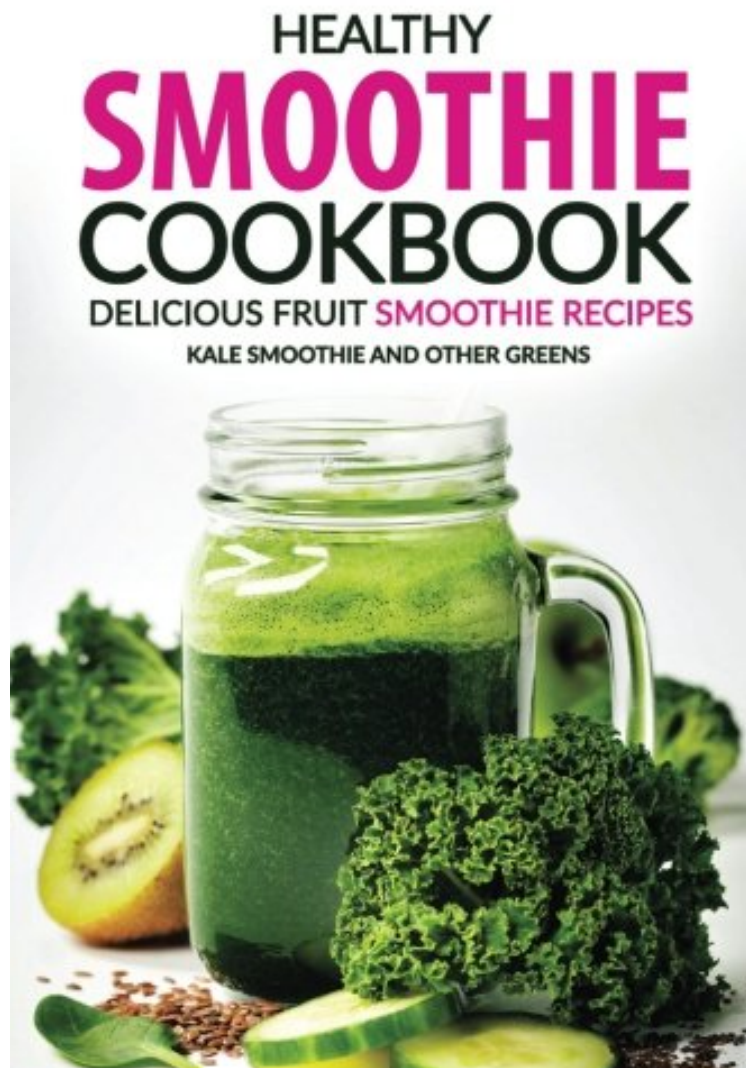


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## Healthy Smoothie Cookbook - Delicious Fruit Smoothie Recipes: Kale Smoothie and Other Greens

*Rachael Rayner*

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It seems like smoothies used to be reserved for the athletes or people following a specific diet. "Ordinary" people were associated with regular shakes. But that could not be farther from the truth these days. Actually, I am sure you have noticed how many smoothie shops have opened up in the last decade. Also, restaurants have expanded their menus to add Kale Smoothies and other flavors to their existing menu. Even fast food seems to be following the trend and adding to their "not so healthy" menu, these new and healthy items, referred to as a smoothies. But why is this happening? What has caused this Smoothie Revolution? There has to be other reasons besides it just looking pretty cool, and to be healthy all of the sudden, don't you think? In this book, we will discuss that subject specifically, and we will present you with a wide variety of Delicious Fruit Smoothie Recipes. In addition, we will invite you to create smoothies with vegetables as well, and point out the benefits of each particular fruit or veggie utilized to create these wonderful recipes.