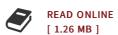




Beverages Cookbook - Juices and Smoothies for Weight Loss: Beginners Guide to Beverages and Juicing Recipes for Health and Everyday Life (Paperback)

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...



Reviews

It is simple in study easier to comprehend. It is one of the most awesome ebook i have read through. You wont truly feel monotony at at any moment of your respective time (that's what catalogs are for concerning in the event you question me).

-- Clint Sporer

The book is not difficult in read through better to recognize. It really is writter in straightforward terms instead of confusing. I am happy to inform you that this is actually the finest publication i actually have read in my individual daily life and may be he best book for possibly.

-- Valerie Heaney