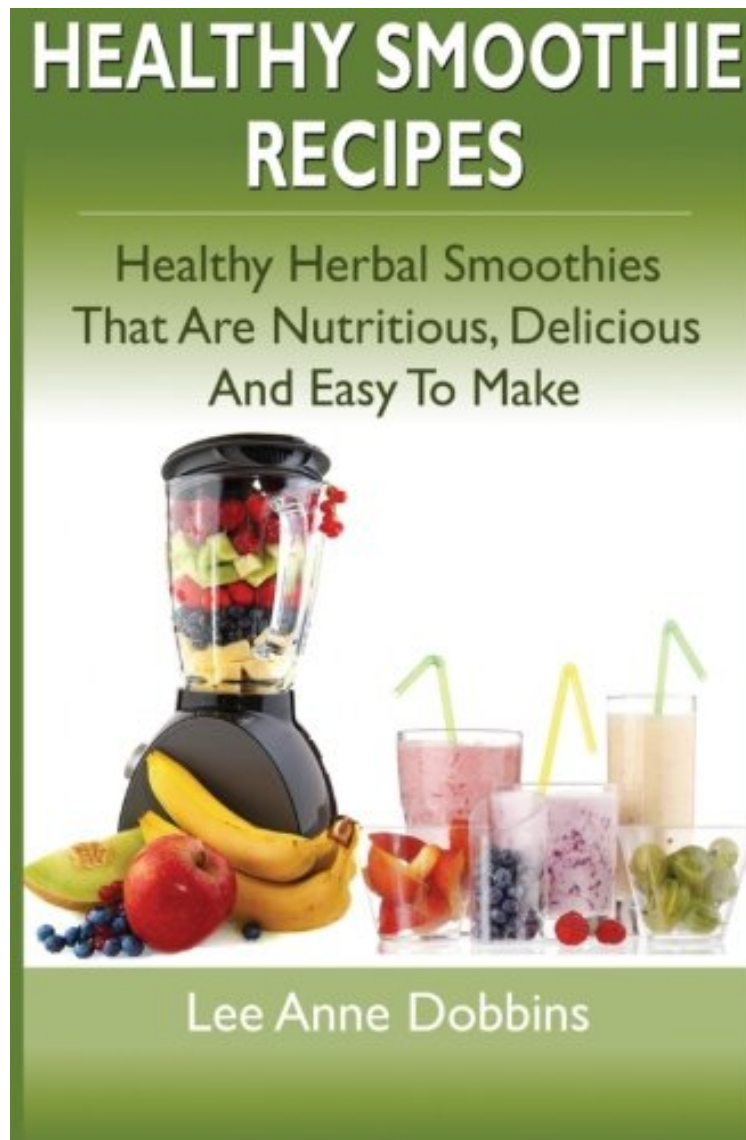


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Healthy Smoothie Recipes: Healthy Herbal Smoothies That Are Nutritious, Delicious and Easy to Make

Lee Anne Dobbins

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Lee Anne Dobbins : Healthy Smoothie Recipes: Healthy Herbal Smoothies That Are Nutritious, Delicious and Easy to Make before purchasing it in order to gage whether or not it would be worth my time, and all praised Healthy Smoothie Recipes: Healthy Herbal Smoothies That Are Nutritious, Delicious and Easy to Make:

56 of 57 people found the following review helpful. Healthy Herbal Smoothie RecipesBy Techno3I have purchased

several smoothie recipe books. But this is the best one so far. The book has a nice collection of recipes that not only include very healthy herbs, but also several ingredients that offer amazing health benefits. Each recipe comes with a brief but very pertinent information about the health benefits it offers. The recipes fall under several categories such as Anti-Aging, Memory Enhancing, Mood Boosting and so on. The book is nicely formatted for the kindle with fully working TOC and minimal clutter, making it a pleasant reading experience. 45 of 46 people found the following review helpful. Love this book! By Lisa Henderson Not only do you get over 30 recipes, but the author also passes on tips to create your own and how to do that. A nice surprise are the smoothie recipes for sore throat, high blood pressure, mood boosting, memory enhancing and anti-aging. A keeper! 10 of 10 people found the following review helpful. I love how juicing fresh fruits and vegetables and getting your ... By Jennifer Kus I've recently been detoxing and juicing all the toxins out of my system. I love how juicing fresh fruits and vegetables and getting your daily dose of vitamins and minerals just by drinking them. I feel great and am looking for new healthy drink recipes to try out. This book has some good recipes and you can always adjust the recipe to your liking.

If you're sluggish and tired all day, it's probably because you're not getting enough nutrients. But with today's fast paced lifestyles, who has time to make sure they get their USDA of fruits and vegetables? Smoothies are a quick, easy and delicious way to make sure you get all the fruits and veggies you need, and the smoothies in this book take it one step further and include herbs and spices that will boost your health and energy levels! Not only will these smoothies give you a quick way to get vitamins and minerals, but they'll also help keep you healthy. Herbs and spices are packed with health benefits (many, like turmeric, are being studied today for their ability to prevent and treat disease like arthritis, Alzheimers and even cancer) and this book shows you how to incorporate them into your smoothies for a delicious nutrient packed punch! Now you can drink your way to health with delicious recipes like: Apple Pie Smoothie Pumpkin Pie Smoothie Pizza Smoothie Pina Colada Smoothie Drink Your Salad Smoothie Orange Cream Smoothie Vitamin A Smoothie Vitamin K Smoothie Blood Pressure Lowering Smoothie Blood Sugar Regulating Smoothie Sore Throat Soothing Smoothie Anti Inflammatory Smoothie Mood Boosting Smoothie Memory Enhancing Smoothie Sweet and Salty Smoothie Stomach Soothing Smoothie Scarborough Fair Smoothie and more!