

[Download free ebook] The Ultimate Acai Smoothie Cookbook: More Than 120 Smoothie Recipes Made With the Age-defying Acai Berry

## The Ultimate Acai Smoothie Cookbook: More Than 120 Smoothie Recipes Made With the Age-defying Acai Berry

*Donna J. Pliner Rodnitzky*

audiobook | \*ebooks | Download PDF | ePub | DOC



[Download](#)[Read Online](#)

#4300440 in Books Book Publishing Company (TN) 2008-09-15 Original language: English PDF # 1 8.30 x .60 x 4.30l, .45 #File Name: 1599759624192 pages | File size: 55.Mb

**Donna J. Pliner Rodnitzky : The Ultimate Acai Smoothie Cookbook: More Than 120 Smoothie Recipes Made With the Age-defying Acai Berry** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Ultimate Acai Smoothie Cookbook: More Than 120 Smoothie Recipes Made With the Age-defying Acai Berry:

Indigenous tribes and medicine doctors of the Amazon and other parts of South America have known for centuries about the healing powers of the wild accedil;ai berry. This small superberry, packed with vitamins, minerals, and one of the highest antioxidant contents of any food, provides an endless list of physical and mental benefits to people of all ages. You can decide if it is the best-tasting medicine you've every had or just a simple berry that adds a fruity and chocolatey flavor to your daily smoothie. Here are more than 120 ways to enjoy the age-defying accedil;ai berry in smoothies, yogurts, and sorberts. Experience for yourself the energy-boosting lift and overall health benefits of accedil;ai.

About the Author Donna J Pliner Rodnitzky is the author of fourteen cookbooks, including Ultimate Smoothies, tipsy Smoothies, Slim Smoothies, Sinful Smoothies, Low-Carb Smoothies, and The Ultimate Cold Slab Ice Cream Cookbok. She lives in Iowa City, IA.