



Green Smoothie and Juicing Box Set: 100 Green Smoothie and Juicing Recipes to Detox and Lose Weight

By Amanda Hopkins

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Green Smoothie And Juicing Box Set (2 in 1) Green Smoothie: 50 Green Smoothie Recipes to Detox, Lose Weight and Boost Your Energy When you want a fast and easy way to take advantage of the many health benefits that fresh fruits and vegetables have to offer, green smoothies are an excellent solution. These smoothies are not only high in essential nutrients, but they are also naturally low in calories and these homemade drinks offer a natural and healthier juice than commercially prepared products. There is a good amount of water in green smoothies as well as fiber and other nutritious ingredients that can help your body shed toxins throughout the day. Additionally, many of these healthy green smoothies also contain substances that will actually help suppress your appetite, so they provide an excellent weight loss benefit. It doesn't matter if you're a beginner or an experienced drinker of green smoothies, this book offers a great selection of new ideas that you'll want to try. A big hurdle in making green smoothies...



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