



## Beverages Cookbook - Juices and Smoothies for Weight Loss: Beginners Guide to Beverages and Juicing Recipes for Health and Everyday Life (Paperback)

By Martha Stephenson

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Creating your own beverages can be just as exciting as baking a 6-layer cake or roasting a 5-pound ham. Even if you have never stepped foot into the wonderful world of beverages, the Beverages Cookbook - Juices and Smoothies for Weight Loss: Beginners Guide to Beverages and Juicing Recipes for Health and Everyday Life will help navigate you through the process to ensure success in your kitchen. In this beverages cookbook, you will find 25 of the best juicing, smoothies and various other drinkable recipes that help promote a healthy life. In fact, you will find several juicing and smoothies for weight loss recipes that can help you lose those unwanted pounds. Even if you re not looking to reduce the number on the scale, making your own beverages gives you the ability to control what ingredients go into the drink. This means that you can add or remove ingredients based on your tastes and needs. For example, if cinnamon upsets your stomach, you can replace it with cloves or allspice. The Beverages Cookbook - Juices and Smoothies for Weight...



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