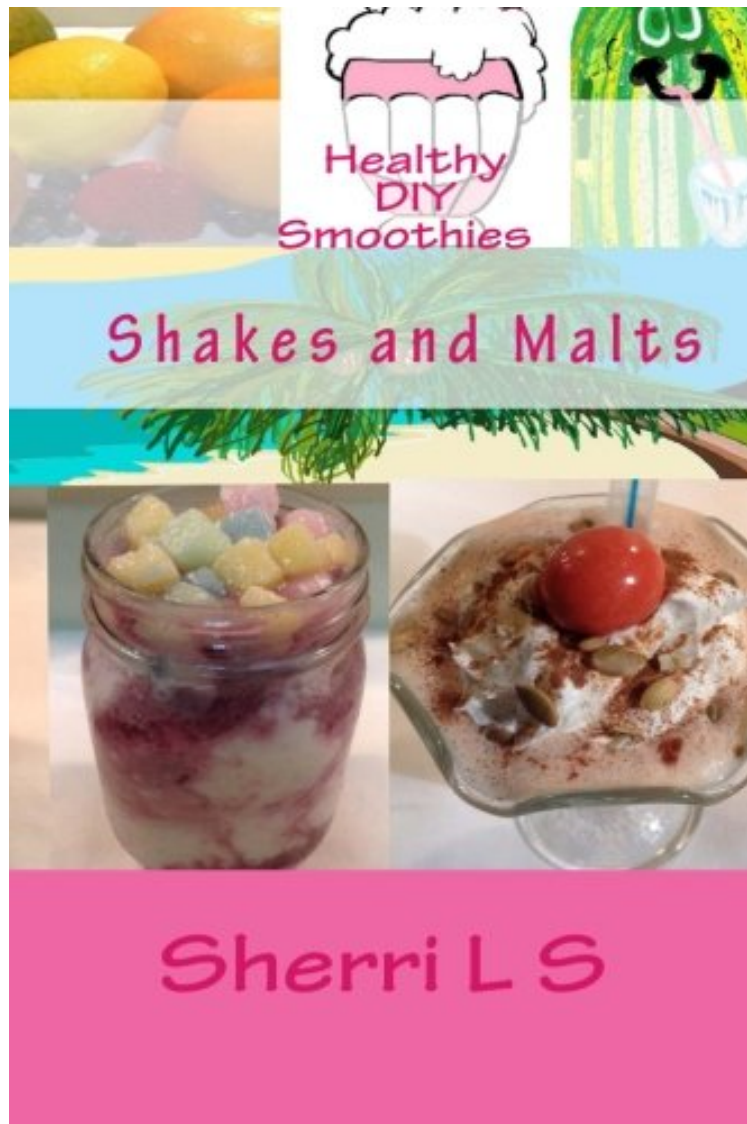


[Free] Healthy DIY Smoothies Shakes and Malts

Healthy DIY Smoothies Shakes and Malts

Sherri L S

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Sherri L S : Healthy DIY Smoothies Shakes and Malts before purchasing it in order to gage whether or not it would be worth my time, and all praised Healthy DIY Smoothies Shakes and Malts:

Smoothies are on people's fav lists because they are nutritious, healthy a fast alternative to cooking. In this book, 'Healthy DIY Smoothies Shakes and Malts,' you will learn how to make drinks that will give you more energy, weight loss, cleanse and even a smoothie for diabetics. The cook book is jam packed with 32 recipes that are focused on these

fab drinks. The guilt-free vegan shake is something you will not want to pass up. Also, a quaint section is included for all you old fashioned lovers of malts. The pumpkin spice malt is great for serving at holiday parties and get togethers. So, get out there and shake things up a bit! Step up a level and make better, improved drinks that are healthy and good for you. Go DIY!

About the Author Sherri is very familiar with alternative methods to creating healthy drinks. Given her background in researching ingredients that nourish your body, she has now put together this recipe book offering alternative ways to prepare nutritional drinks. She states that, "It's a great mix when you find a drink that can nourish both your body and soul." This is her second recipe book.