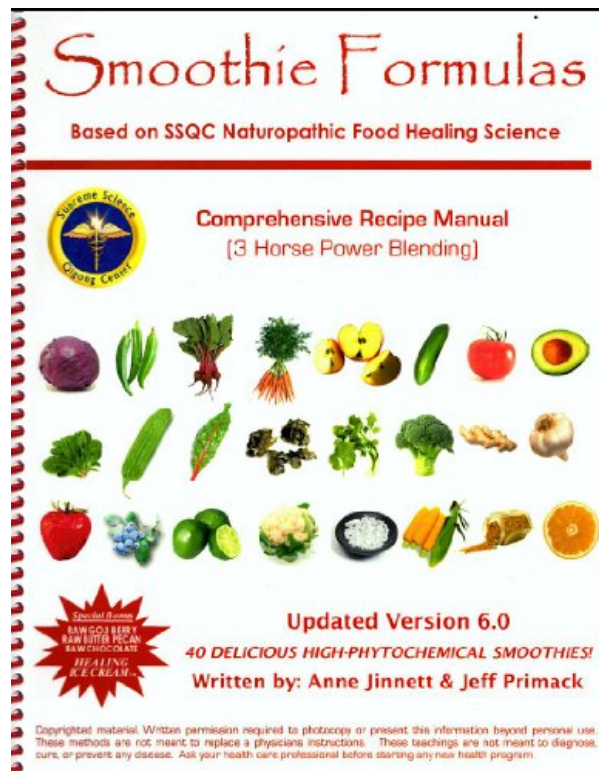


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Good recipes but incomplete instructions

By Kay West

This book has a ton of great whole food smoothie recipes for various ailments and illnesses. The one thing that could make it more helpful is more explanation about prepping - since you use the whole vegetable or fruit, a section on prep work to illustrate the amount of each to use would be welcome - i.e. do I keep the beet greens or carrot greens? Should I peel the ginger or not? There are some references to "see CAP manual" (or similar) for further information, but no indication of what this is. I assume it's another book, but for the price of this manual, I would have appreciated a stand-alone document.

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