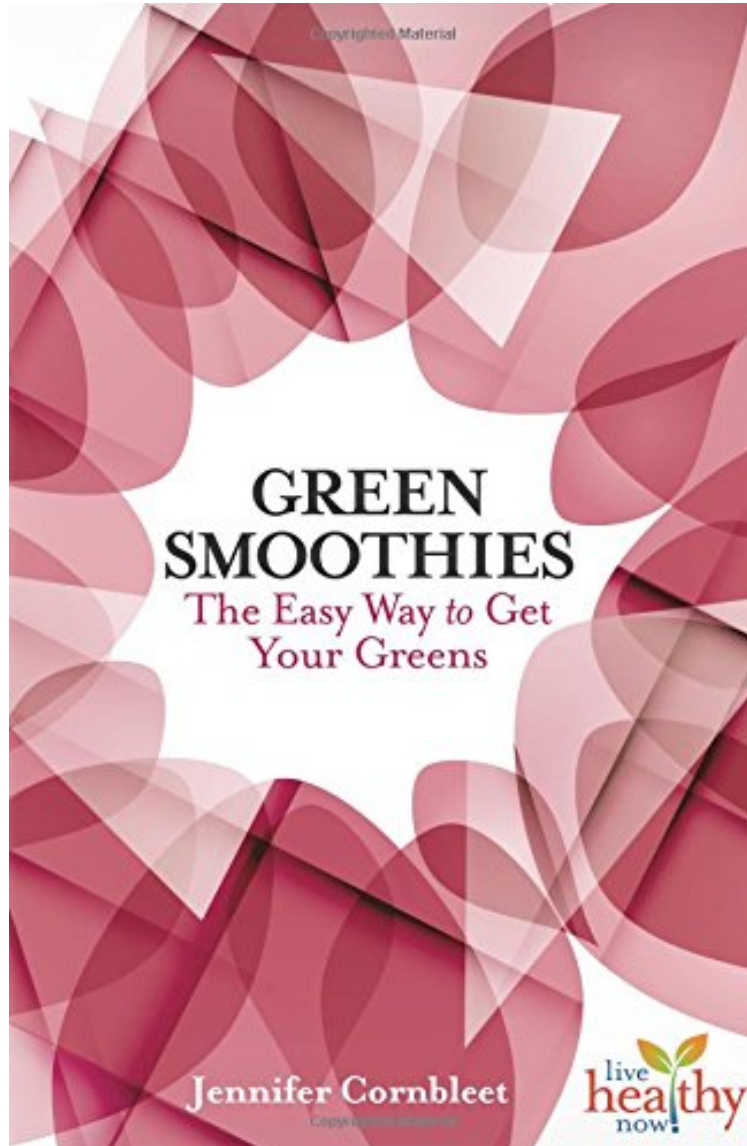


(Get free) Green Smoothies: The Easy Way to Get Your Greens (Live Healthy Now)

Green Smoothies: The Easy Way to Get Your Greens (Live Healthy Now)

Jennifer Cornbleet

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Jennifer Cornbleet : Green Smoothies: The Easy Way to Get Your Greens (Live Healthy Now) before purchasing it in order to gage whether or not it would be worth my time, and all praised Green Smoothies: The Easy Way to Get Your Greens (Live Healthy Now):

1 of 1 people found the following review helpful. A GREAT little recipe book for smoothies!!!By

VendalaWONDERFUL information and recipes from this great author! And the book is small and beautifully put together! AND it's a great price!0 of 0 people found the following review helpful. Jennifer has always got good info I bought one as a gift too and ...By LindaJennifer has always got good infoI bought one as a gift too and he is giving them a try instead of making the same smoothie every day.You do need to rotate the greens you use at least weekly.0 of 0 people found the following review helpful. ... knows what she is talking about and is a greatBy Donna Kerleyshe knows what she is talking about and is a great teacher

Green smoothies are a simple, delicious way to get more healthy greens into your diet. Jam-packed with vitamins, minerals, phytonutrients, protein, and fiber, leafy greens are nutritional powerhouses that can safeguard your health. Naturally sweet, satisfying, and gluten-free, green smoothies are the ideal alternative to salads and the perfect way to entice picky eaters to eat their vegetables. Raw-food instructor Jennifer Cornbleet boosts your daily routine with stellar smoothie recipes that blend fresh greens with herbs, fruits, nuts, seeds, and various superfoods to create irresistible flavor combinations. With Jenny's equipment tips, time-saving techniques, nutrition pointers, and travel advice, you'll enjoy green smoothies every day, at home or on the go.

About the AuthorJennifer Cornbleet is an author and cooking teacher focused on healthy, plant-based eating. She's known for creating tasty and nutritious recipes that anyone can make fast. After more than fifteen years in the field, her passion for helping others to eat, feel, and live better is stronger than ever. So is her passion for spreading the word that optimal nutrition and amazing flavor can, and should, go together. She is also the author of the best-selling Raw Food Made Easy for 1 or 2 People, Raw for Dessert and several DVD recipe collections.