



## Homemade Smoothies for Mother and Baby: 300 Healthy Fruit and Green Smoothies for Preconception, Pregnancy, Nursing and Baby's First Years

By Kristine Miles

Ulysses Press. Paperback. Book Condition: new. BRAND NEW, Homemade Smoothies for Mother and Baby: 300 Healthy Fruit and Green Smoothies for Preconception, Pregnancy, Nursing and Baby's First Years, Kristine Miles, SUPERDELICIOUS AND ULTRANUTRITIOUS, SMOOTHIES ARE THE PERFECT FOOD FOR MOM AND HER LITTLE ONE Every mother-to-be knows how important it is to eat right. But it's challenging to consume the nutrients you need during the different phases of pregnancy and motherhood. Luckily, Homemade Smoothies for Mother and Baby makes it easy for you to optimize your health with tasty, all-natural smoothies. It includes 200 recipes packed with vitamins, minerals and other vital nutrients that address you and your baby's every need. \*Enhance fertility with Pineapple Pizzazz \*Ease morning sickness with Honeydew Healer \*Increase iron intake with Goji Gold \*Rejuvenate skin with Beaming Beets \*Relieve cramps with Raspberry Relaxer \*Boost your mood with Cheerful Cherry \*De-stress with Peaceful Papaya \*Optimize breast milk production with Motherly Mango Offering information on food allergies and intolerances, Homemade Smoothies for Mother and Baby also features tips for transitioning babies from breast milk to solid foods as well as tricks to disguise healthy greens for toddlers and children.



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