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150 Recipes for making fresh, delicious fruit and vegetable smoothies—from breakfast smoothies to green smoothies and superfood smoothies ; Chapter Overviews for choosing the right smoothies for your dietary needs and health goals

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The Smoothie Recipe Book serves up 150 enticing recipes for every palate.

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7. 150 Healthy Smoothie Recipes for Weight Loss Book. If you're looking for a one-stop-shop of smoothie recipes, then this smoothie book with 150 recipes might be the best option for you. What I really like about this book is that it has the smoothie recipes categorized for your health needs.

The 7 Best Healthy Smoothie Recipe Books In 2020

The Smoothie Recipe Book gives you 150 delicious smoothie recipes to help you cleanse your body and lose weight! Smoothies are naturally packed with superfoods and antioxidants from fresh fruits and vegetables, making them the easiest and tastiest way to improve your health, and get glowing skin and hair!

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The Smoothie Recipe Book serves up 150 enticing recipes for every palate. Enjoying the many advantages of smoothies has never been simpler: * 150 delicious recipes include green smoothies, protein smoothies, low-fat smoothies, weight-loss smoothies, anti-aging smoothies, smoothies for diabetics, and more.

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Smoothie Recipes Including Smoothies for Weight Loss and Smoothies for Good Health: 150 Smoothie Recipes Including ... Weight Loss and Smoothies for Optimum Health. by Mendocino Press | 20 Mar 2013. 4.3 out of 5 stars 1,299. Paperback £5.99 ...

Amazon.co.uk: smoothie recipe books
Ingredientls. 3 stalks of kale (discard the tough stalk and use the leaves) 3 leaves of Cos lettuce 1 cup coconut water 1 small frozen banana A small handful of goji berries or blueberries 1 tsp hemp seeds 1 tsp chia seeds 1 tsp bee pollen 1 tsp maca powder 1 tsp spirulina. Method.

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