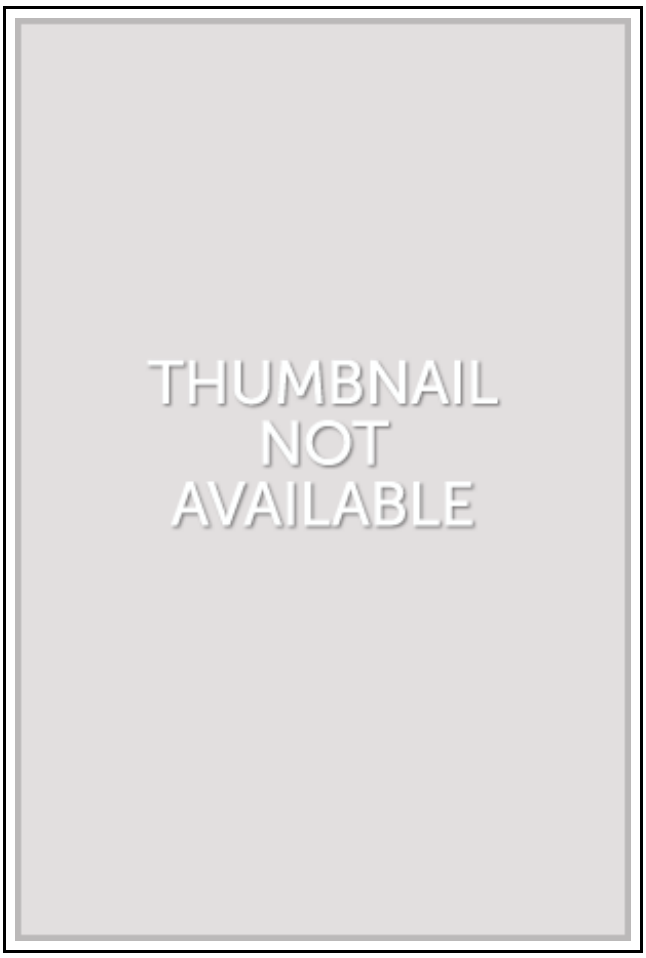
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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Energizing Healthy Smoothies The Essential Kitchen Series, Book 101 Ultimate Guide to 40 of the Most Energizing Healthy Smoothies to Help You Lose Weight and Gain Energy In recent years a variety of smoothies have become the rage, not only due to their health-building properties but also because of their yummy goodness and simple ease of preparation. Consuming a fruit or green smoothie has a number of systemic benefits including increased energy levels, enhanced metabolic functions, and a bolstered immune system. So, keeping that in mind, a step in the right direction today can make all the difference in how you feel and how your body performs tomorrow. Learn to appreciate life a little bit more, build a sense of confidence, and adopt an attitude of well-being by preparing the amazing recipes contained in this Essential Kitchen Series Recipe Book! Here s a sample of some of the recipes we ve included: Energizing Green Smoothie Energizing Boosting Breakfast Smoothie.

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