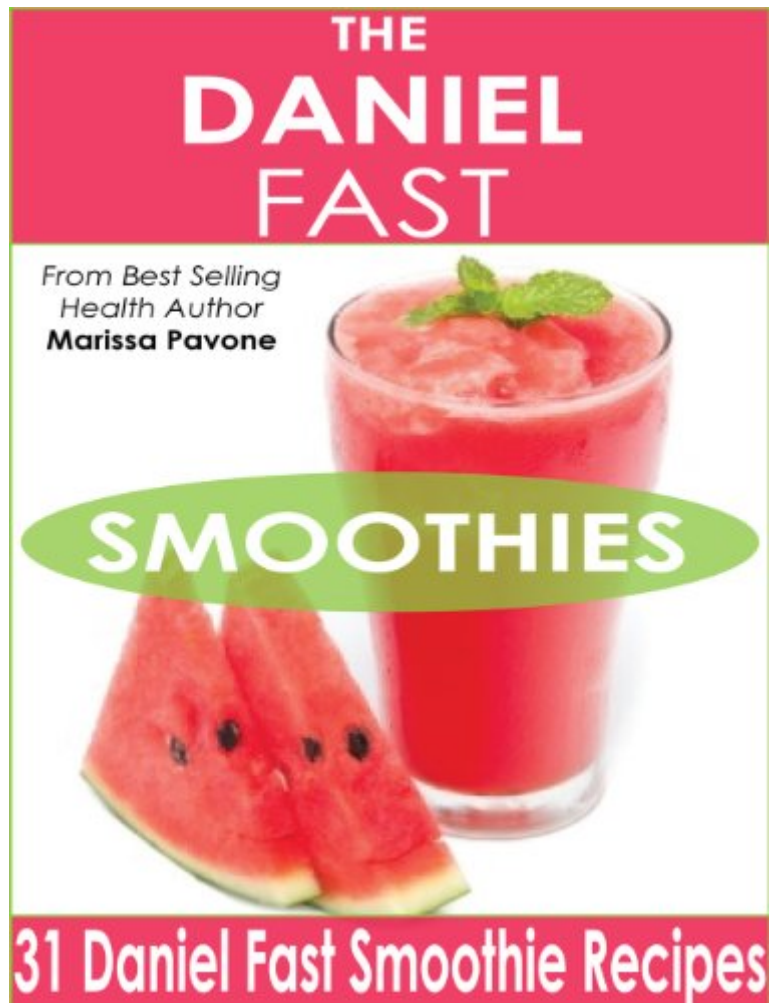


The book was found

# The Daniel Fast Smoothies: Easy, Quick, And Delicious Daniel Fast Smoothie Recipes



## Synopsis

Easy and Delicious Daniel Fast Smoothies  
The Daniel Fast is designed to bring you spiritually closer to God. Marissa Pavone brings you this Daniel Fast Recipe book to make that journey a little easier for you! You will find recipes that include:- Pineapple- Apple- Watermelon- Avocado- Bananas- and many more Daniel Fast recipes with approved foods. Scroll up and Grab your copy today!

## Book Information

File Size: 661 KB

Print Length: 40 pages

Simultaneous Device Usage: Unlimited

Publisher: Fresh Publications (January 25, 2014)

Publication Date: January 25, 2014

Sold by: Digital Services LLC

Language: English

ASIN: B00I25JSXA

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #64,920 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #13 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Drinks & Beverages > Non-Alcoholic #14 in Kindle Store > Kindle eBooks > Religion & Spirituality > Other Religions, Practices & Sacred Texts > Ritual #15 in Kindle Store > Kindle Short Reads > One hour (33-43 pages) > Cookbooks, Food & Wine

## Customer Reviews

Do not confuse the Daniel Fast with The Daniel Plan (by Rick Warren and Dr. Mark Hyman). It is not one of the books published by Rick Warren and the Saddleback Church. This book has some good smoothie recipes, but if you've ever made a smoothie before in your life, you know that you could come up with some of these recipes on your own. Nothing really enlightening about these ideas.

These recipes do not show any directions ( I guess you just blend it all in a blender) which is fine but it does not say how many servings a recipe makes or what it's nutritional value is or calories.

Too many sweet smoothies. Needs more ideas for smoothies that help control or balance blood sugar.

Doesn't the author have spell check or grammar check? It reads as though written by a six year old. I regret spending money on something so poorly written. I have not read anything else by her, but if all her writing is this poor, it puzzles me that anyone would want to buy her books.

It's a small book with just a few recipes. But the recipes are simple and easy. Perfect for my lifestyle. My only feedback is, I would have liked to see more recipes. But for 99 cents, I'm happy. Most of the recipes call for coconut milk. I guess if you don't like coconut milk, you could substitute Almond Milk.

there are a lot of delicious smoothies included in this ebook there are from my count 33 smoothie with really quick and easy ingredients most of the smoothies are made with coconut milk or almond milk lots of different combination of fruit and vegetable a great companion on your fasting or weight loss journey.

Does not specify if coconut milk (in almost all of the recipes) is canned or the kind in the refrigerated section. They can be very different in consistency and actual ingredients. One recipe says cold coconut milk and some specify unsweetened. Shouldn't they all be unsweetened for the Daniel plan/fast? If using the carton rather than canned shouldn't it all be cold -- so are we chilling canned coconut milk to make it thicker for this one? Some recipes state that the coconut milk could be subbed with almond milk (which leads me to believe that the coconut milk in that recipe is from the refrigerated section). I get that smoothie recipes don't necessarily need detailed directions, but some notes in the beginning about the ingredients would be good (is the default frozen fruit or fresh? Cartoned coconut milk, canned, refrigerated?). One recipe did specify a PEELED banana. :) Things just don't seem consistent. I would not purchase this or anything else from this author again and would not recommend to others. I would recommend Googling Daniel-friendly recipes. Also...whether canned or carton, be wary of additives as well as the product packaging itself (BPA).Also, I agree with another review about the "book" not specifying the type of blender/smoothie maker etc used. Many could be made with my Kitchen Aid blender...but I'm pretty sure I can't stick a whole beet with the leaves, a sliced apple, a peeled lemon, along with a handful

of spinach and end up with something drinkable. :-\

Good smoothie recipes but some have ingredients not allowed on the Daniel diet.

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

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) Smoothie Recipes - Top 200 Smoothie Recipes: (Smoothies, Smoothie Cookbook, Vegan Smoothie, Paleo, Green Smoothie, Smoothie Recipes For Weight Loss, Smoothie Cleanse, Diet, Juicing, Healthy Food) Green Smoothies - Top 200 Green Smoothie Recipes: (Green Smoothies, Green Smoothie Recipes, Green Smoothie Cleanse, Green Smoothie Diet, Green Smoothie for Everyday, Healthy Juice) The Daniel Fast: The Ultimate Guide To The Daniel Fast: recipes, Daniel diet, Daniel plan, Daniel fast for beginners, cookbook, vegan diet, vegan plan, prayer, fasting, weight loss The Daniel Fast Smoothies: Easy, Quick, and Delicious Daniel Fast Smoothie Recipes NUTRIBULLET RECIPES FOR KIDS: 100 Quick and Easy Nutribullet Recipes: Healthy Smoothie Recipes, Nutribullet Recipe Book, Easy Smoothies for Kids, Delicious Smoothie Recipes 10 Day Green Smoothie Cleanse: Detox Your Body with 10 Day Green Smoothie Cleanse and Lose Weight with Low Carb Cookbook (smoothies, green smoothie recipes, ... cookbooks, smoothies , sugar detox) Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) Red Smoothies: Over 80 Blender Recipes, weight loss naturally, green smoothies for weight loss,detox smoothie recipes, sugar detox,detox cleanse juice,detox ... - detox smoothie recipes Book 260) Smoothie Recipes: Ultimate Boxed Set with 100+ Smoothie Recipes: Green Smoothies, Paleo Smoothies and Juicing SMOOTHIES: Antioxidant Power Super Healthy Smoothie & Ice Kreme Recipes For Kids (Smoothie Recipes, Green Smoothies, Healthy Eating For Kids, Juicing, Vegan, Weight loss) 10 Day Green Smoothie Cleanse: Lose 15lbs with 10 Day Green smoothie diet For Weight Loss. Weight loss green smoothie recipes,green smoothies: Sip Up, Slim Down ! Lose upto 15 Lbs in 10 Days! Red Smoothies: 2 Manuscripts - Red Smoothie Detox Factor (Vol.1) + Red Smoothie Detox Factor (Vol. 2 - Superfoods Red Smoothies) Daniel Fast Smoothies: Scrumptious and Nutritious Blend of Flavors That Make Up a Mouth Watering Array of Smoothie Beverages Superfoods Today Red Smoothies: Energizing, Detoxifying & Nutrient-dense Smoothies Blender Recipes: Detox Cleanse Diet, Smoothies for Weight Loss Diabetes, Detox Green Cleanse for Weight Loss Energy Superfood Paleo Smoothies: 101 Delicious Vegan, Gluten-Free, Fat Burning Smoothie Recipes for Vibrant

Health and Easy Weight Loss (Gluten Free Cookbook Collection 3) Wild Diet Smoothie Recipes: 20  
Delicious and Official Wild Diet Approved Smoothie Recipes Alkaline Smoothies: Lose Weight &  
Supercharge Your Health with Green Smoothies and Vegan Protein Smoothies (Nutrition, Alkaline  
Diet, Weight Loss Book 1) Quick & Easy Recipes: Super Bowl Party Recipes: 35 Easy and  
Delicious Super Bowl Recipes, Appetizers, Dips, and More! (Quick and Easy Cooking Series)  
Healthy Smoothie Recipe Book: Easy Mix-and-Match Smoothie Recipes for a Healthier You

[Dmca](#)