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Smoothies: Everyday Smoothies For Beginners (Smoothie, Smoothies, Smoothie Recipes, Smoothies For Weight Loss, Green Smoothie, Smoothie Recipes For Weight ... Diet)) (healthy Food For Everyday Book 5)



≡ ANNA SCOTT ≡



Synopsis

Smoothies : Everyday Smoothies For Beginners Read on your PC, Mac, smart phone, tablet or any Kindle device.~ READ FREE WITH KINDLE UNLIMITED~The book "Smoothies : Everyday Smoothies For Beginners" will not just guide you in preparing mouthwatering smoothies for your family. It will also help you learn more about smoothies. Drinking a glass of smoothie regularly can help you lose weight and relieve stress. Aside from weight loss and stress relief, below are the other health benefits you can get from a smoothie:

- Improves and cleanses your digestion
- Strengthens your immune system
- Helps you gain energy
- Makes your teeth and bones sturdy
- Slows down aging process
- Calms your mind
- Provides you with lots of vitamins and minerals
- Reduces risk of developing life-threatening diseases
- Makes it easier to consume vegetables

In addition to several smoothie recipes for weight loss, the author also included a handful of green smoothie recipes (perfect for doing a smoothie cleanse) that can be prepared by anyone. There are recipes featuring exotic fruits and special ingredients as well. Here are some smoothie recipes included in the book:

- Banana Matcha Tofu Smoothie
- Coco-Jackfruit and Pineapple Smoothie
- Avocado Kale and Spinach Smoothie
- Blackberry and Raspberry Tea Smoothie
- Dragon Fruit Kiwi and Orange Smoothie

If you will read the book, you will be able to discover more interesting recipes that you can prepare for breakfast and lunch time. Aside from featuring various recipes (enough to keep your smoothie diet exciting), this book also discusses the history of smoothies. You will also find chapters that will tell you how smoothies can improve your life and how to buy special ingredients for your drinks. In addition, the author included a chapter that features tips on how to prevent smoothie-related problems (not just those about safety).

"Smoothies : Everyday Smoothies For Beginners" is all about preparing unique smoothies and understanding their significance. If you're interested in discovering fun facts about fruits, vegetables, and smoothies, buy a copy now. Have fun preparing 30 healthy, delightful smoothie recipes at home. Download your copy today! To order, click the BUY button and download your copy right now!

Book Information

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Customer Reviews

I love smoothies and this huge collection of smoothie recipes will keep my blender whirling all year long. I made the Custard Apple smoothie for breakfast this morning and OMG it was delicious! All of them are healthy and also easy to make. Some called for ingredients I don't always keep on hand, but it's stuff easily available at any grocery store so I just read through and stocked up on the few items I didn't already have. There are so many to choose from, the only bad part is making up my mind which one I want next.

It is nice to know as beginner!

Lots of great recipes! I'm addicted to making declines smoothies in the morning. I really like the ones that will help boost energy, better than coffee (especially the taste).The recipes are straight forward and very easy to follow

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