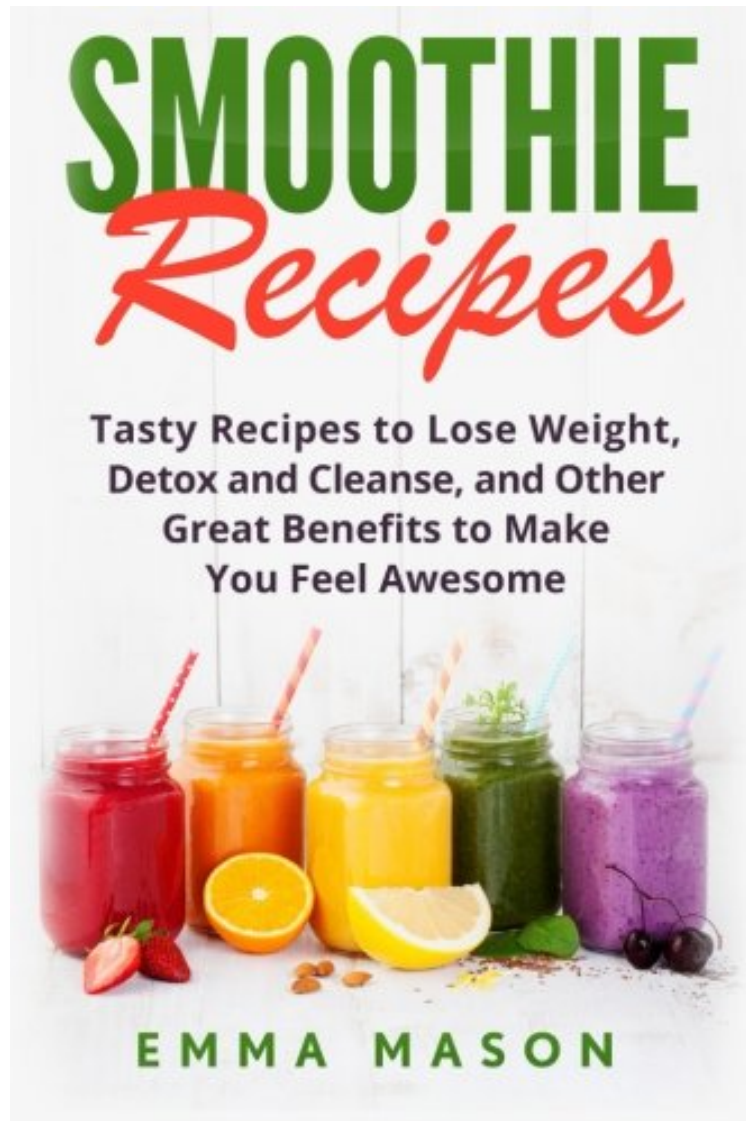


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Discover a collection of smoothies that are nutrient-rich! This book provides a number of smoothie recipes with detailed instructions and ingredients needed to give you the best results. It also offers advice on the main ingredients chosen. The book is not only filled with recipes but also packs information to make the right choices for your health. Here Is What You Get From This Book... Learn healthier lifestyle choicesDiscover natural protein that will help you in your workoutTasty smoothie recipesDiscover nutritional benefits smoothies have to your bodyHow easy it is to prepare a smoothieAlternative choices of food for diabeticsRecipes to detox and cleanse your body...much, much more! Letsquo;s start our healthy journey with tasty smoothie recipes!

About the AuthorEmma Mason is Professor of English and Comparative Literary Studies at the University of Warwick, UK, and an editor of Bloombury's New Directions in Religion and Literature series.