



Green Smoothie Revolution: The Radical Leap Towards Natural Health

Victoria Boutenko

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Thanks to processed and fast foods, being overworked, and feeling stressed while eating on the fly, it is increasingly difficult for most of us to eat anywhere near a balanced diet. We may not be obviously sick, but may suffer from lack of focus, insomnia, sluggishness, or any host of symptoms caused by nutritional deficiency. *Green Smoothie Revolution* takes aim at this silent epidemic by restoring balance to our diets.

Combining nutrition and know-how with recipes that pack a powerhouse punch, Victoria Boutenko reintroduces long neglected fruits, vegetables, and greens in the most persuasive style for our busy lives: with fast prep and delicious results. Featuring 200 recipes, *Green Smoothie Revolution* offers both simplicity (4 ripe pears, 1 bunch parsley, 2 cups water; blend well) and enough variety to keep taste buds happy and nutrients coming from a wealth of options.

From the Trade Paperback edition.

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