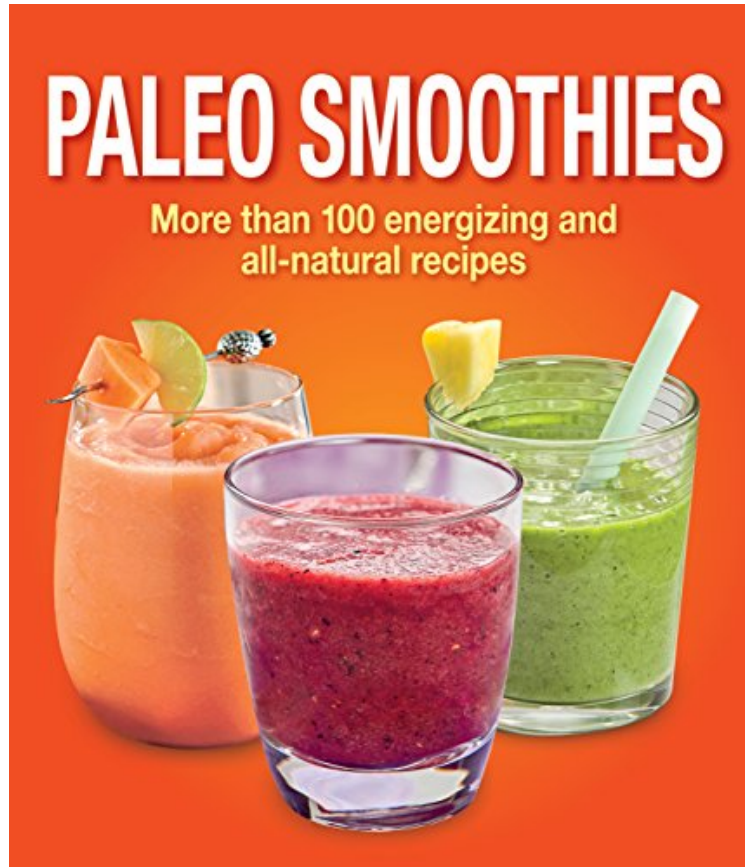


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Paleo Smoothies: More than 100 Energizing and All Natural Recipes

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Take your smoothies to the next level - go paleo! Smoothie recipes often contain dairy, gluten and/or refined sugars, but it's very simple to make the switch. Paleo Smoothies offers more than 100 easy recipes for delicious and nutritious drinks packed with wholesome fruits and vegetables. Quick to fix and incredibly versatile, paleo smoothies are perfect for breakfast, lunch or a healthy snack. These refreshing, all natural blends are bursting with vitamins and minerals, providing energy, nutrition and an extra immunity boost. You can enjoy the simplicity of pure fruit and vegetable

combinations, or try spicing them up a little add flavor and texture to your smoothies with paleo friendly ingredients such as fresh herbs, spices, honey, nut butters, seeds and dairy-free milks. Choose from tasty tropical blends, superfood sensations, vibrant green smoothies and dozens of other thirst quenching concoctions. More than 90 beautiful full-page photographs.