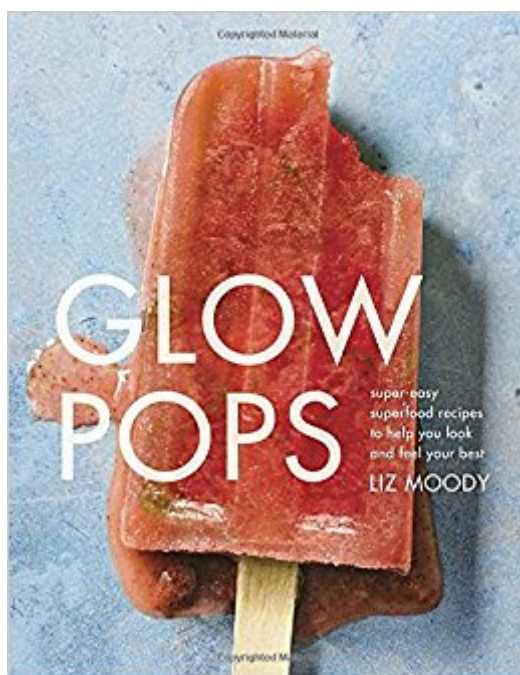


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# Glow Pops: Super-Easy Superfood Recipes To Help You Look And Feel Your Best



## Synopsis

The easiest way to make healthy and delicious frozen pops at home if you like smoothies, you'll love Glow Pops. Blogger Liz Moody takes your favorite treat to the next level with 55 nutrient-filled recipes that will make you glow from the inside out. They're fast, flexible, and packed with superfoods to boost your brain power, clear your skin, rev your metabolism, and much more. Whether you like the classics like Chocolate Fudge, Cookie Dough, and Neopolitan or prefer more adventurous combinations like Turmeric Golden Milk, Avocado Chile Lime, and Strawberry Cardamom Rose Lassi, Glow Pops has a pop for every palate. It's as easy as a whiz in the blender and a pour into molds. The hardest part is waiting for the pops to freeze!

## Book Information

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## Customer Reviews

"Frozen pops aren't just for the kids! Rather than using sugar and dyes, these warm-weather treats feature superfoods and nutrient-packed ingredients that are as yummy as they are healthy. In addition to covering the classics like chocolate fudge pops, blogger Moody tackles adventurous flavor combos, like strawberry cardamom rose lassi.

"[This] new book spells out exactly how to make gluten-free, dairy-free, and artificial sugar-free variations of the popular alternative to ice cream. Glow Pops includes an array of irresistible options.

"Liz's fabulous frozen treats make healthy living easy and fun. Loaded with fruits and vegetables, infused with superfoods, and bursting with crazy-amazing flavor, these punched-up popsicles will give you the

glow." —Tess Masters, author of *The Blender Girl*, *The Blender Girl Smoothies*, and *The Perfect Blend* "Glow Pops is filled with recipes that are not only — incredibly delicious and creative — they are also packed with powerful foods that will enhance your health and energy. These recipes make eating your way to beauty a joyful experience. I highly recommend this book!" —Kimberly Snyder, nutritionist and author of *Radical Beauty* "Be still my balanced, healthy heart! This book will satiate the marriage of decadent and — disciplined within us all." —Kathryn Budig, — author of *Aim True* and internationally renowned yogi "In *Glow Pops*, Liz Moody shows us how accessible, easy and most importantly, fun, healthy eating can be! From Chocolate Fudge to Avocado Chile Lime, there — is a flavor and nutritional benefit for everyone, no matter what the taste or health preference. These Glow Pops are adorable, tasty, and a convenient on-the-go snack or after-dinner treat that will, as the title suggests, make us glow from the inside out." —Ali Maffucci, author of *Inspiralize Everything* "Liz — Moody — achieves the rare task of making treats that are as delicious as they are healthy. *Glow Pops* is a truly creative book containing 55 nutrient-dense recipes, and with flavors ranging from cookie dough to — turmeric to mango, you will surely find a favorite." —Andie Mitchell, author of *It Was Me All Along*

Liz Moody is the creator of — Sprouted Routes, — the popular healthy food and lifestyle blog and Instagram account that has been praised by *Glamour*, *Buzzfeed*, *Women — Health*, and more. She contributes regularly to *Goop*, *MindBodyGreen*, and other outlets. Liz lives in Brooklyn, NY with her husband.

My summer is gonna be delicious!! And healthy !!! This book is so fun and useful and chock full of easy to make ice pops that contain only real food so I can feel great about a summery ice treat. Fun photos and writing too. Makes the perfect gift. Mothers' Day coming up? Fathers' Day? A warm weather birthday!

You MUST try the Caramelized Pineapple pop. It's worth getting the book for that recipe alone. I can't describe how delicious it is, and perfect for a spring BBQ. So many innovative recipes, and unlike a lot of specialized cookbooks, for the most part the ingredients are simple and easy to find. I'll be trying them out all summer!

Besides being incredibly beautiful, *Glow Pops* is full of easy yet interesting recipes. Liz is so

thoughtful in outlining the benefits of ingredients, assembling both unusual and familiar flavor combinations, and providing great alternatives if you don't own a popsicle maker (I sadly don't). I love this book so much, I plan on giving it to my friends with summer birthdays!

Pops aren't just for kids anymore. The whole family can enjoy these delicious treats. They are healthy yet tasty. The flavor combinations are unique and delicious, and they are very easy to make. Our favorites include Lavender/Blueberry, Cold Brew Mocha and Matcha Latte. The recipes are easy to follow and the Getting Started part of the book does a great job of explaining the various ingredients and their health benefits. The book is beautifully laid out and the photographs are scrumptious. I highly recommend Glow Pops for those who want a guilt free alternative to the ubiquitous sugar laden snacks that are often the only choice out there in stores.

Loving this book and all the recipes! Think you could never eat that many popsicles? Think again. This book has popsicles for every mood, craving and occasion. Bloody Mary popsicles? Best idea for brunch to impress all of your friends. All the recipes are super easy and give tons of advice of how to do it if you're a popsicle novice. Perfect for summer, great for gifts!

Absolutely lovely recipes for grown ups. So far I've made caramelised pineapple lollies and strawberry rose lassi lollies. Both provided continuous gratification during the eating process

some good ones in here

Fun Recipes and Beautiful Pics!

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