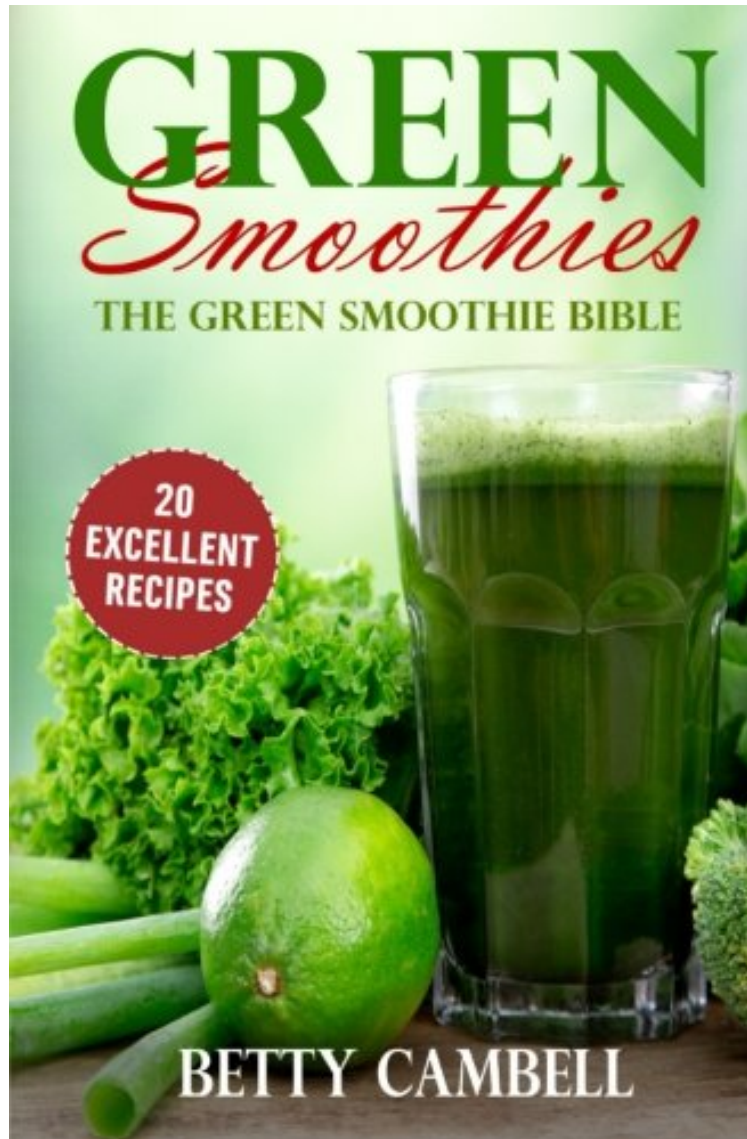


The Green Smoothie Bible: 20 Delicious Green Smoothie Recipes To Detox Your Body

Betty Cambell

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Betty Cambell : The Green Smoothie Bible: 20 Delicious Green Smoothie Recipes To Detox Your Body before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Green Smoothie Bible: 20 Delicious Green Smoothie Recipes To Detox Your Body:

0 of 0 people found the following review helpful. Good way to get your blender busy. By John C. David Drinking smoothies (with the right ingredients) would benefit our bodies a lot. I am one of the people who has been searching

for ways to detoxify and this book was able to provide me with nutritious, delicious and easy-to-make recipes of smoothies which would help me eliminate toxins in my body. It was good to know that smoothies can not only help us detoxify but also contribute good benefits to our health in general. The recipes were great and I liked them all. I have had tried experimenting with smoothies before, I tried combining varieties of fruits and vegetable however the combination I made most of the time tasted awful at the end. So it is really helpful that I now have a book where I can refer to whenever I want to make some smoothies, smoothies which is healthy at the same time is friendly to the palate. Good book and I recommend it to everyone who are looking for delightful smoothie recipes. 0 of 0 people found the following review helpful. you can discover perfect recipes for you By Happy Valley This book actually does suggest something for each one. Whether you are searching for recipes to assist you in losing weight, energy enhancer or complete nutrition, you can discover perfect recipes for you. My wife and I love this book. 0 of 0 people found the following review helpful. Looks good! By Alyson I can't eat nuts or berries and this book has plenty of good looking recipes without them. I can't wait to try them!

THE GREEN SMOOTHIE BIBLE 20 Delicious Recipes To Detox Your Body! You may have tried various dieting programs in the past. Here is one that has actually helped people to reduce weight and stay healthy. It is the green diet! Green is the color that everyone swears by these days. The "Go green" campaign is gaining momentum in every part of the civilized world. This book is all about the green diet and how you can make it more interesting and tastier. I have put together recipes that blend fruits with greens and make wonderfully tasting smoothies. All these smoothies are easy to make and you can gulp it down before you set out for office or carry it with you to be had later. Blending of fruits and vegetables give you the benefit of a full meal. All you need to make these is a blender. Fall in love with your blender and relish these delectable smoothies that are wonderfully nutritious too. Recipes Included Inside... Recipe #1: Acai with Strawberry and Blueberry Smoothie Recipe #2: Papaya Apple Smoothie Recipe #3: Apple Cider Smoothie Recipe #4: Pumpkin Spiced Latte Green Smoothie Recipe #5: Watermelon ndash;Banana Smoothie Recipe #6: Coconut Grapefruit Green Smoothie with Kale Recipe #7: Cherry-Apple-Beet Green Smoothie Recipe #8: Cranberry Plum Green Smoothie Recipe #9: Cantaloupe-Mango-Cinnamon-Fig Smoothie Recipe #10: Pomegranate with Berries Smoothie Recipe #11: Orange Pear Green Smoothie with Dill Recipe #12: Peach Nectarine Smoothie Recipe #13: Morning Energy Smoothie with Kiwi, Banana and Cacao Recipe #14: Sweet Potato-Orange Green Smoothie with Papaya Recipe #15: Applecado Smoothie Recipe #16: Banana-Orange Smoothie with Cinnamon Recipe #17: Pineapple Vanilla Smoothie Recipe #18: Carrot Apple Ginger Green Smoothie Recipe #19: Blackberry Almond with Chia Smoothie Recipe Recipe #20: Mango-Coconut-Lime-Green Smoothie with Kale **WHAT ARE YOU WAITING FOR?** Scroll back up to the top of this page and click the "Buy Now" button to get instant access to ALL of these incredible dishes! If it makes you feel better, if for some reason you DON'T find my book AT ALL appealing to you, then you can always return it and get all your money back at any time. All \$0.99 of it! So you really have nothing to lose. Go ahead and give it a chance. I promise you won't regret it!