

## Smoothie and Juice Recipes: Enjoy 100 + Smoothies and Juice Recipes Including Smoothies for Good Health and Weight Loss



Filesize: 8.98 MB

### **Reviews**

*This book is wonderful. It really is written in easy words and never difficult to understand. I am quickly can get a satisfaction of reading a created ebook.*  
(Carley Huels)

## **SMOOTHIE AND JUICE RECIPES: ENJOY 100 + SMOOTHIES AND JUICE RECIPES INCLUDING SMOOTHIES FOR GOOD HEALTH AND WEIGHT LOSS**



Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The Smoothie And Juice Recipe Book gives you 100+ delicious smoothie and juice recipes to help you cleanse your body and lose weight! Smoothies are naturally packed with superfoods and antioxidants from fresh fruits and vegetables, making them the easiest and tastiest way to improve your health, and get glowing skin and hair while Juices are one of the quickest way to get nutrients into your body quickly! Juices are easily digested and they feed our body s cells efficiently. They usually taste amazing too! Fruit juices tend to supply the body with more vitamins, whereas vegetables tend to supply the body with more minerals. This Smoothie and Juice Recipe Book will make it easy to start enjoying smoothies with Juices on a daily basis and to get an extra boost of vitamins, nutrients, and antioxidants so that you can start losing weight right away! You Will Find Smoothies For: Energizing your mornings and power through your afternoons with recipes that take seconds to prepare and minutes to consume for lasting energy. Beautiful glowing younger looking skin, one of these smoothies every couple of days will turn back the hands of time for your skin. Increasing your Immunity, fight off disease and prevent cold and flu viruses. Don t get sick when everyone else is. Making smoothies are the easiest and most effective way for your body to absorb all the nutrients fast. Bounce out of bed in the morning full of energy to take on the day. Advantages of Smoothies: Lots of fruit and vegetables easily digestible keeping you fuller for longer. Large amounts of vitamins and minerals to keep your immune and gut healthy wards off...



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### **Read Write Inc. Phonics: Yellow Set 5 Storybook 7 Do We Have to Keep it?**

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. Tim Archbold (illustrator). 211 x 101 mm. Language: N/A. Brand New Book. These engaging Storybooks provide structured practice for children learning to read the Read...

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