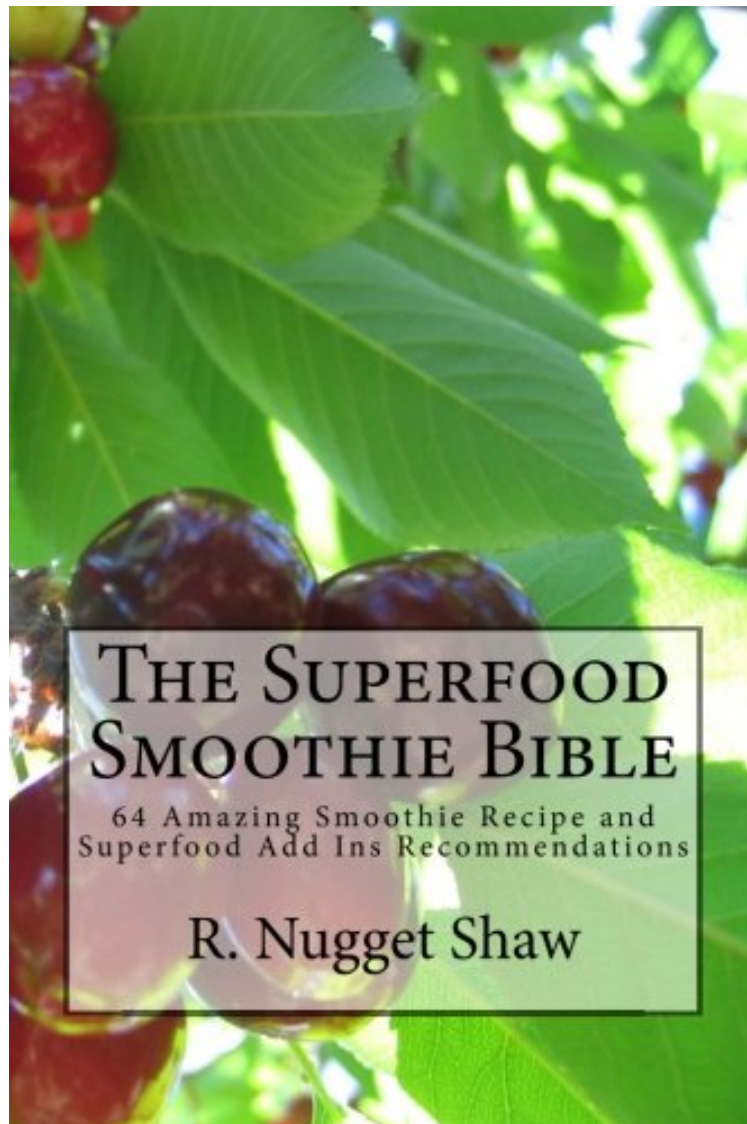


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Smoothies have been increasing in popularity across the world since the 1930's. Not only are these thick and creamy treats tasty and easy to make, but they are packed full of nutritious fruits, vegetables, and proteins that help the body stay strong and healthy. This book contains not only smoothie recipes, but also a compendium of superfoods. Superfoods are added to smoothies in order to add desired effects for your smoothie such as helping your heart or boosting your immune system. Be sure to keep pick up all 12 cookbooks in this series. These books will encompass many countries, tastes, ingredients, and diets.