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Red Smoothies: Over 55 Blender Recipes, weight loss naturally, green smoothies for weight loss,detox smoothie recipes, sugar detox,detox cleanse ... - detox smoothie recipes) (Volume 100)

Don Orwell

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0 of 0 people found the following review helpful. Smooth job by the author! By Chris Gildenlow Due to a very busy schedule I have almost every day, I wanted to consume something which at the same time healthy and quick and easy to prepare. The first thing that came to my mind is that I should try preparing some smoothies. But the problem was I didn't know more than 2 recipes - until I read this great guide. This book is packed with amazing and very healthy smoothie recipes. Don Orwell did a great job collecting a great variety of recipes, making a very helpful guide! 0 of 0 people found the following review helpful. Five Stars By M. Sharma These look like some really good and healthy smoothies. Most seem easy to make.

How Can You Go Wrong With 100% Superfoods Smoothies? Red Smoothies contains more than 55 Red Smoothie recipes created with 100% Superfoods ingredients. No soy milk, no cows milk, no artificial flavors, only 100% natural Superfoods that deliver astonishing amounts of antioxidants, essential fatty acids (like omega-3), minerals, vitamins, and more. Superfoods are foods and the medicine and they offer tremendous dietary and healing potential. Superfoods slow aging, boost immunity, energize and detoxify. Would You Like To Know More? Download and start getting healthier today. Scroll to the top of the page and select the buy button.