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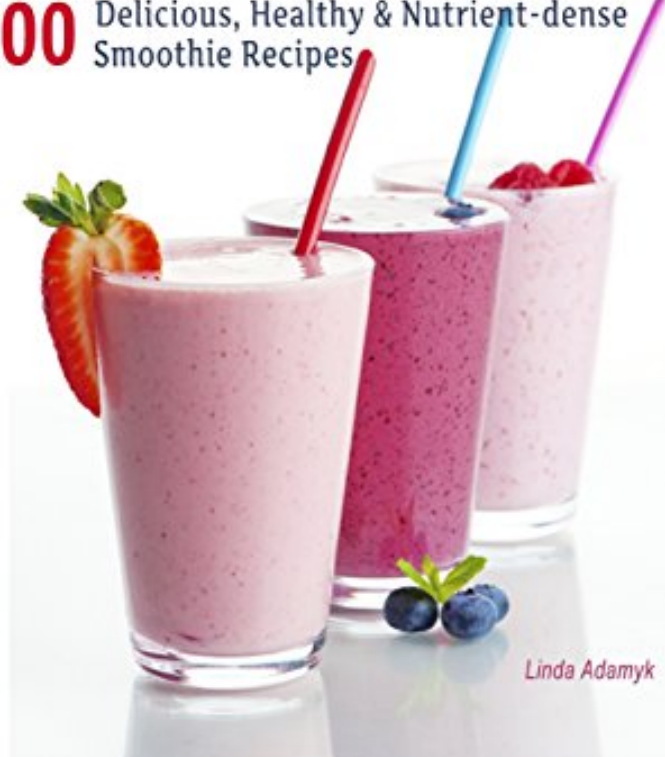
# Superfood Smoothie Recipes: 100 Delicious, Healthy Nutrient-dense Smoothie Recipes (Healthy Smoothies) (Volume 1)

Linda Adamyk

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## SUPERFOOD SMOOTHIE RECIPES

**100** Delicious, Healthy & Nutrient-dense  
Smoothie Recipes



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The Book includes 100 Delicious smoothie recipes that can increase the amount of life-saving nutrients for your body. Smoothies are packed with antioxidants, vitamins and minerals from fresh fruits and vegetables. Superfood Smoothie Recipes will help you to improve your health and lose weight. Smoothie recipes include: - weight loss smoothies (fruit and vegetable smoothies); - healing smoothies (allergies, hay fever, eczema, asthma, anemia, pregnancy, female infertility, male infertility, insomnia, bronchitis, herpes, headaches, grippe, breast-feeding, depression, diabetes, eye diseases, skin diseases, heart diseases, liver diseases, constipation, heartburn, menstrual disorders, migraines, indigestion, preventing cancer, cold, tiredness, aging, anxiety, stress and panic attacks).