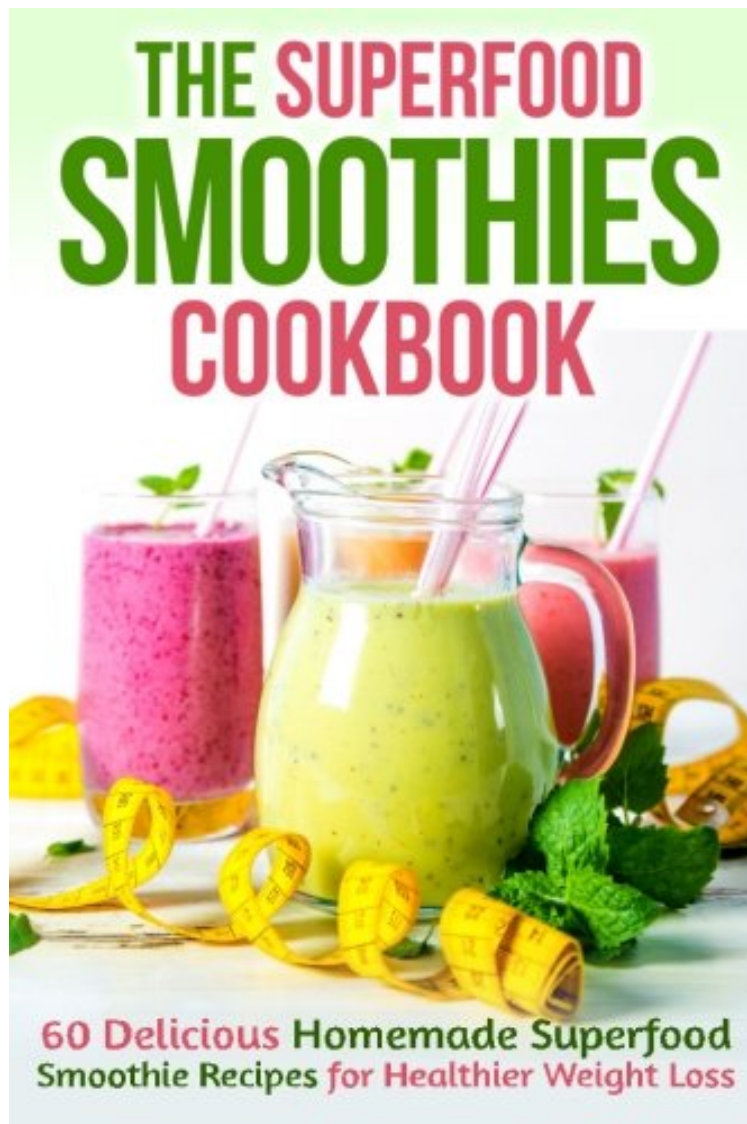


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The Superfood Smoothies Cookbook: 60 Delicious Homemade Superfood Smoothie Recipes for Healthier Weight Loss

Martha Stone

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If you're new to juicing or have enjoyed it, here's how to level it up some more: put superfoods into them! Superfood smoothies can give you the boost while being nutrient-packed and delicious drinks that you can easily take before and/or after workouts or as meal replacements. Feeling lethargic and unwell, superfood smoothies are also natural healers to help you deal with physical, emotional and mental stresses. Perhaps what makes these recipes even more attractive is the fact that these are also superfood smoothies for weight loss. Let superfoods take center stage in your kitchen as you whip up delicious and tasty beverages that can help you take those excess pounds away. In 60 Delicious Homemade Superfood Smoothie Recipes for Healthier Weight Loss, we give you two months-worth of smoothie recipes to enjoy variation even if you have to make smoothies every day. Our superfood smoothies recipes for weight loss include a number of fruits like bananas, avocados and berries that you can easily find from your local farmer's market. We also like green super smoothies that have kale, spinach, Swiss chard thrown in as they can help in the detoxification process. To make it even better, our list of ingredients also include superfood nuts, butters and powders to help you concoct effective weight loss drinks. With 60 Delicious Homemade Superfood Smoothie Recipes for Healthier Weight Loss, you can: Enjoy superfood smoothies that are truly packed with nutrients to aid in weight loss. You'll never look at your blender the same way again. It will be your best friend! Concoct tasty drinks that you can take anytime of the day — breakfast, before workouts, snacks and whenever they strike your fancy! Easily make superfood smoothies and not have to be intimidated by ingredients that you can't find, let alone pronounce. Our recipes are extremely easy to do and the ingredients are readily available. There's no doubt that juicing has taken its rightful place in weight loss regimen and adding superfoods just make them even more incredible, effective and tasty!