



**The Everything Green Smoothies Book: Includes
The Green Go-Getter, Cleansing Cranberry,
Pomegranate Preventer, Green Tea Metabolism
booster, Cantaloupe Quencher, and hundreds
more! (Everything®)**

Britt Brandon

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You know that greens are very nutritious, but if you're like millions of Americans, you struggle to eat enough of them on a daily basis. Well now you can drink them! Green smoothies mix veggies with flavorful fruits, and pack a nourishing punch in every glass. This book blends such fortifying greens as spinach, kale, lettuce, and frisée into easy-to-make recipes, including:

- Refreshing Raspberry Blend
- Cool Cucumber Melon
- Green Gazpacho
- Sweet Pumpkin Pie
- Ginger Apple Delight
- Kale Carrot Combo

Each recipe includes a full nutritional analysis so you can make the healthiest choices every day. An excellent way to boost nutrition, green smoothies also make a great addition to raw food diets and weight-loss plans. With this helpful guide, you can blend your way to natural health!

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People live in this new moment of lifestyle always make an effort to and must have the free time or they will get great deal of stress from both way of life and work. So , once we ask do people have extra time, we will say absolutely without a doubt. People is human not just a robot. Then we inquire again, what kind of activity have you got when the spare time coming to anyone of course your answer will probably unlimited right. Then do you ever try this one, reading books. It can be your alternative in spending your spare time, the book you have read is actually The Everything Green Smoothies Book: Includes The Green Go-Getter, Cleansing Cranberry, Pomegranate Preventer, Green Tea Metabolism booster, Cantaloupe Quencher, and hundreds more! (Everything®).

Nathan Hutchison:

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