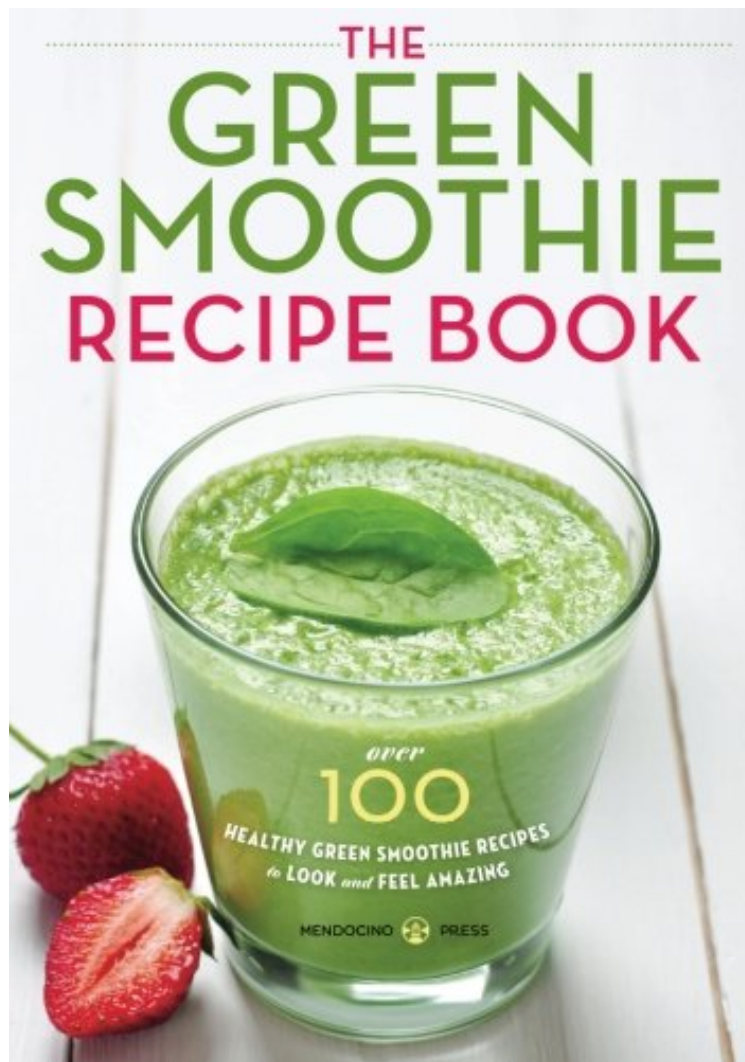


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Mendocino Press : Green Smoothie Recipe Book: Over 100 Healthy Green Smoothie Recipes to Look and Feel Amazing before purchasing it in order to gauge whether or not it would be worth my time, and all praised Green Smoothie Recipe Book: Over 100 Healthy Green Smoothie Recipes to Look and Feel Amazing:

Looking for a fast and easy way to boost your health? Go green! Green smoothies are flavorful drinks packed with

disease-fighting vitamins and antioxidants. With *The Green Smoothie Recipe Book* you'll be able to improve the way you look and feel by replacing unhealthy high-calorie foods with nutrient-packed green smoothies. Just by adding a regular green smoothie to your diet, you'll be able to lose weight, fight disease, and increase your energy. *The Green Smoothie Recipe Book* will show you how to optimize your health with over 100 fast and easy green smoothie recipes. *The Green Smoothie Recipe Book* will make it easy to make green smoothies a part of your healthy routine, with:

- Over 100 green smoothie recipes packed with vitamins, minerals, superfoods, and antioxidants
- Green smoothie recipes for weight loss, energy, detoxing, improving digestion, beauty, and more
- Step-by-step instructions for purchasing a blender, preparing produce and blending your own green smoothie ingredients
- A guide to shopping for produce, and when to buy organic
- Smoothies for all seasons and occasions, including Berry Basket Breakfast Smoothie, Banana-Walnut Wonder, Cucumber-Melon Cooler, and kid-friendly recipes like Chocolate-Covered Cherry

Whether you want to improve your health, lose weight or detox your system, *The Green Smoothie Recipe Book* will make it easy to reach your goals.