



Green Smoothie Recipes: The Healthiest And Tastiest Green Smoothies For Lasting Weight Loss And Energy (Smoothies, Vegetarian, Vegan, Green Smoothies, Smoothie Recipes, Juicing, Smoothie Cookbook)

Jessica Brooks

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Green smoothies are the health sensation sweeping the world! For very good reasons. They are a quick and easy way to give your body the nutrients it needs to be optimally health and happy. They are cheap and efficient, providing a great way to use leftover fruit and vegetables. They can save a ton of time, requiring less than 5 minutes to create in most cases. If you have children that are opposed to fruit and vegetables then this can be a great way to change their minds. Introducing smoothies to you and your family's diets could be one of the greatest health decisions you can make. In this book I have created a huge variety of healthy, tasty and refreshing smoothies for you to enjoy!

Here is exactly what you will find whilst reading this book

- The huge health benefits of adding smoothies to your diet
- 10 post workout breakfast smoothies, designed to replenish and fuel your body
- 20 energizing smoothies designed to be used as an energy boost at any point in the day
- 20 tasty high fiber smoothies designed to take your health to the next level
- 20 incredible breakfast smoothies, carefully designed to keep you going all day
- 20 cleansing/detox green smoothies for life long help
- 10 all green, pure-green smoothies!

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James Brown:

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