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Superfoods: Matcha Green Tea, Learn the Miraculous Benefits of the Matcha Superfood and Tons of Great Matcha Recipes (superfood weight loss, raw ... superfoods to boost you metabolism)

Ariana Hunter

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Ariana Hunter : Superfoods: Matcha Green Tea, Learn the Miraculous Benefits of the Matcha Superfood and Tons of Great Matcha Recipes (superfood weight loss, raw ... superfoods to boost you metabolism) before purchasing it in order to gage whether or not it would be worth my time, and all praised Superfoods: Matcha Green

Tea, Learn the Miraculous Benefits of the Matcha Superfood and Tons of Great Matcha Recipes (superfood weight loss, raw ... superfoods to boost you metabolism):

0 of 0 people found the following review helpful. Unimpressed and UnhappyBy AileenVery, Very disappointed. There are 12 recipes in this book to make homemade deodorant using Matcha Green Tea. Only 22 recipes for edible recipes! Most with way too many ingredients not in a typical pantry, Also has a few recipes for making facial masks, scrubs and hair rinse. This should have been called a handbook for personal products you can make, NOT, Superfoods with tons of great recipes. That's it! A waste of money and time reading this book! Drink the tea as intended. 0 of 0 people found the following review helpful. Great Info For A Newbie! By BriannaI've been really curious about superfoods recently, so this book was an interesting read. I hadn't heard of matcha before, but Superfoods goes into detail about the benefits and history of it, so I came out feeling like I had learned a lot! There are a lot of different things matcha can be used for, including disease prevention and weight loss. Those looking to get healthy talk about superfoods and their benefits often, so I think this is a good resource for people looking to learn more. I certainly came out of it wanting to give matcha a try, so I definitely recommend it! 0 of 0 people found the following review helpful. From food benefits, to hair growth to making a deodorant, this matcha green tea powder can do it all ! By Kurt OlsonI never knew much at all about green tea before this. But this is more than a tea, it's a powder that you can mix into foods to make them be healthier and detox your system. Some of the authors claims seemed a little far fetched - useful for making hair grow and my favorite - a recipe for using the matcha green tea powder to create a deodorant! Well the author surely gets our attention with the many uses of this green tea powder. And then of course there were many recipes of mostly dessert items where the powder was the main ingredient. Interesting book.

Superfoods: Matcha Green Tea, Learn the Miraculous Benefits of the Matcha Superfood and Tons of Great Matcha Recipes What's the secret to maintaining a healthy lifestyle? Adding a powerful substance that has a range of health benefits to your diet, namely Matcha Green Tea! To be sure that you use MIGHT-TEA-MATCHA to its full potential, you need to use it for your inner nutrition as well as your outer nutrition. FOR A LIMITED TIME YOU CAN GET IT NOW FOR THIS VERY LOW PRICE This book covers a lot of helpful information on Matcha Green Tea! Here is a sneak peak of what you will discover about Matcha Green Tea: • The many benefits of Matcha Green Tea • The history and of Matcha Green Tea • Anti-Aging • How to make your own skin care and hair care products • Different Matcha Green Recipes • Replacing Coffee • Detoxifying • DIY Deodorants, Hair, and Skin care • Delicious Recipes • Fighting Cancer With Matcha Matcha Green Tea has a wide variety of uses, to just say that you can only drink Matcha would be devaluing its full abilities. This book gives you great information on Matcha Green Tea and provide you with ideas on how you can use Matcha in all areas of your daily regimen. By the end of this book, you will see that Matcha Green Tea will Change Your Life forever! Get it now!
Superfoods: Matcha Green Tea, Learn the Miraculous Benefits of the Matcha Superfood and Tons of Great Matcha Recipes RIGHT NOW TAGS: superfoods, superfood smoothies, superfood weight loss, ultimate superfoods, raw superfoods, superfoods today, matcha recipes, superfoods to boost you metabolism