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Kristine Miles is the author of the best-selling book The Green Smoothie Bible, and a physiotherapist of 19 years standing with a special interest nutrition. She is passionate about life-long learning, eating, cooking, and living a low toxic lifestyle.

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The book is in two parts: Part one is about Green Smoothies. Everything you need to know about what, how, when, where, varieties, what to use, and all kinds of info that will help you become a very good smoothier.

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this book The Green Smoothie Bible: 300 Delicious Recipes Paperback is really been great since learning about smoothies!!!! the author states in the book SUPERFOODS IN EVERY SIP You know a daily diet rich in fruits and vegetables can maximize your health and well-being.

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