



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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