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Healthy Super Shakes And Smoothies: 25 Sugar Free Dairy Free Shakes And Smoothies Recipes (Here's The DEAL - Healthy Weight Loss And Fat Burning Book 3)



Synopsis

Here's the DEAL: Got 5 minutes or less? Great! Now you can whip up creamy concoctions that are ice cream parlor quality - in the comfort of your own home! And every recipe is sugar free, dairy free and gluten free - so no need to feel deprived anymore if you have a food sensitivity or allergy. Here's what you'll find inside: * Vegan, sugar free and dairy free Shakes and Smoothies Recipes* Kitchen tested and developed for milk-and sugar sensitive kids and adults* Easy to find, immune boosting ingredients* Tips and ideas for substitutions and variations* Quick to blend instructions* Perfect for a quick breakfast, meal replacement, snack or dessert* Suitable for low carb dieters* Thick and creamy recipes that taste like ice cream - but without the dairy! In this super handy recipe book you will find 25 Delicious Sugar Free, Dairy Free Super Shakes and Smoothies to help you shake it up, shape up and slim down! Here is just a sampling of recipes inside: * Pumpkin Pie Spice Shake* Rich Cocoa Peanut Butter Bliss Shake* Coco-Bananaberry Smoothie Delight* Tropical Dream Supreme* Peaches and Cream Shake* Peanut Butter Cup Shake* Chocolate Cherry Chip Delight* Chocolate Hazelnut Super Shake* Mega Nutrient-Packed Powerhouse Smoothie... and many more! It's time to kiss diet deprivation goodbye and say hello to Healthy Sugar Free Dairy Free Super Shakes and Smoothies! Great for adults and kids of all ages.

Book Information

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Customer Reviews

I really appreciated the recipes in this book and many of the tips the author gives. I have struggled with sugar issues for over 20 years, and now with dairy and gluten, so these recipes are exactly what I needed! I also liked the fact that the smoothies are easy to make and smooth with lots of options and variations.

Another great resource for some delightfully delicious and easy to make shakes and smoothies! YUM! As a vegan, I am glad for this resource and truly appreciate the lack of dairy and sugar in these recipes! From the book's introduction: "With Here's the DEAL Super Shakes and Smoothies Recipes, you'll discover a variety of delicious, great-tasting recipes that are suitable for breakfast, meal replacement, desserts, snacks, or whenever you have a craving for a shake!" My favorite has to be the Pumpkin Pie Spice, it is SO rich and creamy while still dairy and sugar free! Definitely DELISH! All of the recipes include easy to find ingredients and quick to blend instructions. The introduction includes a great list of ingredients and options for nutritional additions as well. The only additional feature I would have appreciated is a nutritional content section for each recipe. The author explains her belief in eliminating calorie-counting in favor of tuning into how you feel and that is a great idea for sure but I'm still interested in basic nutritional information too. Many thanks, Megan, for this helpful guide and I'm surely looking forward to enjoying more of these special smoothies in my weekly routine! Disclaimer: I received a copy of this book from the author in exchange for my honest review. All expressed opinions are my own, and no monetary compensation was received for this review.

As a writer myself, I can appreciate something that is easy to read and understand. Megan Scott has an affinity for doing just that. Her book, Healthy Super Shakes and Smoothies, reads like a light breeze. Written mostly in first person singular, she uses her experience as Mom to her best advantage in describing her healthy and delicious creations. Although I have not made them all, those I have made came out tasting delicious, if not spectacular. This is the second of Megan's books in my library. I would not have wanted this one, if the first had not lived up to my expectations. She has hit this one out of the ballpark in masterful style.. James W. Battee, author Double Trouble on Corned Beef Row

Great and informational book; and practical too! I love the simplicity of the book on a subject that most people are interested in: healthy eating and weight loss ideas. Megan Scott explains, in terms anyone can understand, the nutritional information behind her recipes. I learned a lot of cool data about the ingredients she puts in her shakes and the effects of different foods on our bodies. Also, great shake recipes; can't wait to try them. She got me very interested in her other book about nutritional meals, too. Very inspiring!! I received a copy of this ebook in exchange for my honest review.

This book is great and came at a great time. I am learning to eat healthy and stay away from sugar! This book is going to be part of my new menu, I am working toward eating on purpose and this book will help me do that. I like her suggestion of keeping journal of what I eat and how I feel after I eat it... that should be revealing and helpful. Best-Selling Author Robin Bremer Use Your Words: Change your business, Family and Life

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Exercise Required (Belly Fat, Healthy eating, weight loss for women, low fat, ... wheat, detox, grain free, gluten free) 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,) SMOOTHIES: Antioxidant Power Super Healthy Smoothie & Ice Kreme Recipes For Kids (Smoothie Recipes, Green Smoothies, Healthy Eating For Kids, Juicing, Vegan, Weight loss) Superfood Paleo Smoothies: 101 Delicious Vegan, Gluten-Free, Fat Burning Smoothie Recipes for Vibrant Health and Easy Weight Loss (Gluten Free Cookbook Collection 3) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) Go Dairy Free: The Ultimate Guide To Going Dairy Free-How To Go Dairy Free Without Cutting The Cheese Green Smoothies for Weight Loss: Inexpensive, Simple Green Smoothies Recipes for Weight Loss That Gain Energy, Lose Weight and Make You a Healthier Person Ketogenic Diet: 21 Days To Rapid Fat Loss, Unstoppable Energy And Upgrade Your Life - Lose Up To a Pound a day (Includes The Very BEST Fat Burning Recipes - FAT LOSS CRACKED) Alkaline Smoothies: Lose Weight & Supercharge Your Health with Green Smoothies and Vegan Protein Smoothies (Nutrition, Alkaline Diet, Weight Loss Book 1) WHEAT BELLY DIET FOR BEGINNERS: Grain-Free, Wheat-Free, Gluten-Free Cookbooks and Recipes For Weight Loss Plans and Solutions Included! (Wheat Free Grain Free Gluten Free Weight Loss Diet Book 1) Super Mario: Ultimate Jokes & Memes for Kids! Over 150+ Hilarious Clean Super Mario Jokes! (Nintendo Memes, Nintendo Jokes, Super Mario Jokes, Super Mario Memes, Super Mario Bros)

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