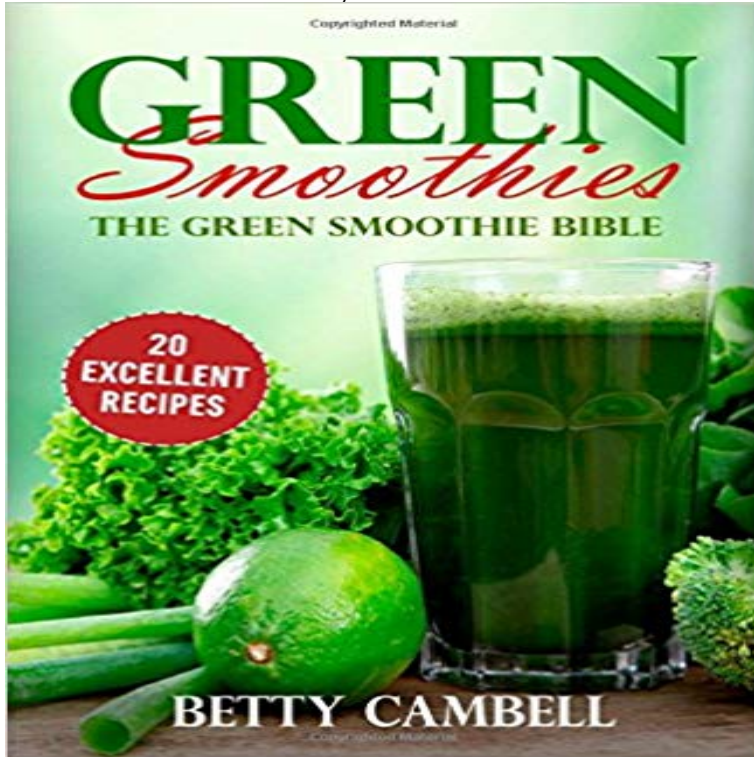


The Green Smoothie Bible: 20 Delicious Green Smoothie Recipes To Detox Your Body



THE GREEN SMOOTHIE BIBLE 20 Delicious Recipes To Detox Your Body!

You may have tried various dieting programs in the past. Here is one that has actually helped people to reduce weight and stay healthy. It is the green diet! Green is the color that everyone swears by these days. The Go green campaign is gaining momentum in every part of the civilized world. This book is all about the green diet and how you can make it more interesting and tastier. I have put together recipes that blend fruits with greens and make wonderfully tasting smoothies. All these smoothies are easy to make and you can gulp it down before you set out for office or carry it with you to be had later. Blending of fruits and vegetables give you the benefit of a full meal. All you need to make these is a blender. Fall in love with your blender and relish these delectable smoothies that are wonderfully nutritious too. Recipes Included Inside... Recipe #1: Acai with Strawberry and Blueberry Smoothie Recipe #2: Papaya Apple Smoothie Recipe #3: Apple Cider Smoothie Recipe #4: Pumpkin Spiced Latte Green Smoothie Recipe #5: Watermelon Banana Smoothie Recipe #6: Coconut Grapefruit Green Smoothie with Kale Recipe #7: Cherry-Apple-Beet Green Smoothie Recipe #8: Cranberry Plum Green Smoothie Recipe #9: Cantaloupe-Mango-Cinnamon-Fig Smoothie Recipe #10: Pomegranate with Berries Smoothie Recipe #11: Orange Pear Green Smoothie with Dill Recipe #12: Peach Nectarine Smoothie Recipe #13: Morning Energy Smoothie with Kiwi, Banana and Cacao Recipe #14: Sweet Potato-Orange Green Smoothie with Papaya Recipe #15: Applecado Smoothie Recipe #16: Banana-Orange Smoothie with Cinnamon Recipe #17: Pineapple Vanilla Smoothie Recipe #18: Carrot Apple Ginger Green Smoothie Recipe #19: Blackberry Almond with Chia Smoothie Recipe

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