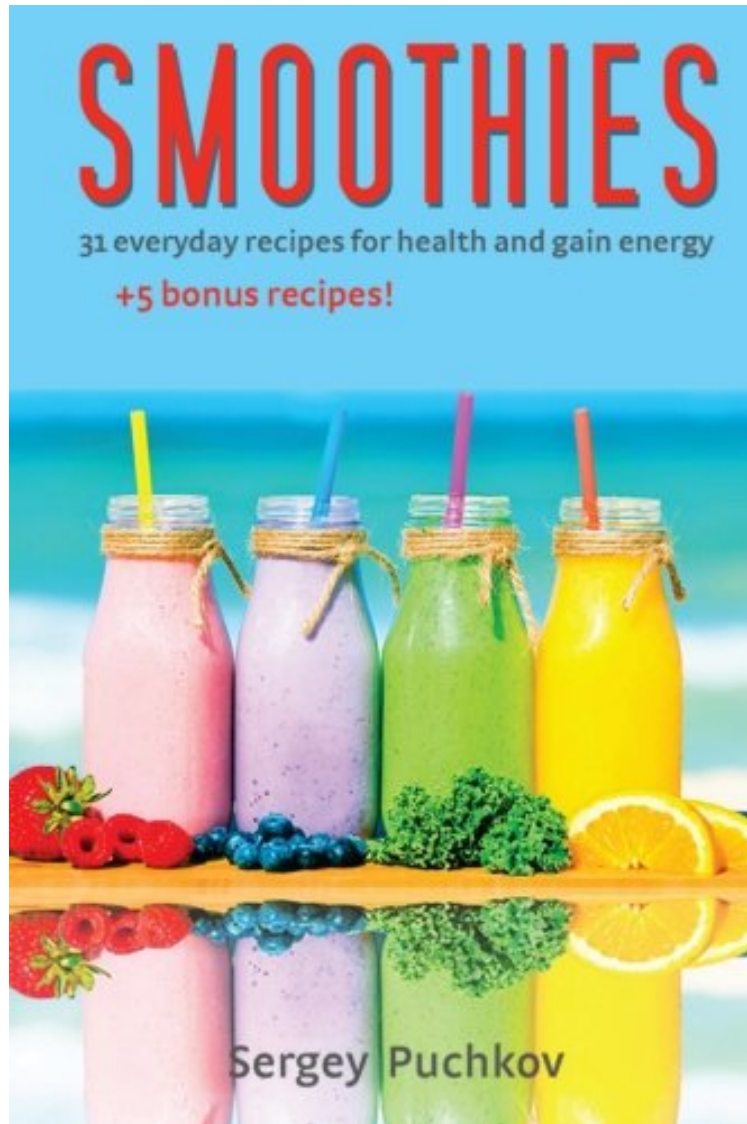


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# Smoothies: 31+5 Bonus Everyday Recipes For Health and Gain Energy

*Sergey Puchkov*

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**Sergey Puchkov : Smoothies: 31+5 Bonus Everyday Recipes For Health and Gain Energy** before purchasing it in order to gage whether or not it would be worth my time, and all praised Smoothies: 31+5 Bonus Everyday Recipes For Health and Gain Energy:

0 of 0 people found the following review helpful. Good recipes. Needs editingBy BookhappyThe recipes in this book

are good. The few recipes that add sugar or artificial sweeteners do not really need it. I did use the honey though in the few recipes that it was in. There are a number of places where the text should be edited for correct grammar and word usage. In some places the flow of the text is a bit awkward. 0 of 1 people found the following review helpful. Useful book!!! By Jim Castello Smoothies - is a drink of the gods! I drink a smoothie every day and prepare it to my family. In this book I found a lot of new and useful smoothie recipes. Now this is my reference book) I open this book in the morning and prepare one of the proposed smoothies. My children invented a game: guess from what made smoothies. I suggest everyone to cook the recipes in this book. Besides smoothie energizes the whole day. Also smoothie - is a drink for those who are watching their figures. Read the book and convince yourself! I recommend! 0 of 1 people found the following review helpful. What I was looking for! By Customer I go to the gym more than three years. Almost everyday I drink smoothies with protein powder. And I'm tired from them, really! This book has a large numbers of cocktails with different tastes. I like it! It has all instructions that I need. Nutritional information - what I like the most! I should control my diet and calories, and with this book it is very easy! For today I tried 8 smoothies and I love them all! Thanks for this book!

Hello, this book is a wonderful 30 everyday smoothie recipes for your healthy and happy life! Plus 5 bonus recipes of great layered smoothies that will delight your tastebuds! This Book provides you with an easy and guaranteed way of revolutionizing your lifestyle with some power drinks we call smoothies. We offer you a collection of tested-and-ried smoothie recipes for four basic human concerns, i.e. weight loss, strong immunity, body detox and high energy level. Now you don't have to alter your kitchen pantry to eat well and live healthily. Most of the ingredients are right there - and all you really have to do is to pour some of them in the blender and whiz up smoothies that are nutritious and delicious. Our aim is to emphasize the fact that living well doesn't mean luxury. The recipes in this eBook are fairly simple and non-technical with profound benefits. Also, smoothies can be enjoyed at any time of the day! Now you don't have to fret about cooking preparation or timing because we've simplified healthy living for you with our smoothie recipes collection. In this book, you will find the 31 recipes with detailed instructions and tips written from the heart. Plus 5 bonus smoothie recipes of wonderfully layered smoothies that will delight your tastebuds! I am truly very happy to help you. Happy reading and blending! Here Is A Preview Of What You're going to Learn: You will learn how to enjoy the taste of health How to make your every morning wonderful by the fruit breakfast How to lose weight with the help of smoothies How to use the fruits to cleanse your body How to increase your immunity and energy How to make your own accurate and useful recipes for yourself and your beloved ones