



A Beginner's Guide To Green Smoothies: 60 Recipes For Weight Loss, Detox and Great Health

Sharon Daniels

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Want to discover the real Fountain of Youth? The bestselling author of the *A Beginner's Guide To Juicing* and *Miracle Healers From the Kitchen* series brings you another wealth of secrets from nature to help change your life. Green Smoothies is a treasure map for anyone looking to feel better, look younger, smile brighter. These aren't your average corporation-made cures that waste time and money -- smoothies are your ticket to unlocking the rich healing properties of nature.

This book will take you step-by-step through the wonderfully rewarding world of juicing and smoothies. You'll learn how to choose the perfect ingredients, improve and upgrade your diet, and make dozens of smoothies, from the *Banana Coconut Summertime Smoothie* to the *Master Cleanse Raspberry Lemonade Detox Smoothie*.

You'll learn that smoothies aren't just for energy -- by adding the right ingredients, you can **cure the cold and flu, improve your heart health, and detox chemicals from your system**, leaving you feeling cleaner, newer, better.

Drink your way to better health and an incredible figure!

- Delicious and Easy Recipes for ALL Ages
- Affordable, Wholesome Ingredients
- Quick Results with little effort
- Step-by-step guide to renew your energy and strength
- Weight loss using safe, natural, and miraculous methods
- Boost mental health as well as physical

Thoroughly researched, and packed with scrumptious recipes, this book makes the Green Smoothie diet a pleasure. Don't fret over your veggies anymore - drink them in an energizing smoothie with great taste, but without all the excess sugars and fats. More than a diet book, this is a lifestyle guide. You will find everything you need to succeed between the covers of this manual.

Each recipe contains easy-to-follow instructions, including:

- Nutritional Information
- Serving Size Data
- Prep Time
- Recipe Yield
- And much, much more

300 Pages of Recipes, Tips, Information and Hints

Full of informative charts and graphs and excellent illustrations, this book is easy to use.

In addition to great tips on making and enjoying green smoothies, you will also find great tips on buying and storing all types of produce. The author even includes green smoothie versions of some all-time favorite snacks, making healthy eating a real treat!

Green Smoothies have never been as delicious as they are in these recipes. Say goodbye to icky vegetables and hello to great flavor and quick results with the recipes in this book!

Don't wait another moment for the high energy, fast-acting effects of the Green Smoothie Diet revolution - drink your first today, and get on the path to better health. This book has the answers you have been waiting for.

Add Green Smoothies for Beginners to your Kindle library today to reclaim your health!

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