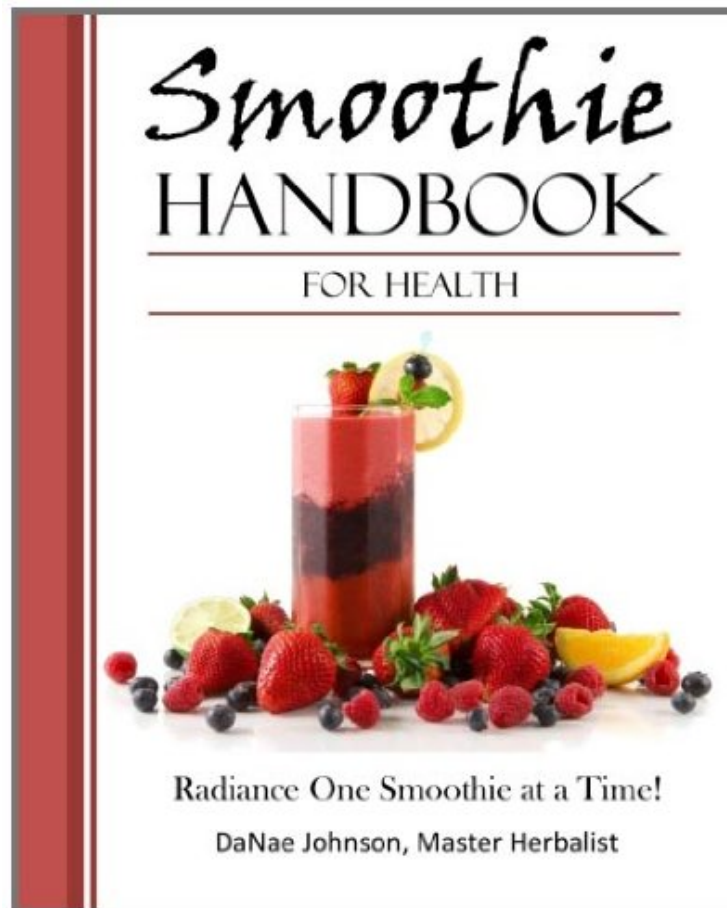


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Smoothie Handbook For Health: Radiance One Smoothie at a Time!

DaNae Johnson

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This Smoothie Handbook enables you to make healthy and delicious smoothie creations right in your own kitchen. Choose from 135 recipes for fruit smoothies, green smoothies, and yummy dessert smoothies! Drinking smoothies that incorporate high-food-value ingredients can completely transform your health and boost your energy! In this book, every tantalizing, taste-tested smoothie will give you the kind of nutrients you need.Eating nutrient-dense foods is the key to vibrant health for you and your family. Making healthy smoothies has to be the easiest and most delicious way

to ensure top quality nutrition. . . And the options are endless! Blend it and drink it! Let this step-by-step Smoothie Handbook for Health show you how.

About the Author DaNae Johnson, a certified Master Herbalist, is dedicated to helping you learn how to easily take care of your nutritional needs. As a business owner and a mother of two young boys with another baby on the way, she knows how difficult it can be to continuously incorporate healthy nutrition into a busy schedule.