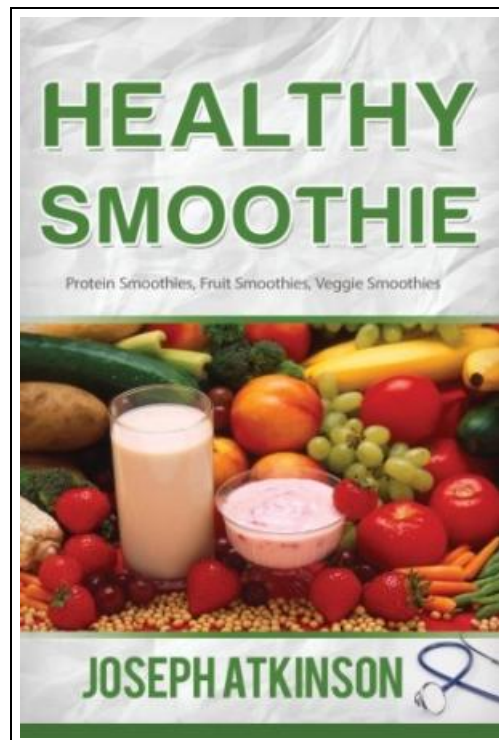


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.What is a Healthy Smoothie? A healthy smoothie (also spelled smoothy) is a thick blended beverage with shake like consistency, normally pureed in a blender containing fruits and/or vegetables as well as an added liquid such as fruit juice, vegetable juice, milk, or even yogurt. Smoothie Benefits Many people don't eat the recommended amount of fruits and vegetables. Making a fruit smoothie is an easy way to increase your produce consumption, because these drinks often contain multiple servings of fruit and sometimes vegetables as well. Unlike fruit juice, smoothies also provide fiber, because you use the whole edible portion of the fruit. Are Smoothies Healthy? Fruit smoothies can fill you up, satisfy your sweet cravings and when made the right way, provide you with loads of vitamins and antioxidants. They're great in the morning to start your day or as a quick pick-me-up halfway through. To reap the nutritional benefits and spare your waistline, follow our steps to perfect your perfect smoothie combinations. Here is a preview of what is inside this recipe book. -Protein Smoothie Recipes -Green Smoothie Recipes -Breakfast Smoothie Recipes -And Much More In addition to this wonderful recipes like: -Veggie Smoothie Recipes -Beet and Carrot Antioxidant -Orange-Berry Cashew Cream -Blackberry-Cinnamon -Carrot, Mango, and Herb -Ginger Smoothie Blueberry-Flax -Banana-Oat -Berry-Tofu Get your copy today! Take action today and get going with some amazing recipes that will help you achieve all of your weight loss and health goals. And get your own copy of **Healthy Smoothie: Protein Smoothies, Fruit Smoothies, Veggie Smoothies (Cleanse, Detox, Weight Loss)**.

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