

# SUPERFOOD SMOOTHIES: 100 DELICIOUS, ENERGIZING NUTRIENT-DENSE RECIPES

Everyone loves smoothies—and this is the ultimate smoothie book, written by Julie Morris, author of Superfood Kitchen and a superfood expert! Morris whips up 100 nutrient-rich recipes using the world's most antioxidant-, vitamin- and mineral-packed foods, and offers innovative culinary methods for...



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### Superfood Smoothies: 100 Delicious, Energizing Nutrient-dense Recipes

Author	Julie Morris
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## Reader's Opinions

I make smoothies every day in the Vitamix blender I bought two years ago. Since starting that habit, I've seen tremendous improvements in my health, skin, etc, but I was getting a little tired of my standard recipes. I got this cookbook to amp up my smoothie game. Superfood Smoothies definitely delivers. I decided I would pick a few...