

The Green Smoothie Bible: 300 Delicious Recipes - Kristine Miles

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SUPERFOODS IN EVERY SIP You know a daily diet rich in fruits and vegetables can maximize your health and well-being. But did you know that drinking a smoothie every day made from fruits and vegetables can dramatically increase the amount of life-saving nutrients your body takes in? Lose Weight Detoxify the Body Increase Energy Fight Heart Disease Prevent Diabetes, Depression and Certain Cancers Boost the Immune System Improve Skin and Hair More than 300 inviting recipes in The Green Smoothie Bible show how to combine leafy green vegetables and delicious, antioxidant-rich fruits into the most nutritious drinks imaginable leaving you healthy and feeling amazing inside and out. Author: Miles, Kristine Publisher: Ulysses Press Illustration: N Language: ENG Title: The Green Smoothie Bible: 300 Delicious Recipes Pages: 00240 (Encrypted EPUB) / 00240 (Encrypted PDF) On Sale: 2011-11-08 SKU-13/ISBN: 9781569759745 Category: Health & Fitness : Diets - General

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