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Green Smoothies: The 50 Best Green Smoothie Recipes for Weight Loss (Large Print): How to Make the Best Green Smoothies to Drop Pounds

By Daisy Williams

Speedy Publishing LLC, United States, 2014. Paperback. Book Condition: New. large type edition. 272 x 210 mm. Language: English . Brand New Book ***** Print on Demand *****.Smoothies can be very nutritious and they taste delicious but not all smoothies are low in calories or easy to integrate into a weight loss program. Because rabbit food fatigue can sabotage your diet, chef Daisy Williams collected the 50 best recipes for smoothies that are lean, clean low-calorie, and very satisfying to create this low-calorie smoothie recipe book. Daisy knows that if you don't like it, you won't drink it, so she selected recipes that are as great tasting as they are nutritious. Starting with the basics, Daisy explains why smoothies are an important part of a healthy diet and then teaches readers how to create the perfect smoothie. Of course, the recipes are the main feature of this book and there's plenty of variety here. If you love kelp, spinach, and other veggies you will swear you've died and gone to veggie heaven but there's also plenty of tempting recipes for picky eaters who shun vegetables. Many of the smoothies taste like refreshing juice drinks while...



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Reviews

I actually started looking over this publication. It really is really interesting through studying period. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Dana Hintz

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-- Elisa Reinger

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