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Superfoods Today Red Smoothies: Energizing, Detoxifying Nutrient-dense Smoothies Blender Recipes: Detox Cleanse Diet, Smoothies for Weight Loss ... Cleanse for Weight Loss Energy (Volume 7)

Don Orwell

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Don Orwell : Superfoods Today Red Smoothies: Energizing, Detoxifying Nutrient-dense Smoothies Blender Recipes: Detox Cleanse Diet, Smoothies for Weight Loss ... Cleanse for Weight Loss Energy (Volume 7) before purchasing it in order to gauge whether or not it would be worth my time, and all praised Superfoods Today Red Smoothies: Energizing, Detoxifying Nutrient-dense Smoothies Blender Recipes: Detox Cleanse Diet, Smoothies for Weight Loss ... Cleanse for Weight Loss Energy (Volume 7):

14 of 14 people found the following review helpful. The recipes are simple and easy to make and give a boost of energy. By Kytka Jezek I'm a big fan of Superfoods Today and now have several books by this author. What I like most about this book is that he actually goes into how to add the ingredients into the blender for the perfect smoothie. Now, I know this sounds funny because most people think "what's the big deal? Put in the ingredients and blend", right? But I learned that I've been doing it wrong and the difference was in the taste and the consistency of my smoothie. This one little tidbit is worth the price of the entire book and that is why I am sold on Mr. Orwell's books. He writes from real experience and practicality. He explains why he does things a certain way and how he himself came to discover Superfoods. This gives me, the reader, a sense of connection and inspiration to actually stay on this regimen. Then the book moves into each delicious red recipe (complete with full color images) from both fruits and vegetables.

Excellent! 6 of 6 people found the following review helpful. For Smoothie Lovers! By Jamie Stevenson Any smoothie lover would fall in love with this book! I absolutely adore smoothies so this was one book that I definitely had to have. The author highlights the importance of natural superfoods and includes a variety of information regarding the same. I found it to be a pleasant read which helped me detoxify and feel fresh. 0 of 0 people found the following review helpful. Yummy smoothies!!!! By Jessy Highly recommended book!!!!. This book has healthy smoothies which is not only nutritious and healthy but also tasty too!! I love smoothies and this book has many varieties which has been described very well. Overall a great book!!!!!!

How Can You Go Wrong With 100% Superfoods Smoothies? Superfoods Today Red Smoothies contains Smoothie recipes created with 100% Superfoods ingredients. No soy milk, no cows milk, no artificial flavors, only 100% natural Superfoods that deliver astonishing amounts of antioxidants, essential fatty acids (like omega-3), minerals, vitamins, and more. Superfoods are foods and the medicine and they offer tremendous dietary and healing potential. Superfoods slow aging, boost immunity, energize and detoxify. Would You Like To Know More? Download and start getting healthier today. Scroll to the top of the page and select the buy button.