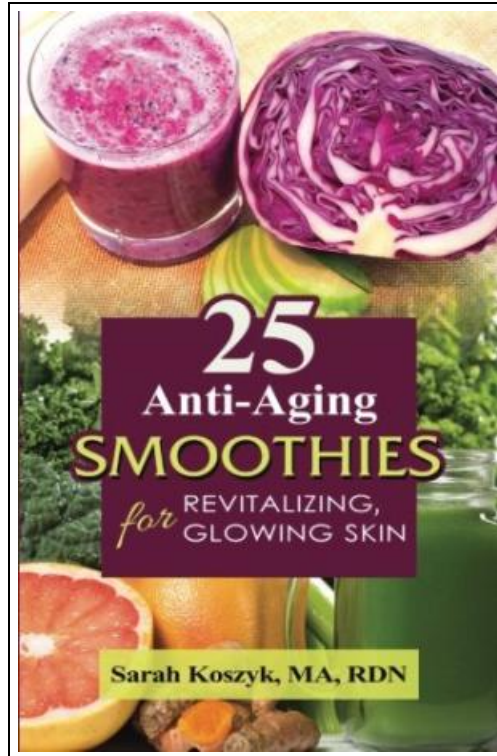# 25 Anti-Aging Smoothies for Revitalizing, Glowing Skin: 25 Smoothie Recipes with Less Than 300 Calories Per Smoothie. Gluten-Free, Dairy-Free, Soy-Free, Vegan, Contains Protein to Keep Your Skin Radiant Vibrant. Optimize Your Health Stay

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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Enjoy 25 anti-aging smoothie recipes with less than 300 calories per smoothie that are gluten-free, dairy-free, soy-free, vegan, and contain protein to keep your skin radiant and vibrant. Each smoothie provides you with 4 key-components for a perfectly well-balanced mix of: -1-2 servings of fruit to keep the natural sugar low -heart-healthy fats to help the absorption of our fat-soluble vitamins -high-sources of fiber to aid in digestion and keep you nourished -a good source of protein to provide you with a complete meal in one drink In addition, various tips are given throughout the book on how to modify the smoothies based on your dietary preferences. The smoothies are separated into five different anti-aging categories including Vitamin E, Vitamin C, Beta-Carotene, Omega-3s, and Polyphenols. Every category demonstrates foods which contain these properties and each smoothie is loaded with the anti-aging ingredients. Whether your goal is to improve your skin, optimize your health, or stay nourished and satiated, 25 Anti-Aging Smoothies is a delicious way to maintain a youthful lifestyle while enjoying a plethora of health benefits.

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