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green smoothies and superfood smoothies; Chapter Overviews for choosing the right smoothies for your dietary needs and health goals The Smoothie Recipe Book gives you 150 delicious smoothie recipes to help you cleanse your body and lose weight! Smoothies are naturally packed with superfoods and antioxidants from fresh fruits and vegetables, making them the easiest and tastiest way to improve your health, and get glowing skin and hair!

The 7 Best Healthy Smoothie Recipe Books In 2020

The Smoothie Recipe Book: 150 Smoothie Recipes Including Smoothies for Weight Loss and Smoothies Innova-Goods Kitchen Chef Nutri One Blender with recipe book Paleo Green Smoothies : 150 green smoothie recipes for maximum health

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Book. If you're looking for a one-stop-shop of smoothie recipes, then this smoothie book with 150 recipes might be the best option for you. What I really like about this book is that it has the smoothie recipes categorized for your health needs.

The 7 Best Healthy Smoothie Recipe Books In 2020

The Smoothie Recipe Book gives you 150 delicious smoothie recipes to help you cleanse your body and lose weight! Smoothies are naturally packed with superfoods and antioxidants from fresh fruits and vegetables, making them the easiest and tastiest way to improve your health, and get glowing skin and hair!

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Ingredients. 3 stalks of kale (discard the tough stalk and use the leaves) 3 leaves of Cos lettuce 1 cup coconut water 1 small frozen banana A small handful of goji berries or blueberries 1 tsp hemp seeds 1 tsp chia seeds 1 tsp bee pollen 1 tsp maca powder 1 tsp spirulina. Method.

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