback: 208 pages

Publisher: Harvard Common Press (May 19, 2015)

Language: English

ISBN-10: 1558328475

ISBN-13: 978-1558328471

Product Dimensions: 7.1 x 0.6 x 8 inches

Shipping Weight: 2 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 20 customer reviews

Best Sellers Rank: #130,847 in Books (See Top 100 in Books) #23 in [Books > Cookbooks, Food & Wine > Kitchen Appliances > Blenders](#) #36 in [Books > Cookbooks, Food & Wine > Special Diet > Cooking for Kids](#) #104 in [Books > Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies](#)

Customer Reviews

[View larger](#) Strawberry Oats Coconut Chia Smoothie from Best 100 Smoothies for Kids Makes 4 (8-Ounce) Servings Oats are a great addition to a morning smoothie, as they keep the kids full for longer. Some people swear by grinding the oats beforehand so that they will blend in better, but I don't usually have the time to take that extra step, and for the most part my kids don't mind the extra texture. But if texture is an issue with your kids, run the oats in your blender until they are powdery before adding the other ingredients. Directions 1. Pour the coconut milk into a blender. Add the strawberries, oats, chia seeds, and sweetener. 2. Blend until smooth. Serve immediately. Note: Coconut Milk Beverage I use the coconut milk beverage that's sold in shelf-stable boxes •not full-fat, canned coconut milk. The coconut milk beverage is thinner and easier to incorporate into a smoothie than the canned coconut milk. Coconut milk is lower in protein and calcium than cow's milk, but it is also lower in calories. It does have a light coconut flavor that will be recognizable in some smoothies, so keep that in mind if you are substituting it for cow's milk. Read the label to make sure that the product contains only coconut milk and filtered water. Do not substitute coconut water for coconut milk beverage in the smoothie recipes. Recipe copyright 2015 by Deborah Harroun and used by permission of The Harvard Common Press. Ingredients 2 cups coconut milk beverage (see note below) 2 cups frozen strawberries 1 cup old-fashioned oats 1/4 cup chia seeds 1 tablespoon agave syrup or honey

Deborah Harroun is the cook, writer, and photographer behind the popular blog Taste and Tell, which she started in 2007. Her recipes and writing have been featured in print in Every Day with Rachael Ray magazine and online at The Kitchn, Huffington Post, Babble, and the websites of Bon Appetit and the Salt Lake City Deseret News. She has written two books: Best 100 Smoothies for Kids and The Red Velvet Lover's Cookbook. She appears frequently as a cooking expert on local television in Salt Lake City, where she lives with her husband and three children.

This book makes a great gift. Kids love it and parents love it too. I have given away more than twenty books . The pictures are colorful and appetizing. Beside creating delicious smoothies the recipes are easy to read and encourage healthy eating. Kids are also encouraged to learn fractions. No sugar is added to any of the recipes. Get your blender ready.

Everything I've made has been yummy, however have learned that the under ripe bananas some recipes call for is too "green banana" tasting for my family, so I just substitute ripe bananas in those recipes. Lots of variety to get fruits and veggies in kids!

Good recipes and pictures. Gave me some smoothie ideas that I would never have thought of. Even some recipes I just want to try for myself. My son has loved all the ones I have tried so far.

Excellent book, we all like the smoothies.

This is the BEST smoothie book. The recipes have so much variety and every one we've made has been super tasty. Great for filling up hungry boys.

Purchased this for my grandson who is five. We have had a great time going through this book making smoothies. Drinking healthy can be fun.

Love this book, the recipes are perfect and my kids love to help me decide what smoothie to make. Great book!

My grandkids are going to get a kick out of this...So many great and simple ideas..

[Download to continue reading...](#)

Best 100 Smoothies for Kids: Incredibly Nutritious and Totally Delicious No-Sugar-Added Smoothies for Any Time of Day Sugar Detox: Beat Sugar Cravings Naturally in 14 Days! Lose Up to 15 Pounds in 14 Days! Step-By-Step Meal Plan And Recipes To Kick Sugar Cravings And ... diet, sugar free diet, low sugar diet,) Sugar Detox: How to Cure Sugar Addictions, Stop Sugar Cravings and Lose Weight with Sugar Detox Easy Guide (Include Sugar-free Recipes to Help You Get ... free Recipes, Detox Diet, Detox Cleanse) Sugar Detox: Beat Sugar Cravings Naturally in 30 Days! Lose Up to 15 Pounds in 14 Days, Increase Energy, Boost Metabolism! (Sugar Free Diet, Sugar Detox ... 30 Day

Detox, Weight Loss and More Energy) Smoothies: Everyday Smoothies For Beginners (Smoothie, Smoothies, Smoothie Recipes, Smoothies for Weight Loss, Green Smoothie, Smoothie Recipes For Weight ... Diet)) (healthy food for everyday Book 5) DIABETES: The Best Foods for Diabetes - 100 Easy, Delicious and Mouthwatering Superfoods to Reverse Diabetes and Lower Blood Sugar - The Smart Blood Sugar ... cookbook,diabetic food,diabetes mellitus) 14-day Zero Sugar detox diet: Sugar detox diet for beginners to Increase energy, smash cravings and lose weight.: Sugar detox diet for beginners to Increase energy, smash cravings and lose weight. The Belly Fat Cure Sugar & Carb Counter: Revised & Updated Edition, with 100's of New Items Added! Smoothies: 365 Days of Smoothie Recipes (Smoothie, Smoothies, Smoothie Recipes, Smoothies for Weight Loss, Green Smoothie, Smoothie Recipes For Weight Loss, Smoothie Cleanse, Smoothie Diet) Nutribullet Recipe Book: Delicious and Healthy Smoothies, Designed To Promote Weight Loss, Suppress Hunger, Boost Energy, Anti-Age, Detox and Cleanse and Much More! (Diet, Nutritious, Natural, Easy) The Best Homemade Kids' Lunches on the Planet: Make Lunches Your Kids Will Love with More Than 200 Deliciously Nutritious Meal Ideas (Best on the Planet) Diabetes: Reverse type 2 diabetes, lower your blood sugar, and live a healthier life in 12 simple steps (Diabetes, Type 2 Diabetes, Blood Sugar, Sugar, Insulin, Fat, Diet, Unhealthy Diet, Book 5) Mediterranean Diet: Mediterranean Diet For Diabetes-A Beginners Guide On Weight Loss While Lowering Your Blood Sugar To Reverse Type 2 Diabetes(Mediterranean ... blood sugar diet,the blood sugar solution,) Books For Kids: Natalia and the Pink Ballet Shoes (KIDS FANTASY BOOKS #3) (Kids Books, Children's Books, Kids Stories, Kids Fantasy Books, Kids Mystery ... Series Books For Kids Ages 4-6 6-8, 9-12) Ninja Recipe Book: Quick, Easy And Delicious Ninja Smoothies For Your Ninja Professional Blender (Ninja Bullet Recipe Book, Ninja Blender Recipe Book, ... and Smoothies for Weight Loss Book 1) The 21-Day Sugar Detox Cookbook: Over 100 Recipes for Any Program Level Medical Spanish Made Incredibly Easy! (Incredibly Easy! SeriesÃÂ) Pathophysiology Made Incredibly Easy! (Incredibly Easy! SeriesÃÂ) Diagnostic Tests Made Incredibly Easy! (Incredibly Easy! SeriesÃÂ) Dosage Calculations Made Incredibly Easy (Incredibly Easy! SeriesÃÂ)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)