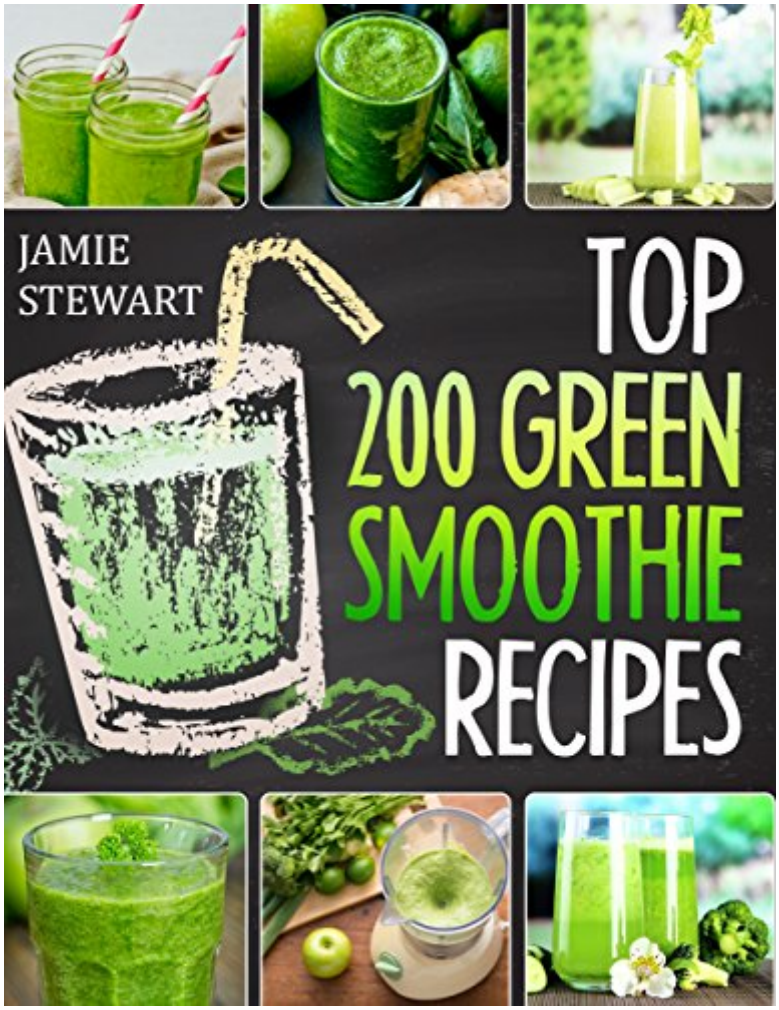
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Green Smoothies – Top 200 Green Smoothie Recipes



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Synopsis

The Best Green Smoothie Recipes! Great Variety of Green Smoothies Suitable For Everyone, No Previous Experience Needed, Extremely Easy to Follow Directions! Free PDF file with photos available at the end of the book Do you make your healthy smoothies on a daily basis from habit? Do you even have a blender in your kitchen? Green smoothies are a wise and brilliant way to get a huge serving of nutrient-dense foods every day. If you do not have the time, desire or motivation to eat green veggies, especially if you are not a leafy lover, the green smoothies may be the right solution for you.Smoothies make perfect sense for the whole family, especially for busy people who tend to have healthy habits. Ã¢â ¬Å“200 Green SmoothiesÃ¢â ¬Å“ can be your handy guide in order to develop healthy eating habits. Learn how to create a healthy, varied, and tasty smoothies, by using these simple recipes. Green smoothie is definitely a healthy choice you can make every day.It’s never too late to do something good for yourself and for your health. So don’t hesitate to start your journey to health and happiness! Lao Tzu, philosopher and poet of ancient China, said: Ã¢â ¬Å“Do the difficult things while they are easy and do the great things while they are small. A journey of a thousand miles must begin with a single stepÃ¢â ¬Â•.

Book Information

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Customer Reviews

have already used some of the drinks

Several good ideas

Its a good book

Perfect

There are so many good recipes and ideas. Wish there was a carb and calorie listing with the recipes

There’s plenty of recipes. I suggest if you want to make a smoothie in the morning, find one the night before. It takes a lot of time.

Simple smoothies... not too imaginative.

We all know that we need to eat healthy. This is the map to show you how to do it.

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