

Quick Green Smoothies: 50 of the best green smoothie recipes (Family Cooking Series) (Volume 9)



If you struggle to get your 5 fruits and vegetables into your diet each day, or your kids diet, green smoothies can make a big difference in your life. Since starting this daily habit I have noticed an increase of energy and I generally feel an improvement in my mood as well. It is a great way to boost your kids daily intake as well so get them involved in the smoothie making process. They make great afterschool snacks, breakfast or before bed when they are searching for something sweet. This cookbook is designed with these ideas in mind: getting your kids involved getting your daily 5 each day adding more energy and health to your day***Please note: Our paperback version has no pictures included within the book to keep the cost of the cookbook below \$10.

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