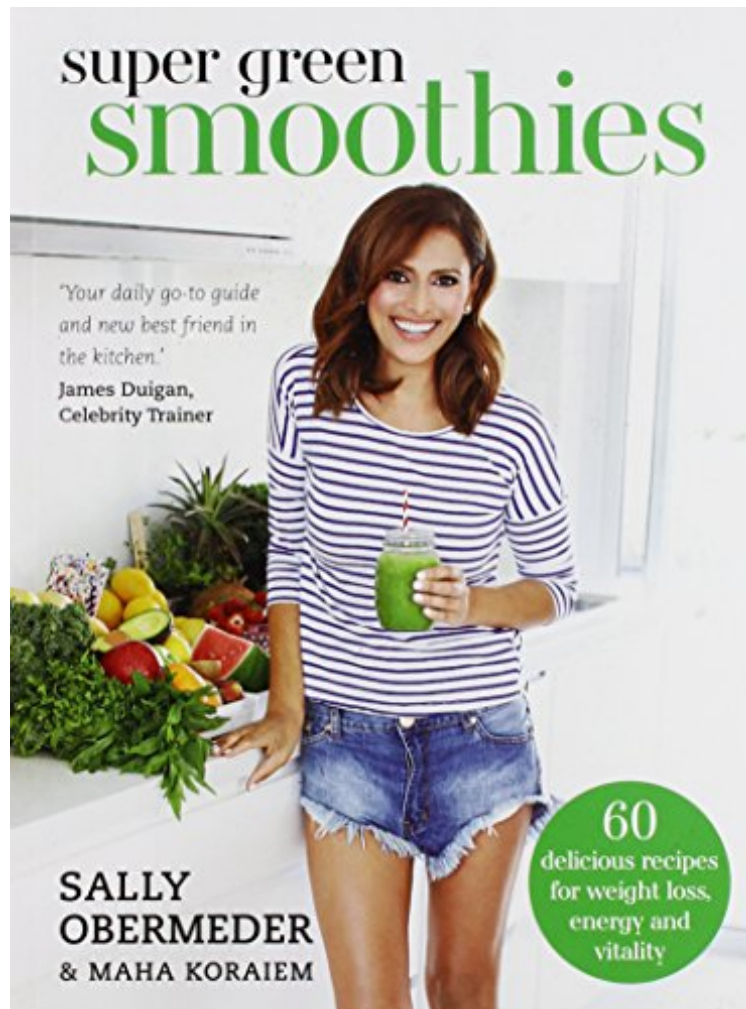


(Free download) Super Green Smoothies: Healthy Recipes for Healing and Happiness

Super Green Smoothies: Healthy Recipes for Healing and Happiness

Sally Obermeder

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#2372173 in Books 2015-09-15Original language:EnglishPDF # 1 9.00 x .60 x 6.60l, .0 #File Name: 1760113719176 pages | File size: 65.Mb

Sally Obermeder : Super Green Smoothies: Healthy Recipes for Healing and Happiness before purchasing it in order to gage whether or not it would be worth my time, and all praised Super Green Smoothies: Healthy Recipes for Healing and Happiness:

0 of 0 people found the following review helpful. How can you go wrong?By Hazel WalkerWell worth having I get bored with the same smoothies over and over. This book has great idea and I learned that there is so much that I could freeze!0 of 0 people found the following review helpful. I love this bookBy Beth KI love this book! I have made most of the smoothies in this book, and they are all delicious! I have been making smoothies for years, but this book allowed me to be more creative and adventurous, combining healthy vegetables and fruits in new ways that are chock full of nutrition, AND taste great.

When Sally Obermeder wanted to regain her health after cancer, she turned to green smoothies—and now she is sharing her nutritious, delicious recipes to help others get in shape, feel better, and stay healthy. After battling and surviving a rare and aggressive form of breast cancer, Sally Obermeder decided she wanted to take back control of her life. She decided to make a simple change, and so began her green smoothie transition. She lost over 22 lbs, got her skin glowing, ramped up her energy levels, and ultimately realized this small change to her lifestyle resulted in her feeling the best she'd ever felt. The green smoothie revolution has taken the world by storm, and Sally has spent the last year testing and creating hundreds of crazy delicious green smoothie recipes that taste nothing like soggy spinach and everything like an exploding taste sensation. The recipes are easy to follow and easy to make. From savory to sweet, green to red, vegetable to fruit, breakfast to dessert, there's a smoothie to suit every taste and every age, and even kids. Sally's smoothies are packed full of goodness for maximum benefits—think leafy greens, fresh veggies and fruits, as well as added vitamins, minerals, nutrients, and superfoods that help to leave you feeling full for hours and stop those cravings for sugar as well as unhealthy, fatty foods and snacks. The recipes in *Super Green Smoothies* will help you to kick-start your health transition, just like Sally did, and will help you to look and feel great—inside and out, all year round. Recipes include dual measurements.

About the Author Sally Obermeder is best known for her reporter role on the 7 Network's *Today Tonight*. But she has also presented on *The Morning Show* and *Sydney Weekender*.