



[Super Smoothies: 61 Recipes and 12 Detox Plans](#) by Fern Green. Copyright 2016 by Hachette Livre (Marabout). Published in the United States by Ten Speed Press, an imprint of Penguin Random House LLC. Photography by Deirdre Rooney

Our Summary:

If you're a fan of fruit or vegetables or both, and you're a fan of refreshing drinks, you'll be a fan of [Super Smoothies: 61 Recipes and 12 Detox Plans](#). Though titled as if it were a guide to healthy living and detoxing, the recipes are more delicious-sounding than medicinal. And while each of Fern Green's 61 recipes are categorized to aid in your overall health, with chapters like *Metabolism*, *Digestion*, *Stress Buster*, *Summer Booster* and more, you'll find the colors and ingredients appealing on their own. That

they are good for you and your body is the added bonus.

What you need to know:

Buy it: [Super Smoothies: 61 Recipes and 12 Detox Plans](#) by Fern Green. Published in the United States by Ten Speed Press, an imprint of Penguin Random House LLC, January 17, 2017. Paperback \$14.99 ([Amazon: \\$9.53](#); [Kindle \\$10.99](#))

See It: 160 pages with color photographs for each recipe of both the ingredients and the final smoothie. A thorough table of contents listing all the smoothies by name, and a short introductory section covering equipment and how to customize your detox plan.

Make it: 61 recipes for fruit and vegetable smoothies categorized into chapters by health benefit; each chapter begins with a 1-page easy to follow detox plan.

Our Review:

Similar in size and design to [Super Foods Every Day](#) (previously reviewed and tested on [Now That's A Mouthful's website](#), [Super Smoothies](#) is like a back-pocket guide to personalizing your fruit and vegetable intake – in smoothie form. Fern Green, no stranger to creating smoothie recipes, follows up her 2015 [Green Smoothies](#) collection with [Super Smoothies](#). Green's new collection of smoothies is organized in chapters relating to a specific health benefit and each chapter is its own detox plan. With insights on what to expect with a detox, buying the right ingredients and then providing 2 short lists, Green gives you license (and everything you need) to create your own smoothies tailored to your favorite foods or your specific health interest.

All that said, this is a book about deliciousness in liquid form. Each smoothie in [Super Smoothies](#) is appealing in color like the vibrant greens of *Pineapple Parsley Smoothie* or *Tropical Taste Smoothie*, or the yellows, oranges, purples and tans that come from ingredients like bananas, cantaloupe, strawberries and nuts. Visually, the ingredients for each smoothie are displayed in colorful visual spreads so that you know instantly whether this is a drink for you.



Just as appealing, Green limits most smoothies to a handful of ingredients, and for each chapter those ingredients are repeated several times so you're never left with extra fruits or vegetables that you can't use in another smoothie. For example, you can buy the extra large container of blueberries knowing they'll be all used with options like *Refreshing Beet Smoothie*, *Morning Yogurt Smoothie*, *Klean Kale Smoothie*, *Chia Wake Up Smoothie*, and *Blue Moon Smoothie*.

Lest you think you need expensive juicers or other fancy equipment to whip up these recipes, [Super Smoothies](#) dispels that though right out of the gate. The equipment page lists only 5 things, a blender being the only motorized piece in the list. The rest, like spatulas and bowls and a saucepan, are probably already in your kitchen. And while you will need a blender with some oomph (there are some recipes that include sweet potatoes and nuts and beets to process), most of the ingredients in [Super Smoothies](#) can be handled by today's modern multi-purposed blenders.

While there are a lot of great healthy reasons to dive into [Super Smoothies](#), the best reasons are for the delicious, colorful, flavorful drinks that you will make. You'll be surprised at how tasty the combination of ingredients are, and you'll feel great having found a delicious way to increase your daily intake of fruits and vegetables.

Recipes from [Super Smoothies](#):

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[Carrot Fresh Smoothie](#)

[Berry Buzz Smoothie](#)

[Summer Mint Smoothie](#)