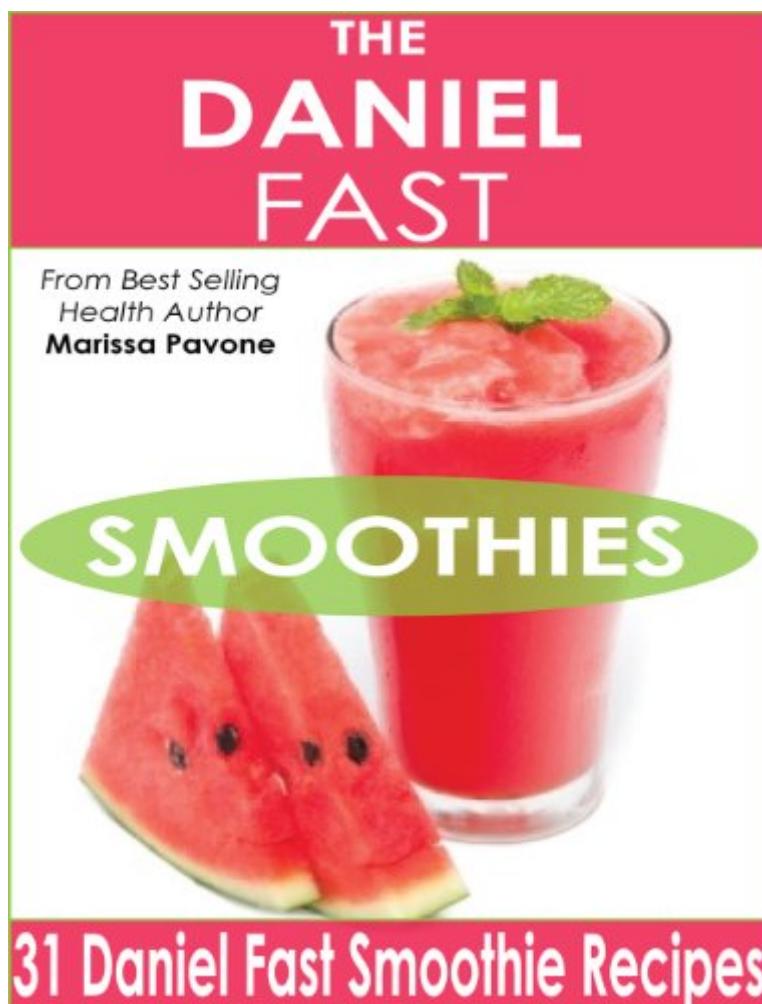


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# The Daniel Fast Smoothies: Easy, Quick, And Delicious Daniel Fast Smoothie Recipes



## **Synopsis**

Easy and Delicious Daniel Fast SmoothiesThe 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 foodsScroll up and Grab your copy today!

## **Book Information**

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## **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.

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