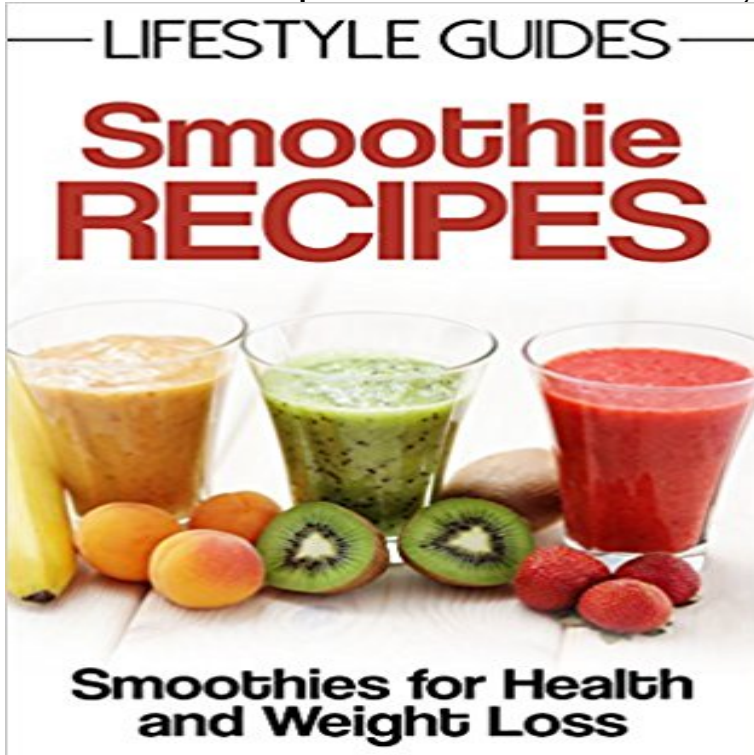


Smoothie Recipes, Smoothies for Health, Weight Loss, Detox, Fitness: Smoothie Recipes for Health and Weight Loss (Lifestyle Guides Book 4)



Smoothie Recipes, Smoothies for Health, Weight Loss, Detox, Fitness Not Just A Smoothie Recipe Book For Beginners, Quick and Easy Healthy Living Why Choose Smoothies For Good Health?

This recipe book shows you how to make fiber-rich smoothies that will ensure that you get all the health benefits of fresh fruit and vegetables that your body needs to heal itself and stay healthy. Smoothies are a quick and healthy option for adults and kids. Smoothie recipes include recipes for weight loss, detox, fitness and general health and also include nutritional data. Two examples from this smoothie recipe book are included below. Digestase -

Prune, Apple and Cinnamon Ingredients 65g/2.2 ozs ready-to-eat prunes Pinch of ground cinnamon 374mls/ 2/3 pint apple juice 3 tablespoons natural yogurt Method

Cut your prunes in two and remove stone. Place all ingredients into your machine. Smoothie Maker: blend or mix for 15 to 20 seconds then switch machine to smooth for another 50 to 60 seconds. Blender: Blend for 1 to 2 minutes until smooth.

Makes 500mls; 65g carbs, 6g protein Carborific Peach and Orange Carb Boost Ingredients 400g/14ozs tinned peaches in natural juice 150g/5.2ozs low fat peach or apricot yogurt 187mls/ 1/3 pint orange juice 1 tsp honey Method Place all ingredients into your machine. Smoothie

Maker: Mix for 15 seconds then switch machine to smooth for another 45 seconds. Blender: blend for 1 to 2 minutes until smooth. Serve in cold glasses. Makes

750mls; 87g carbs, 10g protein

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