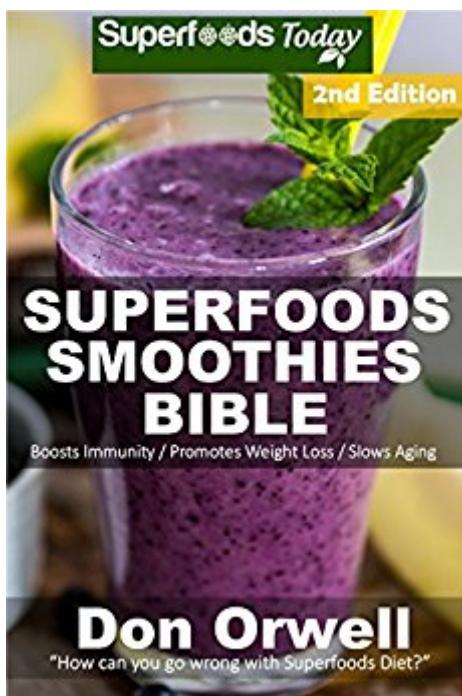


The book was found

Superfoods Smoothies Bible: Over 160 Quick & Easy Gluten Free Low Cholesterol Whole Foods Blender Recipes Full Of Antioxidants & Phytochemicals (Natural Weight Loss Transformation)



Synopsis

How Can You Go Wrong With 100% Superfoods Smoothies? Superfoods Smoothies Bible-second edition contains over 160 Superfoods 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. More than 90% of recipes are Vegan. 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.

Book Information

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Customer Reviews

This book I love. I like colored pictures and this doesn't have them but the smoothies are simple, not too many exotic ingredients. I've only tried one recipe which is delicious and easy. The first pages of

the book list red smoothies, green smoothies, etc. I'm high-lighting about five at a time with the ingredients I have or can get and trying them. I then mark them as good, excellent, etc. I added some cucumber to the watermelon smoothie today, just a little and it's so refreshing. I absolutely love this book. All of these recipes have only a few ingredients, which I like because of storing too many things. Also, when bananas, any fruit or vegetable gets a little more ripe than I like, you can use them in a smoothie. Saves throwing many things out. We're retired, I don't want to cook all the time so this morning I made the watermelon smoothie and I had made zucchini bread a few days ago, the smoothie has Chobani yogurt in it which has 12 grams of protein in it so all in all, a decent breakfast for my husband and no cleanup. I bought another book too which is more complicated and has a lot of ingredients which I will refer to and probably use too. I'm glad I have that one too. It's Superfood Smoothies by Julie Morris. Also got the Superfood Soups by Julie Morris.

Don Orwell's book entitled: Superfood Smoothie Bible is an excellent collection of smoothie recipes designed for and around superfoods -- those dense in nutrients and beneficial to your health. Get a copy. Lose weight. Lower your cholesterol. Get healthy. Karl Minner, author of Thought to Kindle

Nice book. Fast shipping. Thank you very much!

Very informative

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