



50 Smoothie Recipes: Sweet, Scrumptious and Succulent Smoothies for a Hot Summer's Night (Paperback)

By Charity Wilson

Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Tired of every smoothie book being about weight loss? 50 Smoothie Recipes Just Because They Are Delicious Inside you are going to find smoothie recipes that could be used for weight loss, going green, detoxing and a hundred other things but this book has one purpose. To give you a healthy drink you can sit out on the deck with while enjoying on a hot summers night. Actually any time of year will work being some places are nice in the winter too. Smoothie Recipes For Every Day With over 50 smoothie recipes, you can in essence enjoy a different one every day for two months almost. That is important because you get a variety of nutrients to support a healthy body and mind while loving the taste. You avoid getting bored and turning back to unhealthy choices. If you always feel rushed to eat, smoothies are going to be your new best friend. Very few of the recipes require you to do much more than toss in the ingredients and blend away. There are even some kid specific recipes that will...



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Reviews

Simply no words and phrases to clarify. It really is full of knowledge and wisdom You wont feel monotony at at any moment of the time (that's what catalogs are for relating to when you question me).

-- **Paolo Spinka**

Comprehensive guideline! Its this sort of good read. It is actually written in simple terms and never hard to understand. Its been developed in an exceedingly simple way which is just after i finished reading through this ebook where actually changed me, modify the way in my opinion.

-- **Mabelle Wuckert**