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Carl Preston

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Carl Preston : Smoothies: Smoothie Recipes: 100 Classy Smoothie Recipes: Smoothie Book: Weight Loss Smoothies-> Smoothies for Weight Loss: Green Smoothie Recipes: 10 ... Cleanse,10 Day Green Smoothie Cleanse) before purchasing it in order to gauge whether or not it would be worth my time, and all praised Smoothies: Smoothie Recipes: 100 Classy Smoothie Recipes: Smoothie Book: Weight Loss Smoothies-> Smoothies for Weight Loss: Green Smoothie Recipes: 10 ... Cleanse,10 Day Green Smoothie Cleanse):

0 of 0 people found the following review helpful. I love smoothies!!By JustTheWayYouAreI love smoothies and this huge collection of smoothie recipes will keep my blender whirling all year long. I made the Pear Berry smoothie for breakfast this morning and OMG it was delicious! All of them are healthy and also easy to make. Some called for ingredients I don't always keep on hand, but it's stuff easily available at any grocery store so I just read through and stocked up on the few items I didn't already have. There are so many to choose from, the only bad part is making up my mind which one I want next.0 of 0 people found the following review helpful. A good recipe book on all types of smoothiesBy CVA LewisThis book has a nice variety of smoothie recipes however not all are for the health conscious if you are looking to lose weight. That being said, the recipes are listed nicely based on their health benefits. For the recipes with added sugar I replaced it with things such as honey and they tasted great. The tips and advice for families and for mixing things up were fantastic and let you build on what the book has inside. Overall it's worth a read and if you grabbed the boxed set because you are health conscious for weight loss you will also find healthy recipes inside as well.

Smoothies: 100 Classy Smoothie Recipes A pleasure for your taste buds Imagine for a moment you are on your way back home from work. You are driving, sitting on the train or simply walking back. You are starting to feel hungry. You want to give yourself a treat. A healthy one. Is that possible? You wonder. A few seconds go by after your craving thoughts. You fancy something good, something fast, but you also want it to make feel good. A healthy reward is what you are after. Then, out of nowhere, your mind starts to picture what you are really afterhellip; Smoothies: Smoothie Book: Weight Loss Smoothies: Smoothies for Weight Loss Then you realize: Of course! A healthy, tasty and mostly classy smoothie is the answer to all your thoughts and cravings. Easy to make, even easier to serve, and a pure pleasure to have. So what are you waiting for? The ingredients are easy to get. The blender? You do not need anything fancy, just a traditional blender or a mixing machine, don't you think you need one of those new expensive Ninja Blenders. Smoothies: 100 Classy Smoothie Recipes: The Easiest to Follow Smoothies Book: Green Smoothies, Fruity Smoothies, All kinds! But you do not want to think, you do not have time to think. An the difference between making a regular, lacking of spirit smoothie, and a Classy Smoothie is to have before you the right recipes to create the most gloriously delightful mixes you could ever think of. This is why, here, in this book, you will find the top 100 tastiest, classiest and easiest to make smoothies in the plant. Make your friends and family jealous with your delicious Smoothie Recipes: Classy! Give yourself a treat. Or even better: give your friends and your loved ones a treat. With the recipes you will find in Classy Smoothies you will have success guaranteed in any party, gathering, reception or social event you may ever have to hold. The answer is: Classy smoothies And now, without any further delay, behold: The top 100 Classy Smoothies. Enjoy! Smoothie, Smoothies, Smoothie Recipes, Smoothies for Weight Loss, Green Smoothie, Smoothie Recipes for Weight Loss, Smoothie Cleanse, Weight Loss Smoothies, Smoothies for Weight Loss, Green Smoothie Recipes, 10 Day Green Smoothie Cleanse, Smoothie Cleanse, Green Smoothies