



The Everything Green Smoothies Book: Includes The Green Go-Getter, Cleansing Cranberry, Pomegranate Preventer, Green Tea Metabolism booster, Cantaloupe Quencher, and hundreds more! (Everything®)

Britt Brandon

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You know that greens are very nutritious, but if you're like millions of Americans, you struggle to eat enough of them on a daily basis. Well now you can drink them! Green smoothies mix veggies with flavorful fruits, and pack a nourishing punch in every glass. This book blends such fortifying greens as spinach, kale, lettuce, and frisée into easy-to-make recipes, including:

- Refreshing Raspberry Blend
- Cool Cucumber Melon
- Green Gazpacho
- Sweet Pumpkin Pie
- Ginger Apple Delight
- Kale Carrot Combo

Each recipe includes a full nutritional analysis so you can make the healthiest choices every day. An excellent way to boost nutrition, green smoothies also make a great addition to raw food diets and weight-loss plans. With this helpful guide, you can blend your way to natural health!



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This book untitled The Everything Green Smoothies Book: Includes The Green Go-Getter, Cleansing Cranberry, Pomegranate Preventer, Green Tea Metabolism booster, Cantaloupe Quencher, and hundreds more! (Everything®) to be one of several books in which best seller in this year, this is because when you read this publication you can get a lot of benefit on it. You will easily to buy this particular book in the book retail store or you can order it by using online. The publisher of this book sells the e-book too. It makes you more easily to read this book, since you can read this book in your Smartphone. So there is no reason for you to past this e-book from your list.

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