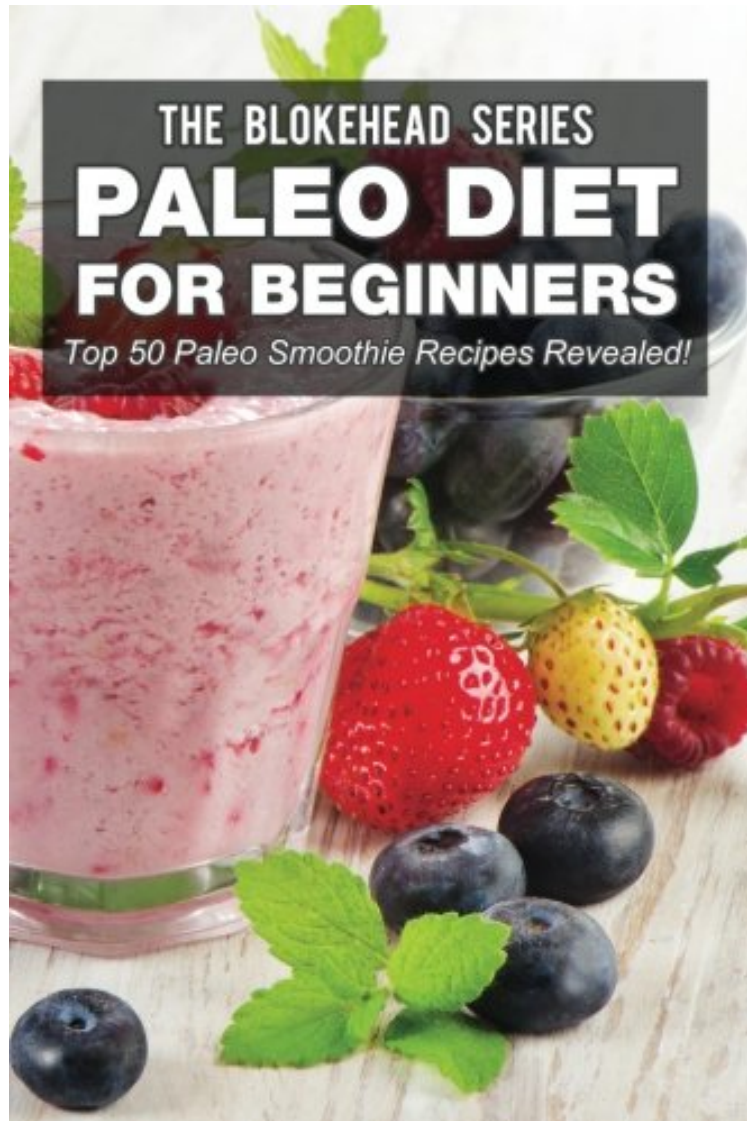


[Read now] Paleo Diet For Beginners : Top 50 Paleo Smoothie Recipes Revealed ! (The Blokehead Success Series)

Paleo Diet For Beginners : Top 50 Paleo Smoothie Recipes Revealed ! (The Blokehead Success Series)

The Blokehead

*ebooks | Download PDF | *ePub | DOC | audiobook*



[Download](#)

[Read Online](#)

#5633192 in Books 2014-12-13Original language:English 9.00 x .21 x 6.00l, #File Name: 150554428990 pages | File size: 17.Mb

The Blokehead : Paleo Diet For Beginners : Top 50 Paleo Smoothie Recipes Revealed ! (The Blokehead Success Series) before purchasing it in order to gage whether or not it would be worth my time, and all praised Paleo Diet For Beginners : Top 50 Paleo Smoothie Recipes Revealed ! (The Blokehead Success Series):

If you've been following the Paleo Diet, you know that food preparation can be time consuming. A smoothie is a great way to fulfill nutrition requirements when short on time. Below are 50 of the best Paleo Smoothie Recipes available. Simply process all ingredients in a blender until smooth. Strawberry Coconut Almond 8-10 small frozen strawberries 3 fresh strawberries 1 c. coconut milk 1 t. almond butter 1 t. honey Chocolate Avocado 1 avocado 2 frozen bananas 1/2 c. frozen or fresh raspberries 1-2 T. unsweetened cocoa powder 2 c. almond or coconut milk Cinnamon Coconut Banana 1/2 c. coconut milk 4 large egg yolks 1 medium banana 1/4 c. ice 1/2 t. cinnamon Grab the book to get more paleo recipes

About the Author The Blokehead is an extensive series of instructional/how to books which are intended to present quick and easy to use guides for readers