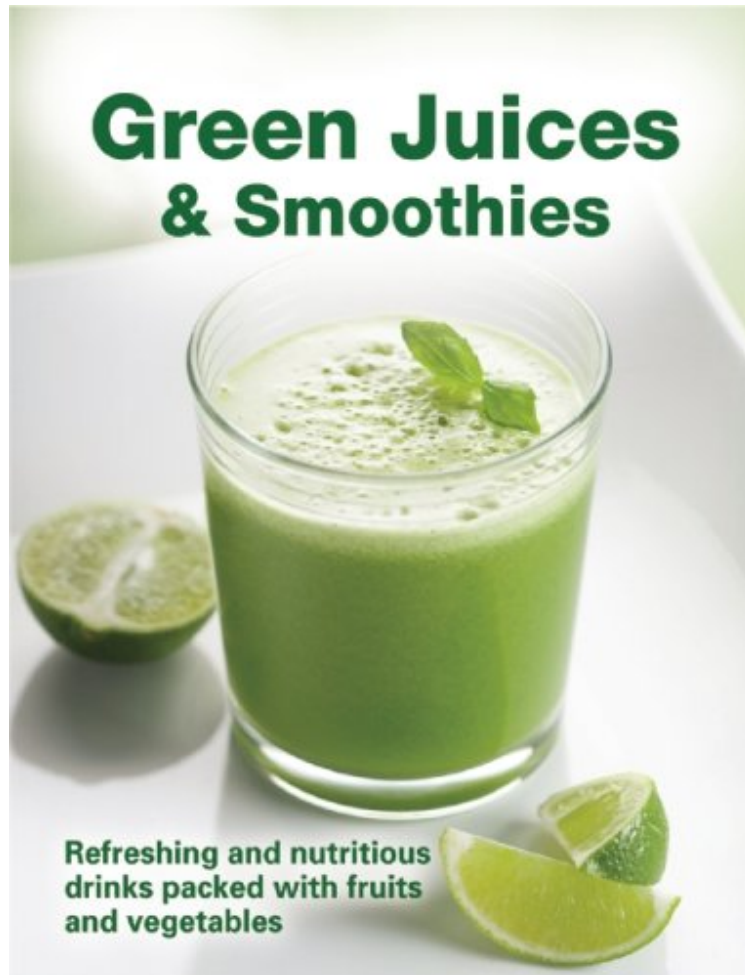


Green Juices Smoothies: Refreshing and Nutritious Drinks Packed with Fruits and Vegetables

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1 of 1 people found the following review helpful. I received this as a gift and really am happy with it By Mary J. Kephart I received this as a gift and really am happy with it. I've been making green smoothies in my Vitamix for about a year. This book has given me some fresh ideas.

It's time to go green! Discover more than 100 invigorating drinks that can help cleanse your body, increase your energy, boost your immune system, and aid in weight loss and digestion. Green juices and smoothies are more than just

healthy, they're also irresistible. Start your day with a Superfoods Smoothie, chock-full of spinach and kale. Or enjoy an afternoon pick-me-up with a Mojo Mojito, a refreshing blend of cucumber, pear, mint and lime juice. Whatever you choose, you'll find that adding a little green to your life is a quick, easy and delicious way to help you feel great. More than 60 beautiful photos. Hardcover concealed spiral book