



1 of 1 people found the following review helpful. None of these madeBy MadeupaginMy mouth water. Very basic, which is probably why the title has "inexpensive" included. In my neck of the woods, berries are quite expensive this time of year, and pretty bland as well. Very few ingredients in any of these, and they sounded, for the most part a cheap breakfast because you would rather have a donut. No cleaning up after a donut. 0 of 0 people found the following review helpful. A cheaper smoothie alternativeBy Dave TI think by now we all realize how healthy smoothies are, but many of us avoid making them because buying all those fruits and vegetables can become expensive. This book offers several smoothie recipes, and lets you how to make them at a cheaper cost. For a few dollars, this book, in my opinion, is a bargain0 of 0 people found the following review helpful. For anyone into healthy living I highly recommend this book ! Super fast and easy recipesBy Allen B.Very educational and descriptive on how to create delicious smoothies that everyone will love. Love this book, filled with delicious, refreshing smoothie recipes for any occasionIf you like smoothies and enjoy good general health this book is for you !!

Tired of expensive smoothie shops? Want to make your own smoothies but don't want to pay hundreds of dollars for a blunder and ingredients? This book will provide you with Inexpensive smoothie recipes that will improve your health, curb your food cravings and relieve the financial burden associated with a healthier lifestyle. The recipes inside will help you look and feel healthier; introducing you to the main ingredients that will allow you to make healthy, inexpensive smoothies from the comfort of your own home. If you've been looking for an alternative to the pricey smoothies other books offer you than be prepared to start a new way of looking at healthier living. This book will bull; Inform you of the best ingredients to use in order to make filling nutrient filled smoothies bull; Inform you of the best inexpensive blenders to use; giving you the best bang for your buck bull; Inform you of the real benefits of the smoothies you intake bull; Lower your overall cost of making smoothies at home bull; Provide you with fast healthy recipes that will save you time bull; Provide you will different types of smoothies: From all vegetable smoothies to smoothie cleanses Tags:Weight Loss, Smoothie, Detox Diet,Green Smoothie Cleanse, Green Smoothie Diet, lose weight, detox body, 10 Day Green Smoothie Cleanse,smoothie diets, reduce cholesterol, detox cookbook, ,Green Smoothie Recipes