



## Smoothies: 31+5 Bonus Everyday Recipes for Health and Gain Energy (Paperback)

By Sergey Puchkov

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Hello, this book is a wonderful 30 everyday smoothie recipes for your healthy and happy life! Plus 5 bonus recipes of great layered smoothies that will delight your tastebuds! This Book provides you with an easy and guaranteed way of revolutionizing your lifestyle with some power drinks we call smoothies. We offer you a collection of tested-and-tried smoothie recipes for four basic human concerns, i.e. weight loss, strong immunity, body detox and high energy level. Now you don't have to alter your kitchen pantry to eat well and live healthily. Most of the ingredients are right there - and all you really have to do is to pour some of them in the blender and whiz up smoothies that are nutritious and delicious. Our aim is to emphasize the fact that living well doesn't mean luxury. The recipes in this eBook are fairly simple and non-technical with profound benefits. Also, smoothies can be enjoyed at any time of the day! Now you don't have to fret about cooking preparation or timing because we've simplified healthy living...

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