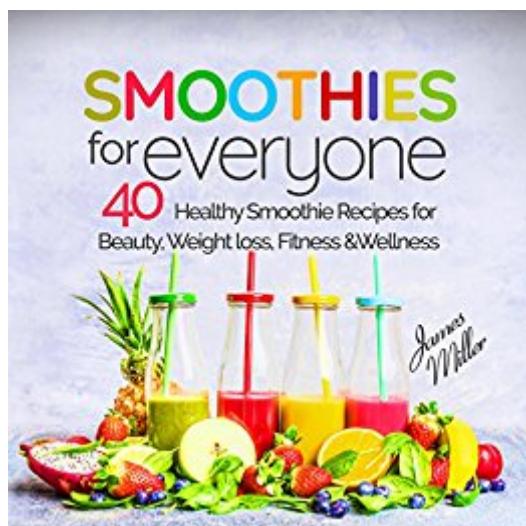


The book was found

Smoothies For Everyone: 40 Healthy Smoothie Recipes For Beauty, Weight Loss, Fitness And Wellness



Synopsis

If you are a smoothie-lover then this recipe book is the best present for you! Remember: the best way to drink healthy and delicious smoothie is to make them yourself. It's not a secret that smoothies are made of natural ingredients like fresh fruits, vegetables, seeds, and nuts. Such a rich combination of ingredients guarantees to provide a healthy dose of dietary fiber, vitamins, minerals, and the most potent antioxidants. Need more benefits? Here you go: As smoothies are great as liquid nutrition; they go easy on our digestive system. We all know that fruits and vegetables are great for our health. Smoothies are rich in fiber and thus, help you feel full for a long time. Smoothies are favorite among picky eaters and while your children may be ignorant of eating whole veggies and fruits, they can really like drinking smoothies without complaining. Loaded with essential nutrients, smoothies improve our body's natural defense for the fight against harmful allergens, bacteria, and viruses. Smoothies are sleep promoters and help you in taking a relaxing sleep at night. As there are endless smoothie options available, they are flexible to fit into your diet schedule. To inspire you, this cookbook consists of 40 smoothie recipes for everyone! Explore dedicated chapters on:

- Energy Smoothies
- Smoothies for weight loss
- Tonic Smoothies
- Fitness Smoothies

Why should you buy this smoothie cookbook right now? In spite of tasty green smoothies recipes you can find out the tips to prepare the best smoothie, learn the best time and season for smoothies and read precautions and mistakes to avoid! After reading this cookbook we think you'll be convinced that developing the habit of making healthy smoothies at home and include them in your daily diet is an excellent investment of your time and health!

Book Information

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Customer Reviews

Finally I've got good smoothie recipes. Great book, really helpful!

That is more then I expected. Great book, easy to read. I love smoothie and those recipes are truly for everyone. Also great professional service. Thank you! Highly recommend!

Good book and nice picture. Smoothies recipes for fitness are very tasty, info is very useful too. This is one of the best recipes book I have!

I love Juices & Smoothies and this book is pretty good. Weight loss smoothies is awesome, tasty and light. I recommended!

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