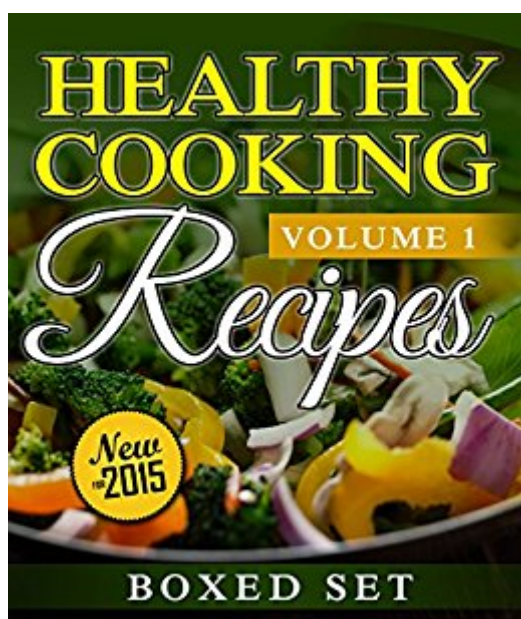


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# Healthy Cooking Recipes: Clean Eating Edition: Quinoa Recipes, Superfoods And Smoothies



## Synopsis

Benefits of healthy cooking include living longer and a decrease in cholesterol. You can see weight loss, or you can build muscle if you are underweight. Eyesight often improves, you won't feel as tired, and you can sleep better if you introduce healthy foods into your system. Nail and hair growth are improved. Potassium and sodium levels are regulated. Headaches tend to go away, and you will likely have more energy so that you can exercise and live a healthier lifestyle.

## Book Information

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## Customer Reviews

This is a pretty good cookbook. There are three different sections. The first contains three subsections, one on superfoods, one on quinoa, and one on diabetic recipes. The ingredients should not be terribly difficult to find. A well-stocked grocery store will have most ingredients. I was intrigued by the history and information on quinoa. It is an ancient food which is not a grain, but a seed in the family that includes spinach and beets. It is gluten free, so these recipes should interest those on a gluten free diet. The diabetic section is naturally low carb, and includes desserts. The second is on smoothies. I was surprised that the first smoothie recipe included sugar, however,

there are many others that look very good. The third is on green smoothies and eating clean. The clean eating section includes a 5 day sample meal plan. I would be more apt to use this collection if it were in a paper format.

This is more of a 3.5/5 than a 4, but I'm willing to round up just because there's SO MUCH in here. This is multiple cookbooks in one - a superfood one, a quinoa-centric one, and a diabetic diet one, followed by a section on smoothies. There are two cookbooks worth of smoothie recipes written by two different authors, the second of which is much better than the first. There's such a wealth of recipes in here, you're bound to find something good even if part of the set doesn't appeal to you. The first selection of 3 - superfoods, quinoa, diabetic diet - are awesome. Tons of variety here and tasty recipes to try. There's a good mix of meat and vegetarian options, and even a good percentage of vegan choices. Most of the recipes are pretty flexible, which the intro admits, so you could add meat to the vegan/veggie ones if you wanted to. I'm a fan of the tropical breakfast quinoa. Simple but yummy. I also like the Warm Lentil And Carrot Salad side dish from the diabetic section. (I'm not diabetic, but ain't nothing wrong with following the recipes if they interest you!) The best thing I can say about the first smoothie section is that it has nice, full-color pictures. The text of that section isn't especially well written, since the prose reads like someone writing with SEO in mind, rather than trying to address a real audience ... but the recipes themselves are OK I guess. I'm not generally a fan of adding sugar to smoothies that are already full of fruit, though, so I'd skip the extra sweeteners this author sometimes suggests. There are also some confusing ingredients like "fresh source water" scattered throughout. There's also a completely hilarious/insane section of 'smoothie poetry' shoved in there, for reasons I cannot even begin to fathom. They're worth a laugh, at least. I don't know; I think I'd like the whole package better if this part weren't in here at all. I'm trying not to let one weak book out of 5+ tarnish my review too hard since the others are good. The second smoothie cookbook is much better. The recipes in this one are awesome. I do wish this section had pictures like the first smoothie section did, but ah well, it's the content that counts. If you're looking for a bunch of recipes for green smoothies, this part of the set is fantastic. The Minty Melon Smoothie is A+, in my book. Formatting could use some additional work. Each book is linked in the index, but there aren't links to or lists of the individual recipes. I would have really appreciated a more functional table of contents or index. As is, browsing through on the phone/tablet/computer isn't very convenient. \*I received this book for free in exchange for my honest and unbiased opinion.

I love food, food is probably my favorite thing. I wanted to start eating healthier but I didn't want to

sacrifice flavor. I like that there is an entire section on superfoods, i had been studying on different superfoods so i could eat healthier and these recipes did not disappoint. I like that these recipes are simple to make and they also taste great. I like that they find ways to make quinoa flavorful and delicious. Their takes on healthy food are tasty and great . I received this product for free in exchange for my honest and unbiased review.

There are some really good recipes in here, and a number of them are small child friendly, which I love. Slow cooker beef and sweet potato curry was a huge hit with our daughter( I did have to sub for coconut milk as I'm allergic, but taste was likely minimally influenced by that) I took my Kindle with me on our last trip to the store and while I waited on my prescriptions to be filled, very easily found several things to make this week. I only needed a few things above basic stock ingredients, and the out of pocket was minimal. Yes, the writing is a bit simple thought despite there being more than one author, but I don't need all of my cookbooks to contain extra fluff I'm not likely to read anyway. If you haven't heard about Superfoods or Quinoa, you probably have been living under a rock. If you are considering this cookbook, you probably need some inspiration to break out of a rut or incorporate more healthy ingredients in your day to day with minimal fuss. This fits the bill nicely. Yummy. We will most likely cook from the Superfoods section of this compilation. It fits our personality well, but there is something in here for everyone. One of my biggest criticisms, however, is the serious lack of index. There are 600 pages in Kindle and that is a lot to navigate without a decent index and more comprehensive table of contents. I think some of the gems I found thus far I stumbled on due to good luck. Few of us have to time to scroll through 600 pages each time we need to meal plan. I do hope that Donna Butler continues to compile winners and put them in kindle format. I'm her newest fan. About to start on a nice mushroom and barley soup. I received this book for free in exchange for my honest review.

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