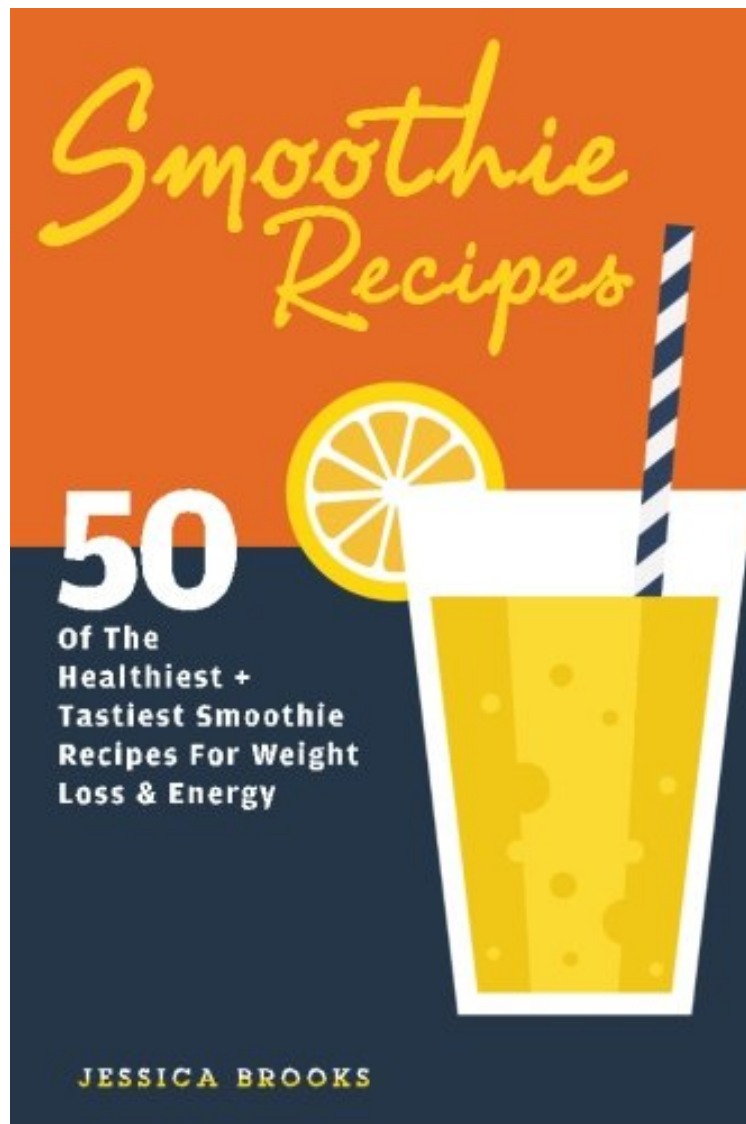


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Smoothie Recipes: 50 Of The Healthiest And Tastiest Smoothie Recipes For Weight Loss And Energy (Volume 1)

Jessica Brooks

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Jessica Brooks : Smoothie Recipes: 50 Of The Healthiest And Tastiest Smoothie Recipes For Weight Loss And Energy (Volume 1) before purchasing it in order to gage whether or not it would be worth my time, and all praised Smoothie Recipes: 50 Of The Healthiest And Tastiest Smoothie Recipes For Weight Loss And Energy (Volume 1):

0 of 0 people found the following review helpful. Creative and healthy smoothies
By Sanjin
I have a great blender but I never really used it regularly, I don't know why. I guess I just didn't have the inspiration for all the wonderful smoothies I can make in that thing, but this book took care of that problem, that's for sure!
Recipes in this book all fantastic ndash; simple, tasty and healthy. The book has a wide variety of recipes, from fruity to vegetable smoothies, the ones that energize you or detoxify you and many more. I recommend it for anyone who lacks ideas for smoothies like I did and who wants to make something healthy and delicious. Don't let your blender get bored of same old recipes, give this book a try, you will love it.
0 of 0 people found the following review helpful. Nice book!
By Zen Callis
Me, my husband and my kids really loves smoothies. I am very happy with it since smoothies are very healthy compared to the commercially available juice drinks in the market. Seeing this book in the Kindle store gave me idea that these smoothies can be a medium for loosing weight. This really came just in the right time because I am also finding ways on how I can trim my weight. Provided on first part of the book was the basics of smoothies as well as some of it's background information. Useful tips and techniques were provided in here which can be totally utilized by beginners like me. What I like most about this book is the author's way of writing it because it was written in a simple and easy to understand manner. Nice book!
0 of 0 people found the following review helpful. For Smoothie Lovers!
By M. Gomez
Smoothies!!! I love smoothies! I bought this book in hopes to find a newer smoothies recipes. I love how you just mix them all together and drink it. I'm lazy that way.
This book is not quite similar to other recipe books, I guess because each ingredient here and procedures here are written in paragraph. Which is why each direction is explained well and easy to visualize how to create, but if you're in a hurryhellip; just like the other day when I was trying to create the Tutti Fruity Smoothie, it's hard to read which ingredients you need to put inside the blender since you need to read each paragraph first.
I personally liked the Tutti Fruity, Tangy Pineapple Surprise and the Kale, Banana and Apple Smoothie.
I highly recommend this to smoothie lovers like me!

Transform your health with this delicious collection of 50 smoothie recipes! Get a FREE ebook with this book
Smoothies are the health sensation sweeping the world! For very good reasons. They are a quick and easy way to give your body the nutrients it needs to be optimally health and happy. They are cheap and efficient, providing a great way to use leftover fruit and vegetables. They can save a ton of time, requiring less than 5 minutes to create in most cases. If you have children that are opposed to fruit and vegetables then this can be a great way to change their minds. Introducing smoothies to you and your family's diets could be one of the greatest health decisions you can make. In this book I have created a huge variety of healthy, tasty and refreshing smoothies for you to enjoy! Here is exactly what you will find whilst reading this book
The huge health benefits of adding smoothies to your diet
10 amazing breakfast smoothies, designed to fill you with motivation and energy for the day
10 energizing smoothies designed to be used as an energy boost at any point in the day
10 tasty alkalizing smoothies designed to take your health to the next level
10 incredible antiaging smoothies, carefully designed to help stave off the signs of aging
10 vitamin packed green smoothies to aid weight loss and life-long health

"Who needs a recipe book to make a smoothie!?! I groaned when I received this book through the post to use and review. Thankfully I ignored my intuition and jumped into the recipes, trying two a day for the week. I was genuinely so surprised at how unexpectedly creative and more importantly, tasty the smoothies were. The All-Day Energy Machinenbsp;delivers exactly as promised, I felt motivated and energetic all day. The Fountain of Youthnbsp;may not have had any instant effects on my complexion but it tasted divine!".nbsp;Sarah Williams - Healthy Living Magazine