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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Smoothie Cookbook BONUS - Includes a FREE copy of my collection of Delicious Healthy Smoothie Recipes that helped me stay healthy, fit, clean lean. Using a combination of these healthy low calorie smoothie recipes delicious smoothies from this collection plus a daily light Yoga workout, helped me loose 40 lbs over two month. I have been able to...

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- Authored by Juliana Baldec
- Released at 2014



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