



**Green Smoothie Recipes & other Healthy
Smoothie Recipes: Discover over 50 Easy Smoothie
Recipes - breakfast smoothies, green smoothies,
healthy ... treat smoothies and fruit smoothie
recipes**

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UPDATED Sept 2013 to include All fresh ingredients and even tastier choices.

Just some of the five star reviews:

- Top 50 Reviewer, Hall of Fame and Vine Voice Reviewer says 'concise and informative....luscious recipes....5 Star'
- others say...'these recipes are amazing...awesome...' and
- 'these recipes are excellent...just what I needed...'
- *Read A Review* wrote "Delicious, Easy, Healthy - What More Could You Want?"
- *PD Hansen* wrote "...these fantastic smoothies..." other comments include "...very tasty" and "many recipes...fantastic book"

This is a **green smoothie recipes** book with other healthy smoothie recipes - in an easy-to-read format with lots of delicious recipes to choose from helping you to lose weight or get healthy or just have a quick meal on the run.

The smoothies are put into different categories to make finding the one you want quick and easy, and the choice is simple without overwhelming you with too many recipes. There is a particularly good section on green smoothies and their health benefits. This is a great starter book for anyone looking for ideas, but also for those more advanced smoothie makers looking for more smoothie recipe ideas.

There is extra information on smoothie makers, how to make smoothies thicker, keep them sugar free, the history and benefits of green smoothies and what other ingredients you can swap in to make delicious fruit smoothies, **quick smoothies** and more.

You will also find tips on using different milks and yogurt, protein powder etc.

This smoothies recipe book includes **breakfast smoothies, green smoothies, healthy smoothies, lunchtime smoothies, yogurt smoothies, special occasion treat smoothies and fruit smoothie recipes.**

A useful book for those interested in **healthy eating!**

If you click on the '**look inside**' feature you will see the long list of smoothie recipes all in very helpful different categories that you can choose from.

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From reader reviews:

Carol Frazier:

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Joni Harris:

This book untitled Green Smoothie Recipes & other Healthy Smoothie Recipes: Discover over 50 Easy Smoothie Recipes - breakfast smoothies, green smoothies, healthy ... treat smoothies and fruit smoothie recipes to be one of several books that will best seller in this year, here is because when you read this book you can get a lot of benefit onto it. You will easily to buy this kind of book in the book retail outlet or you can order it through online. The publisher of the book sells the e-book too. It makes you quickly to read this book, since you can read this book in your Cell phone. So there is no reason for you to past this e-book from your list.

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Nancy Byrom:

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