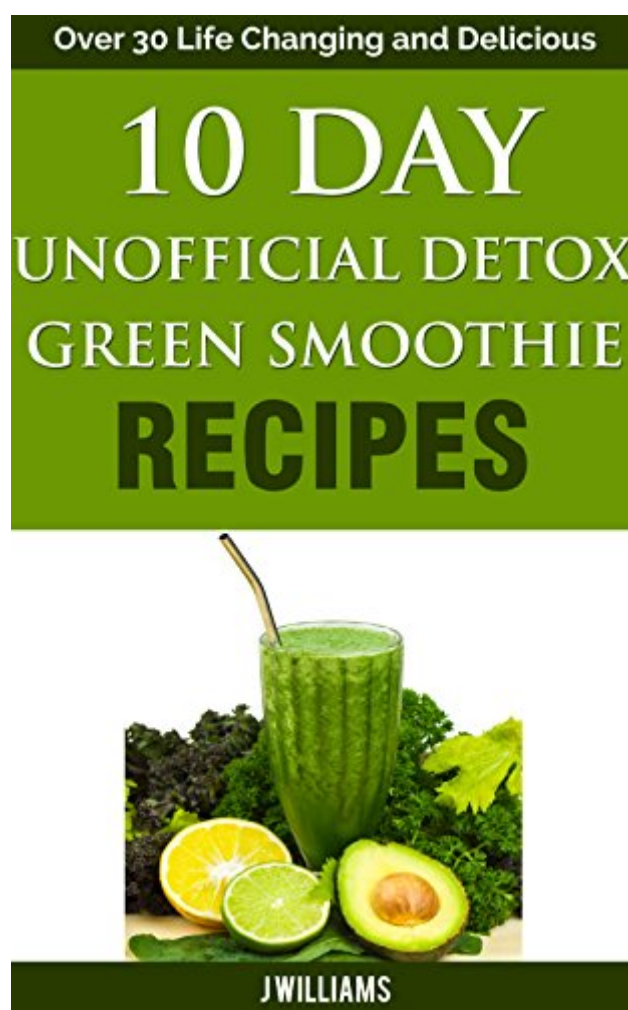


10 Day Unofficial Detox Green Smoothie Recipe Book: Over 30 Life Changing and Delicious Recipes PDF



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10 Day Unofficial Detox Green Smoothie Recipe Book: Over 30 Life Changing and Delicious Recipes by JJ Smith ISBN B00O66C642

Did you enjoy the 10 Day Green Smoothie Cleanse? How about all the recipes included in the book, could you use a few more?

Here are 30 more exciting and delicious green smoothie recipes for your weight loss goals, as well as for healthy and nutritious living.

[SAMPLE RECIPE]

MANGO SALSA GREEN SMOOTHIE

This smoothie strikes a beautiful balance between sweet, spicy and savory. With the sweetness of mango blended with the jalapeno pepper and other greens this smoothie has a lot of antioxidant and other vitamins and minerals that promote energy, decrease heart disease and promotes healthy skin and hair.

Serves: 3

INGREDIENTS:

4 cups fresh or frozen mango
2 cups filtered water
½ cup fresh cilantro
½ cup dandelion greens (optional)
½ cup cucumber, peeled
2¼ tbsp freshly squeezed lime juice
2 tsp jalapeno pepper
1½ tsp red onion
¼ tsp Celtic sea salt

DIRECTIONS:

1. If fresh mango is used, add 2 cups of ice. If using fresh mango, peel and slice mango into small portions.
2. Wash and chop cilantro, cucumber and jalapeno pepper.
3. Peel and chop red onion into small pieces.
4. Ingredients can be adjusted by adding more salt, jalapeno pepper, red onion or lime juice, add according to taste.
5. Place all ingredients in blender, process until smooth.
6. Serve immediately.

[Click the Cover "Look Inside" for More Sample Recipes!]

Note: This book is not affiliated nor endorsed by JJ Smith's awesome book, 10-Day Green Smoothie Cleanse: Lose Up to 15 Pounds in 10 Days!

This recipe book is a supplement to Ms. Smith's book which has been created by someone who enjoys green smoothies.

I hope that you will like that this recipe collection book provides green smoothie recipes in a straightforward manner without having to struggle through a lot of text. This book is all about the recipes, some new, some old, but still great tasting and healthy!

10 Day Unofficial Detox Green Smoothie Recipe Book: Over 30 Life Changing and Delicious Recipes Review

This 10 Day Unofficial Detox Green Smoothie Recipe Book: Over 30 Life Changing and Delicious Recipes book is not really ordinary book, you have it then the world is in your hands. The benefit you get by reading this book is actually information inside this reserve incredible fresh, you will get information which is getting deeper an individual read a lot of information you will get. This kind of 10 Day Unofficial Detox Green Smoothie Recipe Book: Over 30 Life Changing and Delicious Recipes without we recognize teach the one who looking at it become critical in imagining and analyzing. Don't be worry 10 Day Unofficial Detox Green Smoothie Recipe Book: Over 30 Life Changing and Delicious Recipes can bring any time you are and not make your tote space or bookshelves' grow to be full because you can have it inside your lovely laptop even cell phone. This 10 Day Unofficial Detox Green Smoothie Recipe Book: Over 30 Life Changing and Delicious Recipes having great arrangement in word and layout, so you will not really feel uninterested in reading.