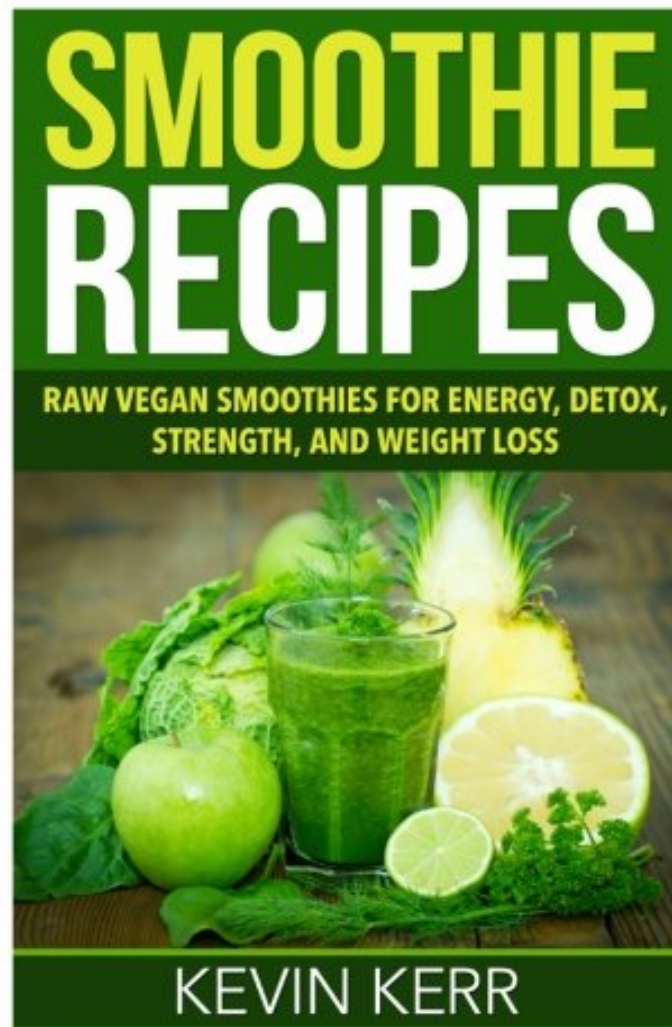


[Library ebook] Smoothie Recipes: Raw Vegan Smoothies for Energy, Detox, Strength, and Weight Loss.

# Smoothie Recipes: Raw Vegan Smoothies for Energy, Detox, Strength, and Weight Loss.

*Kevin Kerr*

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**Kevin Kerr : Smoothie Recipes: Raw Vegan Smoothies for Energy, Detox, Strength, and Weight Loss.** before purchasing it in order to gage whether or not it would be worth my time, and all praised Smoothie Recipes: Raw Vegan Smoothies for Energy, Detox, Strength, and Weight Loss.:

1 of 1 people found the following review helpful. Love for Smoothies!By JosephThis is a fantastic smoothie recipe book. As a lover of smoothies myself, and someone who is excited at the recent trend of rising smoothie popularity, I

love seeing books like this. The most important thing in any recipe book is of course quantity, quality, directions and variety. Thankfully, with smoothies, instructions aren't really needed on how to make them. Blend and enjoy says it all, so directions are easily taken care of. As for quantity, there is a lot to be had here, dozens of recipes. Quality hits a home run too. Of course not every recipe was one to my liking, but that doesn't mean there isn't someone out there who it's for. And the variety, as expected with so many recipes, is definitely there. There are things for chocolate lovers, for health freaks and for fruit lovers. There's also a nice, informative introduction in the beginning of the book, which is something recipe books often lack. The only thing I wish the book did was add in where the recipes are what exactly they are good for. Some, for instance, may be good for energy, while others are good for immunity. It would've been nice to see this listed with each recipe, but still overall a fantastic smoothie book! 2 of 2 people found the following review helpful. This is a great book for those who love smoothie or anything natural and healthy! By daniel When we think about a smoothie, we kind of think about the slight bitter taste and sort of tangy feel of a smoothie. What Kevin thinks is that smoothies can be enjoyable and good for you. What you find in this book is the ultimate benefits that natural smoothies can offer you, also the recipes in here are simply amazing. The recipes are ones which make you want to keep making smoothies rather than the ugly thought of sufficient smoothies. Food which are made naturally ultimately taste better and are good for you and Kevin offers a great amount of info and background to making the perfect smoothie for you. 1 of 1 people found the following review helpful. Delicious Smoothie Recipes! By Mel B These smoothie recipes are delicious! I have been making the recipes from this book for the past few days and I really do feel a lot more energized and overall healthier. This book is full of great smoothie recipes you don't want to miss out on! My personal favorite is the "Magnificent Morning," it is very good for you and tastes great, too!

Here are 50 delicious and nutritious smoothie recipes that will boost your energy levels and change your life! Whether you are new or experienced at making smoothies you will love these recipes! Looking back on my life now I realize that my decision to start drinking green smoothies has turned out to be one of the best choices of my life. They have given me more energy, helped with my fitness goals, help improve my skin, and most importantly have increased my mental clarity which I am most grateful for. I have been working on these recipes for over two years and I personally guarantee they taste fantastic and can change your life as they have bettered mine in countless ways.