

The Everything Green Smoothies Book - Britt Brandon

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300 recipes for health, vitality, and weight loss! 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. The Everything Green Smoothies Book blends such fortifying greens as spinach, kale, lettuce, and frisé into easy-to-make recipes, including: Refreshing Raspberry Blend, Cool Cucumber Melon, Green Gazpacho, Sweet Pumpkin Pie, Ginger Apple Delight, Kale Carrot Combo, and more. 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! Author: Brandon, Britt Publisher: Adams Media Illustration: N Language: ENG Title: The Everything Green Smoothies Book Pages: 00304 (Encrypted PDF) On Sale: 2011-03-15 SKU-13/ISBN: 9781440525643 Lib Category: Smoothies (Beverages) Lib Category: Blenders (Cooking) Category: Cooking : Beverages - Non-Alcoholic

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