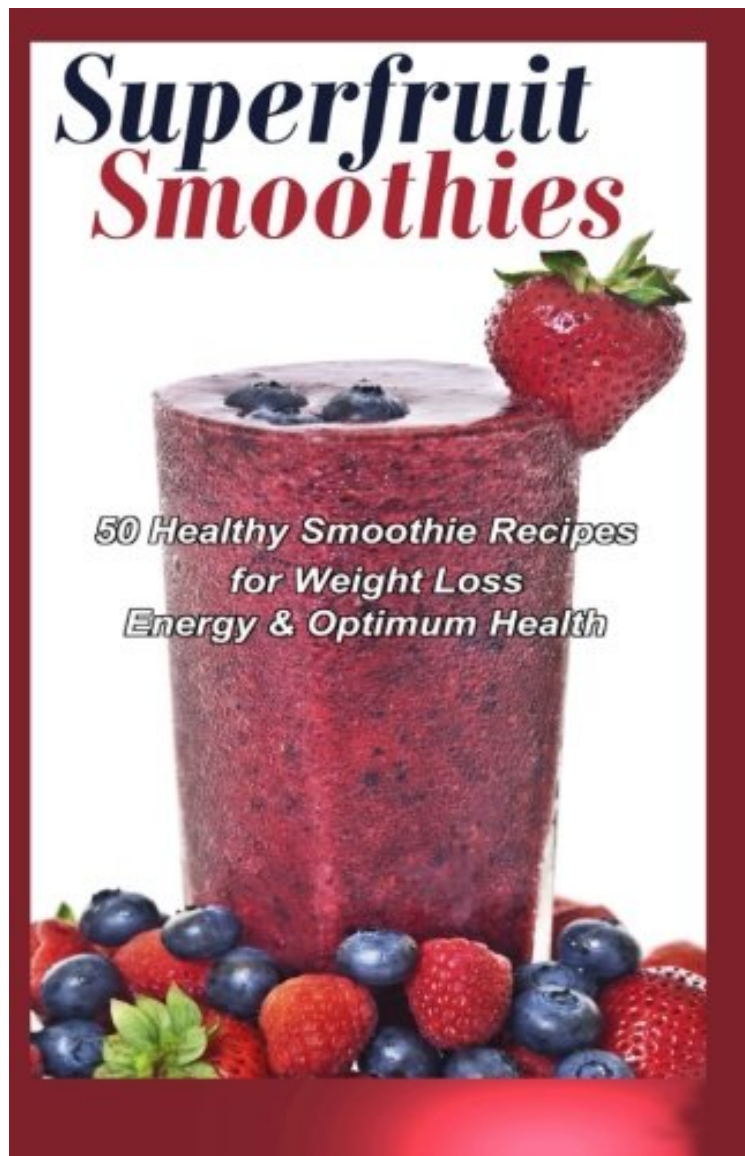


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Superfruit Smoothies: 50 Healthy Smoothie Recipes for Weight Loss, Energy Optimum Health

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The "Superfruit Smoothies" book is more than just a recipe book! Inside this book you will find 50 delicious healthy smoothie recipes for weight loss, energy and optimum health, including mind-blowing information about the excellent benefits of superfruits. So, what is a superfruit smoothie? A superfruit smoothie is a fruit based drink made using fruits that contain rich sources of antioxidants, vitamins and nutrients. Superfruits can be everyday fruits and exotic fruits. The human body is incapable of producing its own concentration of antioxidants. For this reason, we depend solely on our diet in order to get the store of antioxidants we need to combat diseases and stay healthy. Whether your goal is to lose weight, fight the signs of aging, prevent illness or gain extra energy, you are bound to find a recipe in "Superfruit Smoothies" that's especially created for YOU! Each recipe includes calorie count information. Small Sample of BRAND-NEW Recipes Included: SUPERFRUIT SMOOTHIES FOR BREAKFAST * Great Fig Breakfast Smoothie * Nutty Peach Smoothie SUPERFRUIT SMOOTHIES FOR WEIGHT LOSS * Slimline Strawberry Smoothie * Lean Green Smoothie SUPERFRUIT SMOOTHIES FOR OPTIMUM HEALTH * Exotic Fruit Explosion * Raspberry Kick Smoothie SUPERFRUIT SMOOTHIES FOR DESSERT * Chocolate Cheesecake Smoothie * Coconut Twist Smoothie SUPERFRUIT SMOOTHIES FOR ENERGY * Go Nuts Energy Smoothie * Schwarzenegger Smoothie Sample of Chapters: SUPERFRUITS FOR HEALTHY LIVING * The Benefits of Superfruit Apple * Shopping for Apples * The Benefits of Superfruit Pomegranate * Shopping for Pomegranates * The Benefits of Superfruit Lychee * Shopping for Lychees * And Much More! Book Highlights: bull; Great Recipes and Quality Color Photos bull; Easy To Understand bull; Very Informative