

Â Over 75 Delicious Quick & EasyÂ Recipes - All Natural Healthy Smoothies - Plus Green Smoothies!Â **Â Includes many recipes for Vegetarians & Vegans - and Healthy Desserts!Â Â Five Star Reviews!Great recipes for a smoothie fan like myself!Â Great recipes for a smoothie fan like myself. I usually get my smoothies on the road but have been inspired by the recipes to save time and money by making these at home.Â WBEough recipes for a different smoothie every day for 2 months....Â Amanda shares some health and nutrition tips and why smoothies deliver so many vitamins and health benefits. I was delighted to find this book had so many recipes. I cant wait to pull out my blender and my Healthy Smoothies book.... Make a place on your counter for your blender, youll want to leave it out.Â LaLadyGreat recipes!Â Ive been trying to come up with some healthy snack ideas, everything seems full of salt, sugar and numbers and there is only so many times you can snack on carrots and celery. So this book is just what I needed. It is full of really yummy recipes and ideas that I had never thought of. I had never thought of putting nuts in a smoothie.Â KerryNeed to boost your energy . . fatigue got you down . . want to lose weight . . improve your health . . increase your metabolism ... want to learn how to make Green Smoothies ...This book is packed with nutritional information on vitamins, proteins, fats, carbohydrates, antioxidants and a variety of food sources to give you what you need. The benefits of adding healthy smoothies to your diet can increase your energy & stamina, help you lose weight, and improve your overall health and well being! Healthy drinks are a fantastic way to incorporate good nutrition, energy, antioxidants, vitamins and delicious desserts in to your daily life.Good nutrition can help you to reduce the risks for many health-related problems. Here are some of the benefits of adding healthy smoothies to your daily diet:* Increase Energy & Stamina* Boost the Immune System* Lower risk of Heart Disease* Lower risk of Diabetes* Provide daily Hydration* Increase Mental Focus & Clarity* Aides in Digestion*Increase Skin & Tissue HydrationThe intake of your daily vitamins, minerals and antioxidants play a vital role in our nutritional health. A well balanced smoothie can provide you with these much needed basic elements for a healthy foundation.This book will give you many enticing and scrumptious recipes for healthy snacks, meals and even delicious desserts!Â You can have an array of delightful and healthy meals and desserts every day - with these Smoothies!Â Start enjoying these delicious recipes today! Â Scroll up and grab your copy ... NOW!

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