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Fruit Smoothie Recipes With our hectic on the go schedules of today, it is often difficult to eat healthy. We know that we should eat more healthy things such as fruits, but instead we grab a bagel loaded with cream cheese or have a cheeseburger dripping with fat. Wouldn't it be great if instead of junk food we had recipes for delicious refreshing fruit smoothies? Well, look no further. Here is a cook book full of delicious fruit smoothies that you can drink on the run and get all your daily servings of fruit. They can be prepared ahead of time to keep in the refrigerator so that you can pour and go. And this cookbook contains a variety recipes made from all different kinds of fruits so that you will never get bored. You can drink these smoothies as a filling meal replacement or as a refreshing desert. They are great as Summer Coolers to sip by the pool or on the beach while on vacation! Enjoy! Recipes Include: Kiwi Strawberry Smoothie Banana Orange Smoothie Papaya Smoothie Watermelon Mango Smoothie Cherry Vanilla Smoothie Tangerine Honey Smoothie Apricot Almond Smoothie Blueberry Pear Smoothie Papaya Mango Smoothie Creamy Pineapple Smoothie Raspberry Orange Smoothie Peach Mango Banana Smoothie Honeydew Almond Smoothie Cantaloupe Smoothie Pineapple Coconut Smoothie Apple Ginger Smoothie Black Raspberry Smoothie Strawberry Banana Smoothie Banana Date Smoothie Peach Ginger Smoothie Strawberry Papaya Smoothie Papaya Cherry Smoothie Blueberry Almond Smoothie Cranberry Smoothie Banana Peanut Butter Smoothie Banana Blueberry Peanut Butter Smoothie Banana Blueberry Smoothie Apple Pie Smoothie Apple Banana Smoothie Melon Smoothie Melon blackberry Smoothie Peach Vanilla Smoothie Mango Acai Smoothie Cherry Vanilla Smoothie Cherry Almond Smoothie Very Berry Smoothie Very Berry...

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