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Award-Winning Organic Cook Candia Lea Cole, Shares “Super Smoothies” Recipes in a Fun Video Format for Vegetarians and Whole Foods Lovers Alike

“Out of her food sensitivities and her belief that plant foods play a vital role in creating health, Candia Lea Cole is creating a body of work that is truly original, with new techniques and combinations that just happen to accord with some of the newest health findings. Providing much useful information about her ingredients, -some of which may be new to you, and written in a style bubbling over with enthusiasm, these smoothies provide good health, satisfying food taste, and most take only minutes to make.” -Grace Kirschenbaum, World of Cookbooks



City: St. Paul, Minnesota, April 21, 2016 — In the 90’s, Candia Lea Cole published three whole foods cookbooks whose recipes landed on the pages of popular food, health, and gardening publications such as *Vegetarian Gourmet*, *Organic Gardening Almanac*, *Woman’s World*, the *Boston Globe*, and the *International Cookbook Revue*. One of those books was “*Super Smoothies: Taste the Nectar of Life*.” It was one of the first books of its kind to whet the public’s appetite for gourmet smoothies with a

dairy-free twist. Though the soft cover edition of the book went out of print when her publisher (Woodbridge Press) closed its doors, she has since created *a cooking class* featuring videos that show her preparing some of her favorite recipes.



To create her rainbow-colored collection of dairy free recipes, Candia blends combinations of fresh fruits, and rehydrated fruits with dairy-free liquids and then fortifies them with nut butters, accents of pseudo-grains (think quinoa, amaranth, and teff), as well as spices and natural flavorings. Some her smoothies feature “fruit vegetables” such as avocados, sweet potatoes and squash.

Here’s a sampling of her tasty blender made concoctions, which, she says can be served chilled or warmed up, for year round enjoyment.

- Frosty Banana Chocolate Chip (Consider this frosty treat a "dessert"!)
- Gentle Fig & Mother Grain (Designer nutrition at its best! High in fiber and protein!)
- Figgy Cranapple Nut (Autumn splendor in a glass, with "hidden fiber galore!")

- Avocado Pineapple Paradise (A silky summer cocktail; serve to a guest or a road-weary husband)
- Strawberry Apple Strudel (Re-hydrated apples make this a creamy treat with a sweet apple crisp flavor!)
- Sweet Cinnamon Pumpkin (A Fall treat, for pumpkin lovers!)
- Peachy Almond (This one has a fresh, fruity flavor with almond undertones, and it protects breast health!)
- Mocha Mint Avocado (A yummy hormone enhancing treat!)
- Nutty Banana Amaranth (Uniquely delicious and super high in potassium and calcium!)
- Malaysian Sweet Potato (An orange and coconut flavored delight that'll make your skin glow!)
- Gazpacho Tang (A fresh, gently spiced, easy to make "lunch" in a glass!)
- Maple Morning Teff (Teff is paired with soaked raisins, bananas, nut butter, and maple syrup in this unique "breakfast in a glass"!))
- Creamy Butterscotch Yam /Cocoa Yam (These scrumptious smoothies have the texture of gourmet puddings!)
- Frosty Apple Cinnamon Swirl (Dessert in a glass, anyone?)
- Figgy Cranapple Nut (A tangy sweet way to support regularity)

Candia's smoothie collection offers to be a great addition to any over-processed diet which she says "burdens the human ecology system with toxins." Her recipes, which have invited praise from nutritionist, doctors, and lay people alike, serve to nourish and cleanse the body simultaneously

"The recipes in my smoothie book offer to lead your taste buds on a romantic journey into nature's fruit and nut orchards, vegetable gardens, and grain fields,

the places where your inspiration for meal making is stimulated!" –Candia
Lea Cole



To purchase the book in **PDF**
format, along with the smoothie making video class, go to:
www.ecointelligenteating.com

Super Smoothies: Taste the Nectar of Life
192 pages 6 x 9
Editions, © 1993, 1996, 2013

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