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RAW VEGAN On The Fast Lane: The 60-Second Power Smoothie Handbook

Alicia Ann Lip

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This is a 65-page smoothie handbook that I have created with 23 amazingly quick and super delicious smoothies recipes to help reach out to all you busy raw vegans out there and to better manage your health, mind and body! Understand that in our modern era, most of us are too busy dealing with our daily commitments, neglecting our health and reaching out for the wrong foods. These power smoothies give you more time to spend with your family yet feeling energetic and happy all the time! There are 3 types of smoothies (Detox, Nourish and Sweet indulgence for sweet tooth cravings), focusing mainly on fruits, vegetables, nuts and seeds to guide raw vegan "freshmen" and help "seasoned" raw vegans lead an exciting raw vegan lifestyle! Dairy free, gluten free, wheat free and refined sugar free, which means Guilt Free! Bloating and indigestion days are gone for good! I will also share with you my personal story on how I started going raw, of course, these things do not happen overnight. If you are new to being raw, this book will be a great guide to start off going raw. But if you have been a raw vegan for a while now, this will give you more ideas on making your smoothies interestingly delicious! The Must-Try smoothies recipes below: Detox Signature Green Boost Sugar Plum Summer Beets Grapefruit Cooler Bittersweet Dino Kale Beet Detox Plus Sweet Tango Papaya Nourish Wheeze Free Kiwi Honey Melon Blackberry Mango The "Ribena" Coconut Island Pink Mango Red Dragon Passion Sweet Indulgence Peach Cobbler Fig Almond Strawberry Colada The Bounty Hunter Caramelized Pear Strawberry Custard Raspberry Nectar Extra Fun 2-in-1 Smoothie Homemade Almond Milk Lets go Raw for Real, slowly but surely. Like I always say, it can only get better... Never a dull day since.

About the Author Alicia Ann Lip is the creator of StayingRaw.com, a raw vegan website featuring vegan smoothies, juices and raw food recipes. No dairy, gluten, wheat or refined sugar are found in any of her healthy and fresh recipes. Her recipes are made from mainly fruits, vegetables, nuts and seeds. Turned raw vegan two years ago and had a life changing experience ever since. She is eager and passionate about raw foods and would want to share her passion with others. Alicia also has a large group of followers on her Instagram visiting her website for recipes and tips on how to stay and live a happy raw vegan.