



Green Smoothie Recipe Book: Over 100 Healthy Green Smoothie Recipes to Look and Feel Amazing

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Looking for a fast and easy way to boost your health? Go green!

Green smoothies are flavorful drinks packed with disease-fighting vitamins and antioxidants. With *The Green Smoothie Recipe Book* you'll be able to improve the way you look and feel by replacing unhealthy high-calorie foods with nutrient-packed green smoothies. Just by adding a regular green smoothie to your diet, you'll be able to lose weight, fight disease, and increase your energy. *The Green Smoothie Recipe Book* will show you how to optimize your health with over 100 fast and easy green smoothie recipes.

The Green Smoothie Recipe Book will make it easy to make green smoothies a part of your healthy routine, with:

- Over 100 green smoothie recipes packed with vitamins, minerals, superfoods, and antioxidants
- Green smoothie recipes for weight loss, energy, detoxing, improving digestion, beauty, and more
- Step-by-step instructions for purchasing a blender, preparing produce and blending your own green smoothie ingredients
- A guide to shopping for produce, and when to buy organic
- Smoothies for all seasons and occasions, including Berry Basket Breakfast Smoothie, Banana-Walnut Wonder, Cucumber-Melon Cooler, and kid-friendly recipes like Chocolate-Covered Cherry

Whether you want to improve your health, lose weight or detox your system, *The Green Smoothie Recipe Book* will make it easy to reach your goals.

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From reader reviews:

Margaret Wright:

Have you spare time for any day? What do you do when you have a lot more or little spare time? Sure, you can choose the suitable activity regarding spend your time. Any person spent their spare time to take a wander, shopping, or went to the particular Mall. How about open or maybe read a book called Green Smoothie Recipe Book: Over 100 Healthy Green Smoothie Recipes to Look and Feel Amazing? Maybe it is being best activity for you. You already know beside you can spend your time along with your favorite's book, you can more intelligent than before. Do you agree with its opinion or you have additional opinion?

Linda Long:

Reading a reserve tends to be new life style in this particular era globalization. With examining you can get a lot of information that can give you benefit in your life. Along with book everyone in this world can certainly share their idea. Books can also inspire a lot of people. A lot of author can inspire their reader with their story or even their experience. Not only the storyline that share in the publications. But also they write about the data about something that you need example. How to get the good score toefl, or how to teach your sons or daughters, there are many kinds of book that exist now. The authors on earth always try to improve their skill in writing, they also doing some study before they write to the book. One of them is this Green Smoothie Recipe Book: Over 100 Healthy Green Smoothie Recipes to Look and Feel Amazing.

Clayton Medina:

The book untitled Green Smoothie Recipe Book: Over 100 Healthy Green Smoothie Recipes to Look and Feel Amazing contain a lot of information on the item. The writer explains the woman idea with easy technique. The language is very clear and understandable all the people, so do certainly not worry, you can easy to read this. The book was published by famous author. The author will take you in the new era of literary works. You can actually read this book because you can please read on your smart phone, or device, so you can read the book with anywhere and anytime. In a situation you wish to purchase the e-book, you can open up their official web-site along with order it. Have a nice learn.

Tammy Kovar:

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