



Secret Smoothies: Super Smoothie Recipes Proven to Boost Your Health (Paperback)

By S Daly

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Secret Smoothies.Shhh Having spent the past decade working as a personal trainer I know first-hand the importance of good nutrition. Smoothies are one of the fastest, most effective and hassle-free ways of getting the key nutrients into your body on a daily basis. I set out on a mission to make a smoothie book, but not just any smoothie book. The thing I found over the years is that many of the smoothie recipes out there taste awful. I wanted this book to be different. And so I went on a mission to find the most nutritious, best tasting smoothies. Then I wanted to go one step further, I wanted this to be one of the only books out there that listed the scientifically proven health benefits of each individual smoothie recipe. I began trying and testing many different recipes, not just myself but I made them for my many personal training clients, family and friends. A year later I have what I genuinely think are the best tasting, most health benefiting smoothie recipes available. It has been a fun year...



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