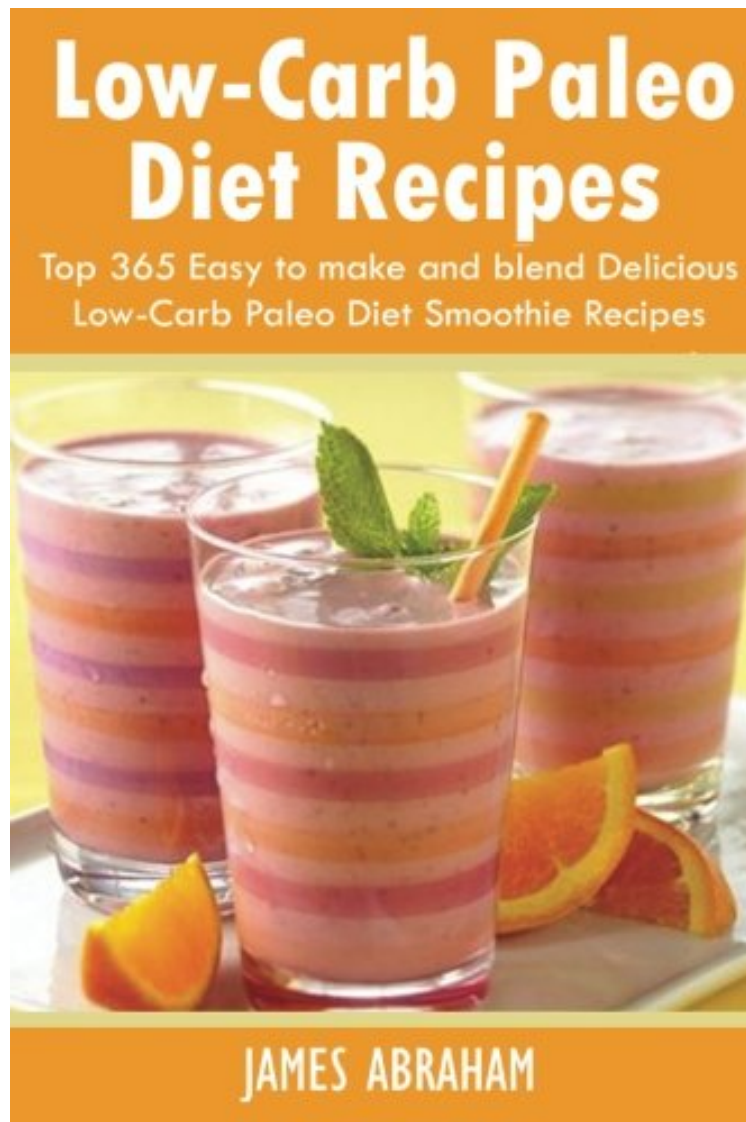


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This book contains proven steps and strategies on how to come up with different healthy and delicious smoothie recipes to get your daily dose of fruits and vegetables. It is good to know that you can get more than half of your daily nutrition needs in a glass of smoothie. This healthy drink is easy to make and is perfect for your everyday dose of healthy pick-me-up. So take advantage of your power blender and start making delicious and nutritious smoothies to power up your day. Remember, you need not be an expert in the kitchen to whip up a glass. Grab this Book today..and start making your Low-Carb Paleo Smoothies at home!