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The Green Smoothie Bible: 300 Delicious Recipes

By Kristine Miles

Amorata Press. Paperback. Book Condition: new. BRAND NEW, The Green Smoothie Bible: 300 Delicious Recipes, Kristine Miles, SUPERFOODS IN EVERY SIP You know a daily diet rich in fruits and vegetables can maximize your health and well-being. But did you know that drinking a smoothie every day made from fruits and vegetables can dramatically increase the amount of life-saving nutrients your body takes in? * Lose Weight * Detoxify the Body * Increase Energy * Fight Heart Disease * Prevent Diabetes, Depression and Certain Cancers * Boost the Immune System * Improve Skin and Hair More than 300 inviting recipes in The Green Smoothie Bible show how to combine leafy green vegetables and delicious, antioxidant-rich fruits into the most nutritious drinks imaginable--leaving you healthy and feeling amazing inside and out.



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Reviews

Extensive information for book fans. It is written in basic words and never hard to understand. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- *Otis Wisoky*

This publication is great. It is full of wisdom and knowledge You will not really feel monotony at any time of the time (that's what catalogs are for relating to when you ask me).

-- *Dr. Everett Dicki DDS*