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### **Quotes about Green Smoothies The Quote Garden**

Research shows that leafy greens are one of the most concentrated sources of nutrition. ~Britt Brandon, The Everything Green Smoothies Book, 2011. We credit our excellent health to the green smoothie. ~Tasia Boutenko, quoted in Victoria Boutenko, Green for Life, 2010.

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### **Green Smoothies for Life by JJ Smith Paperback Barnes**

In her new book, Green Smoothies for Life, the highly anticipated follow up to the #1 New York Times bestseller 10-Day Green Smoothie Cleanse, Smith presents a way that green smoothies can be incorporated into your daily regimen. With over thirty recipes for everything from hot dinners to desserts and snacks, sixty thoughtfully composed green

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