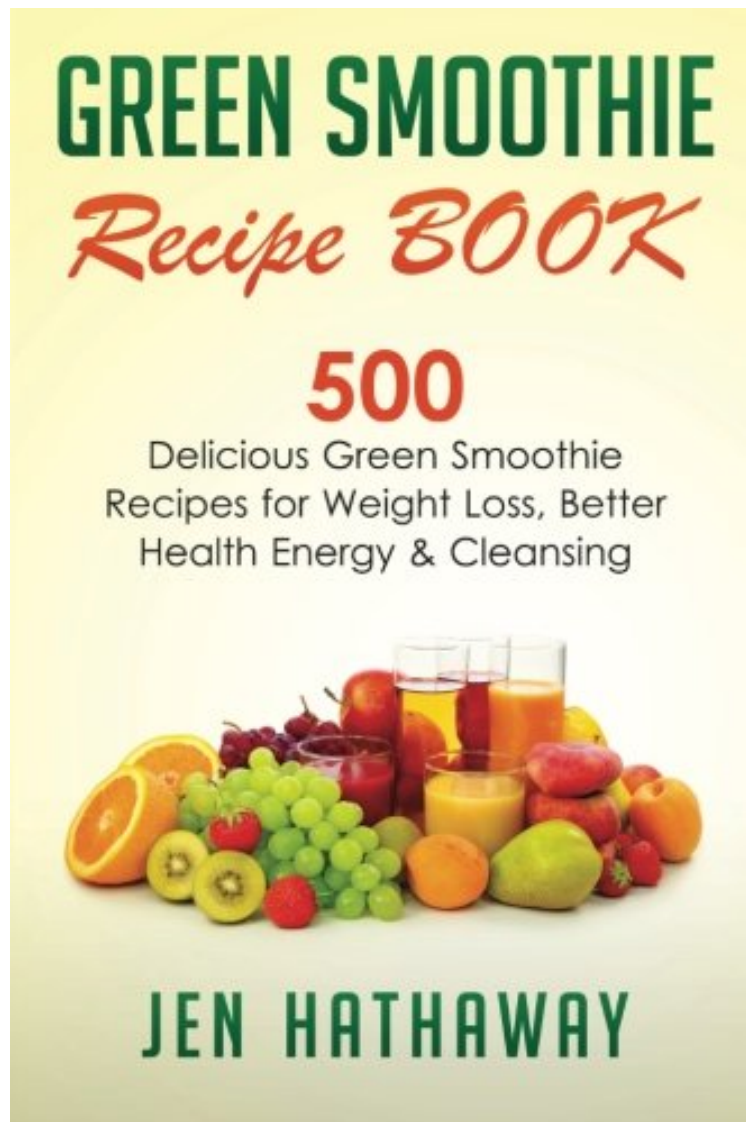


[Online library] Green Smoothie Recipe Book: 500 Delicious Green Smoothie Recipes for Weight Loss, Better Health, Energy Cleansing

Green Smoothie Recipe Book: 500 Delicious Green Smoothie Recipes for Weight Loss, Better Health, Energy Cleansing

Jen Hathaway

*audiobook / *ebooks / Download PDF / ePub / DOC*



DOWNLOAD



READ ONLINE

#2430452 in Books Ingramcontent 2014-08-18Original language:EnglishPDF # 1 9.00 x .65 x 6.00l, #File Name: 1500854123286 pagesGreen Smoothie Recipe Book 500 Delicious Green Smoothie Recipes for Weight Loss Better Health Energy Cleansing | File size: 42.Mb

Jen Hathaway : Green Smoothie Recipe Book: 500 Delicious Green Smoothie Recipes for Weight Loss, Better Health, Energy Cleansing before purchasing it in order to gage whether or not it would be worth my time, and all praised Green Smoothie Recipe Book: 500 Delicious Green Smoothie Recipes for Weight Loss, Better Health, Energy Cleansing:

2 of 2 people found the following review helpful. Tons of delicious recipes!By AjstarsI've been on a bit of a weight loss kick lately. Additionally, I've been trying to eat healthier, and pack more fruits and veggies into my diet. I made some smoothies before, but I wanted some variety, so I purchased this book for my Kindle. I am so glad I did! There are so many (500+) recipes with all different kinds of ingredients used. I was happy to see a lot of recipes for food I have on hand (spinach, apples, carrots, bananas, avocados, limes, etc.), which is nice because I can mix and match a lot of the foods in my fridge and keep things interesting. I also can't wait to try some of the more novel ingredients that I don't regularly have (chia, acai berry). So far I've tried the banana and oats recipe, and the orange and sweet potato smoothie (it sounds weird, but it was SO good), and they were both delicious. This informational intro, the number of recipes, and the broad amount of ingredients to mix things up make this worthy of the 5 star rating. I'm glad I purchased this book!0 of 0 people found the following review helpful. Fantastic, Delicious, Easy!By JNMThis is probably the best book for "Green Smoothies" and "Nutribullet". These are beverages that give you the option to use a huge variety of fruits, vegetables, and super foods in your daily routine. If you're interested in new and tasty options that will improve your health, this book is a must!The range of recipes is super wide, and to name a few of my favourite: "Almond and Lychee Smoothie" (super fast, super easy, and super tasty!), "Avocado and Pineapple" (my wife loves it!), "Kiwi Kiddie" (my baby loves it!), and of course, the amazing "Orange and Sweet Potato Smoothie".All of the recipes have clear and easy to follow instructions. You can make each one of them in a couple of minutes, and the most important - they are really delicious, not just healthy. Highly recommended!0 of 0 people found the following review helpful. DELICIOUS RECIPES FOUND HERE!By LUXMANJen Hathaway in this book provides the reader with a seemingly endless variety of green smoothies, super healthy drinks that will be of interest to everyone who wants to eat healthy. There are so many recipes in so many flavors that, no matter what your tastes, you will find many you like. The author also explains the many health benefits of green smoothies and explains how to make them in a clear, easy-to-follow way. Buy this book and try some of them soon!

Let me ask you a few quick questionshellip; Would you like to improve your health? Have you attempted to lose weight, but failed because of your diet? Do you find yourself lacking time to prepare healthy meals? Would you like access to 500 delicious green smoothie recipes at the click of a button? If you answered "Yes" to any of these questions the Green Smoothie Recipe Book is a must have, Healthy living has never been so easy This Books is LOADED With Recipes, includinghellip; Recipes for weight loss Anti-aging recipes Detox smoothie recipes Green smoothie recipes for energy Digestion aiding smoothie recipes And much, much more! Yoursquo;I'll never need to buy another green smoothie recipe book again, consider this a miniscule investment for your health wellbeing.