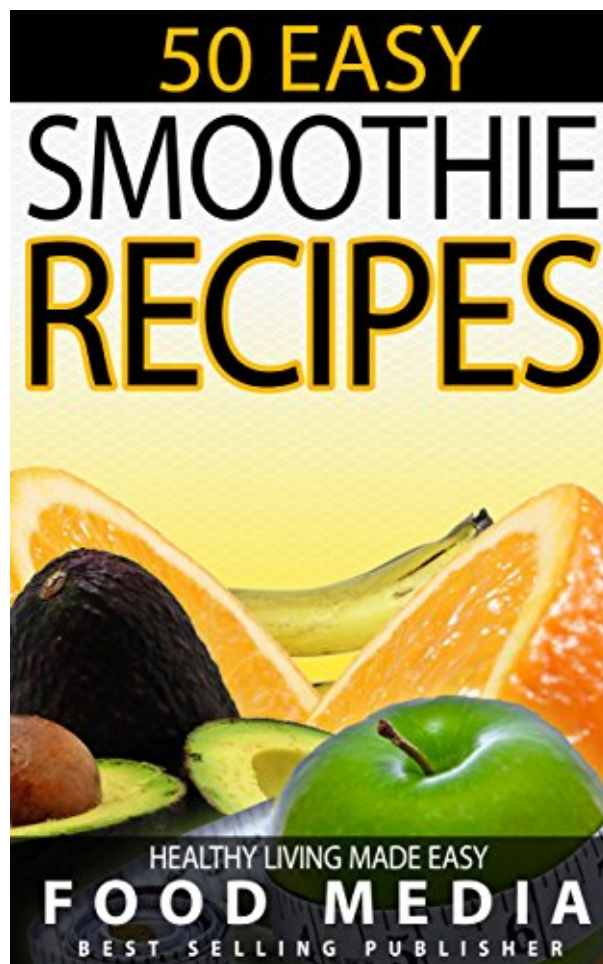


Download 50 Easy Smoothie Recipes Online Book PDF by Gloria Johnson



Synopsis:

World's Best Smoothies Recipes : Yummy & Healthy

If there is one healthy thing you did for yourself and your family this year, I would suggest Smoothies Cleanse. Basically, it is a **collection of fruit smoothie** that you add greens to. Greens, as in spinach, kale, chard, beet greens, mustard

greens, bok choy, carrot greens, the list goes on. We have also included the yummy and healthy recipes of fruits including Strawberry, banana, guava, grapes, pineapple. Mostly, it's dark leafy greens that you know are good for you but you seldom or never eat.

These smoothies are highly nutritious, easily assimilated, taste great and are very quick to make

smoothies aid in digestion and elimination, reduce cravings, hydrate our bodies, reduce inflammation, and are chocked full of antioxidants. Delicious, easy to make, and very satisfying, green smoothies are a simple way to include leafy greens and Fruity taste into your diet.

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