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Smoothies: 365 Days Of Smoothie Recipes (Smoothie, Smoothies, Smoothie Recipes, Smoothies For Weight Loss, Green Smoothie, Smoothie Recipes For Weight Loss, Smoothie Cleanse, Smoothie Diet)



Synopsis

SmoothiesTODAY SPECIAL PRICE - 365 Days of Smoothie Recipes (Limited Time Offer)365 Days of Smoothie Recipes is about feeling great, having more energy, stabilizing your mood, and keeping yourself as healthy as possible. These things can be achieved by learning some nutrition basics and using them in a way that works for you.A whole hearted effort has been made by the author in compiling her book on 365 days of smoothie recipes to provide all the ingredients to help you stay healthy while enjoying award winning smoothies packed with nutrients to start the day on a winning note. There are recipes for yummy and delicious low-calorie drinks blended with perfection to enjoy during seasonal changes. There are also innovative smoothie recipes that are perfect for welcoming your guests either for breakfast, lunch or as mid day snacks. You will find recipes on a wide range of blends with fruits and vegetables, dairy products and green ingredients that not only serve as refreshing drinks but also help you to fulfill your goals of staying healthy and fit. Many of them are so quick and easy, and also very delicious.In Smoothie 365 Healthy Recipes, the author provides 365 healthy recipes for people who are searching for a healthier life. Smoothies offer several advantages: â € High amounts of fruitâ € Large amounts of vitamins and mineralsâ € High in fiber. â € Easy to make â € Help in weight loss â € Improve muscle strength and athletic performance â € Strengthen immune systemIn addition to mouthwatering recipes like: Classic green detox smoothie with kaleRuby red grapefruit smoothiePineapple smoothie with chocolate wafersBlue delicacy with cherry toppingThere are many others that will make you hearty and satisfied. Get your copy today and enjoy 365 days of delicious, healthy and mouth watering Smoothie recipes.Get your copy today and enjoy 365 days of delicious, healthy and mouth watering smoothie recipes.

Book Information

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Customer Reviews

Hundreds of recipes. Many more combinations of ingredients. My only complaint is that none of the recipes list the nutrition information. I can obviously look up and calculate the combined nutrition from the list of ingredients, but why is it necessary that I do that. Several books of recipes give that information for each smoothie recipe. 4 stars instead of 5 for that omission.

My wife and I received a smoothie maker as a gift this summer. I then had the same smoothie made for me for about two months straight. In an effort to expand our horizons, we bought a smoothie recipe book and it's been such a treat. Not only is there great information about the benefits of drinking smoothies but there are so many recipes here that I don't think we'll ever get to them all. One of my favorites is the Pineapple and Kiwi Smoothie, followed by the Orange-Berries Smoothie. Great flavors, aromas and colors!

For someone just starting out, I like to know what might go well together. This book makes it Easy to get some ideas and Also to make your own substitutions. The only thing that would make it better would be a list of ingredients in the index that takes you to specific recipies, or let you search for ingredients that have specific benefits.

Tons of recipes. Something in there for everyone. It's on my kindle and i use it daily

All of these recipes look so good. You may not want any carbonated drinks after looking at this book! Yum!

Awesome nutribullet recipes

Fantastic, Easy and Delicious recipes....Great Buy! Thank you.

Variety of smoothies

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for Weight Loss, Green Smoothie, Smoothie Recipes For Weight Loss, Smoothie Cleanse, Smoothie Diet) 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) Green Smoothie Recipe Book: 500 Delicious Green Smoothie Recipes for Weight Loss, Better Health, Energy & Cleansing (Green Smoothies, Nutribullet Recipe ... Juicing Recipes, Fat Loss, Cleanse, Detox) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) DASH DIET: The Dash Diet Simple Solution To Weight Loss - Includes Over 50 Dash Diet Recipes To Maximize The Weight Loss Process (Dash Diet, Dash Diet ... cookbook, Dash Diet weight loss Book 1) Weight Watchers Cookbook: 14 Days Diet for Weight Loss and Healthy Habits: (Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015, Weight Watchers Diet) Ninja Blender Recipe Bible: 50+ Delicious Recipes for your High Powered Blender (Ninja Recipes, Ninja Recipe Book, Green Smoothies, Weight Loss Smoothies, ... Protein Shake Diet, Green Smoothie) Nutribullet Recipes: 365 Days of Smoothie Recipes for Rapid Weight Loss, Detox & Burning Fat: Smoothie Recipes for Weight-Loss, Detox, Anti-Aging & So ... Loss Drinks, Anti-Aging, Juicing Recipes) 365 Days of Ketogenic Diet Recipes: (Ketogenic, Ketogenic Diet, Ketogenic Cookbook, Keto, For Beginners, Kitchen, Cooking, Diet Plan, Cleanse, Healthy, Low Carb, Paleo, Meals, Whole Food, Weight Loss) Paleo Diet: 365 Days of Paleo Keto Anti Inflammatory Diet Recipes: Paleo Cookbook, Keto For Beginners, Cooking, Cleanse, Healthy Meals, Weight Loss, Low Carb, Ketogenic Diet Plan, Kitchen, Whole Food Ketogenic Diet: 365 Days of Ketogenic Diet Recipes (Ketogenic, Ketogenic Cookbook, Keto, For Beginners, Kitchen, Cooking, Diet Plan, Cleanse, Healthy, Low Carb, Paleo, Meals, Whole Food, Weight Loss) South Beach Diet Smoothie Cleanse: Weight-Loss, Detox, Anti-Aging , Quick and Delicious South Beach Diet Smoothie Recipes to Lose Weight, Boost Brain Power and Increase Energy Dukan Diet: The Truth About The Dukan Diet - All You Need To Know About The Dukan Diet For Effective Weight Loss And Fat Burn (Diet For Weight Loss, Low Carb Diet, Diet Recipes) Paleo Diet for Beginners: The Ultimate Paleo Diet Guide for Weight Loss (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet for Beginners, Rapid Weight Loss, Paleo Diet Meal Plan, Burn Fat) Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know ****BONUS**** 30 Day

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