



Healthy Easy Cooking: Healthy Kale and Delicious Smoothie Recipes

Sarah Littlefair

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Healthy Easy Cooking Healthy Kale and Delicious Smoothie Recipes The Healthy Easy Cooking book showcases easy healthy cooking recipes and offers breakfast through healthy dinner ideas. The book is in two sections, the first showing the Great Kale Recipes Diet and the second is the Smoothies Diet. Each of these diets offers healthy easy recipes to make easy meals to cook and proving that preparing quick healthy recipes is a cinch, which is perfect for today's busy lifestyle. The Great Kale Recipes section has easy to cook recipes that offer kale as the main ingredient. Kale is one of the "super foods" because of the benefits it contains. There are breakfast recipes, a sample: Easy Breakfast Casserole and Kale Quiche. Soup recipes, a sample: Kale and Avocado Gazpacho and Sesame Kale Soup. Salad recipes, which include Tuscan Kale Salad and Pickled Watermelon Radish with Kale Salad. The main dishes include Cajun Chicken Skillet with Kale and a White Bean Soup with Chorizo and Kale. The desserts section (yes, desserts with kale!) includes Kale cookies and Kale cake. The Smoothie Diet section gives enough health food recipes to plan smoothie meals for several weeks. There are sections covering smoothie basics, liver detox information, drinking smoothies for weight loss plus the recipes. The fruit smoothies section is the largest and includes recipes like Kiwi Mint Smoothie, Cantaloupe Strawberry Smoothie and a Basic Sweet Grapefruit smoothie. The Green Smoothies sections feature recipes like Dandelion Smoothie, Romaine Lettuce and Avocado Smoothie and a lovely Rainbow Chard Smoothie. There are also sections for breakfast smoothies like Oatmeal Strawberry Smoothie and energy smoothies like the All Day Energy Smoothie as well as a five-day sample meal plan.

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