

# Green Smoothie Joy: Recipes For Living, Loving, And Juicing Green - Cressida Elias

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Green Smoothie Joy is your easy-to-use guide for healthy green smoothies (and more!) at any time of day. It seems like everyone is turning to green juices these days whether it's part of a healthy detoxing regimen, a love-the-skin-you're-in weight loss plan, or just to increase the amount of fruits and vegetables in your diet. The health benefits of smoothies and juices are enormous-so get started today! Includes: Breakfast smoothies Lunchtime smoothies like Dandelion and Apple Green smoothies like Ginger Green Healthy smoothies like Winter Cold Yogurt smoothies Special occasion treat smoothies like Sweet Potato Pie Fruit smoothies like Blueberry Pecan Busy mom and health-conscious Cressida also covers all the basics: Tips on using different types milks, yogurt, and protein powder to cut down on juice content and make some of the fruit smoothies more healthy How to get your smoothies the perfect consistency-whether you like them thicker or a little thin How to keep your smoothies sugar-free and tasting great Information on smoothie makers and juicers There really is a smoothie recipe for everyone in Green Smoothie Joy-for anyone who wants to get healthy, increase their family's fruit and vegetable intake, lose weight, or snack fast while you're on the go! Author: Elias, Cressida Publisher: Skyhorse Publishing Illustration: N Language: ENG Title: Green Smoothie Joy: Recipes for Living, Loving, and Juicing Green Pages: 00176 (Encrypted EPUB) On Sale: 2012-01-23 SKU-13/ISBN: 9781620872932 Category: Cooking : Beverages - Non-Alcoholic Category: Cooking : Health & Healing - General

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