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Smoothies For Diabetics: Over 100 Quick & Easy Gluten Free Low Cholesterol Whole Foods Blender Recipes Full Of Antioxidants & Phytochemicals (Natural Weight Loss Transformation) (Volume 100)





Synopsis

How Can You Go Wrong With 100% Superfoods Smoothies? Smoothies for Diabetics - fourth edition, contains over 100 Superfoods Smoothie recipes created with 100% Superfoods ingredients. No soy milk, no cows milk, no artificial flavors, only 100% natural Superfoods that deliver astonishing amounts of antioxidants, essential fatty acids (like omega-3), minerals, vitamins, and more. Superfoods Fruits in these Smoothies are carefully selected for Diabetics with diabetes type-2. More than 90% of recipes are Vegan. Superfoods are foods and the medicine and they offer tremendous dietary and healing potential. Superfoods slow aging, boost immunity, energize and detoxify. Would You Like To Know More? Download and start getting healthier today. Scroll to the top of the page and select the buy button.

Book Information

Series: Natural Weight Loss Transformation

Paperback: 156 pages

Publisher: CreateSpace Independent Publishing Platform; 4 edition (December 15, 2015)

Language: English

ISBN-10: 1519722184

ISBN-13: 978-1519722188

Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

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Customer Reviews

This book offers up a great variety of different types of foods that you can make with a good variety of ingredients. Of all the ones that I have tried from this book, I haven't found one that was hard to do and all of them were simply amazing. I love how easy it is to read this book and storing it is a breeze. I know that a lot of people have gotten away from actual cookbooks in favor of online versions, but this is truly one of those books that can and should be passed down among generations for great meals! I love i

Like so many e books, this one has many errors to fix that leave the person trying to make the smoothie wonder what "1 tbsp." Means. There are several entries for this mysterious ingredient where only the quantity shows with nothing listed after it. Please fix this book so it's useable. Until it's fixed, I wouldn't recommend it.

I can't wait to try every single one of these! I eat low carb almost always and usually adhere very closely to the Paleo diet! These recipes fit the bill and are delicious. All are low carb and awesome and almost all of them are also Paleo. I simply loved this book. Smoothie are always favorites , especially if you have kids around. We think of smoothie, we tend to think about the calories and its ingredients. But this book, surprisingly has low calorie smoothies with different flavorful tastes. I tried chock let/coffee smoothie and it turned out very well.. Definitely highly recommended book!!!!!!

There is no doubt these recipes are tasty and healthy... for anyone except a diabetic! Anyone who has ever made smoothies knows how to pack them with fruit. Mangoes, oranges and berries for diabetics? Seriously? These lead to sharp spikes in blood sugar. I bought this book with hopes of making smoothies without adding ingredients that I need to avoid. While there are a handful of recipes in this book that will work for me, the vast majority are just smoothie recipes. Period. Not "smoothies for diabetics".

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