



The Green Smoothie Bible: 300 Delicious Recipes

By Kristine Miles

Amorata Press. Paperback. Book Condition: new. BRAND NEW, The Green Smoothie Bible: 300 Delicious Recipes, Kristine Miles, SUPERFOODS IN EVERY SIP You know a daily diet rich in fruits and vegetables can maximize your health and well-being. But did you know that drinking a smoothie every day made from fruits and vegetables can dramatically increase the amount of life-saving nutrients your body takes in? * Lose Weight * Detoxify the Body * Increase Energy * Fight Heart Disease * Prevent Diabetes, Depression and Certain Cancers * Boost the Immune System * Improve Skin and Hair More than 300 inviting recipes in The Green Smoothie Bible show how to combine leafy green vegetables and delicious, antioxidant-rich fruits into the most nutritious drinks imaginable--leaving you healthy and feeling amazing inside and out.



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