

The Smoothie Bible: For Healthy Conscious People (Healthy Breakfast Smoothies, Simple Smoothie Recipes, Fruit Blender, Ingredients For Smoothies)

By Dahlia Rose

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Smoothies are a great option for you while on a diet because they allow you to get all of the nutrients that the body needs to stay healthy, probably more than you are getting through other means, and you can enjoy the great taste that comes with it. This guidebook is going to give you the information that you need to see just how amazing smoothies can be.

The beginning of this guidebook is going to be all about smoothies. It will talk about how great smoothies can be for your health, how to get started with them, some of the best fruits and vegetables to use, and even some of the ways to save money on the produce you will be buying. These are the best chapters to check out if you are looking to get started and just are not sure where to turn.

Smoothie Bible Is the ideal Go To Guidebook for References about Smoothies. The best Smoothies to make and how it affects your body. The benefits from this book far Surpass any other on the market. Free Smoothie Recipes are included.

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1. This is a Great Healthy alternative Book
2. It has Several recipes at the Back of the Book
3. It gives a complete explanation and Breakdown of "Why" Smoothies
4. We all need Fruit in our diet and Smoothies gives us optimal amount
5. Fruits Combined with certain Fruits are therapeutic
6. Green Fruit Smoothies are helpful in Neutralizing Acid in your Body
7. This Book is a Reasonable Compared to the higher prices elsewhere

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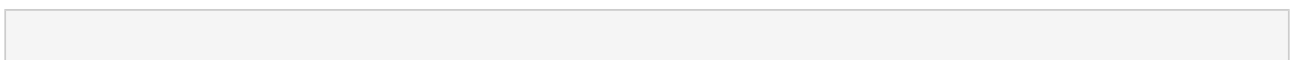
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Editorial Review

Review

This Book is a Fantastic Read and includes several Tried and True Recipes

Users Review

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Leo Rizer:

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Corinna Edwards:

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Ernest Nunez:

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