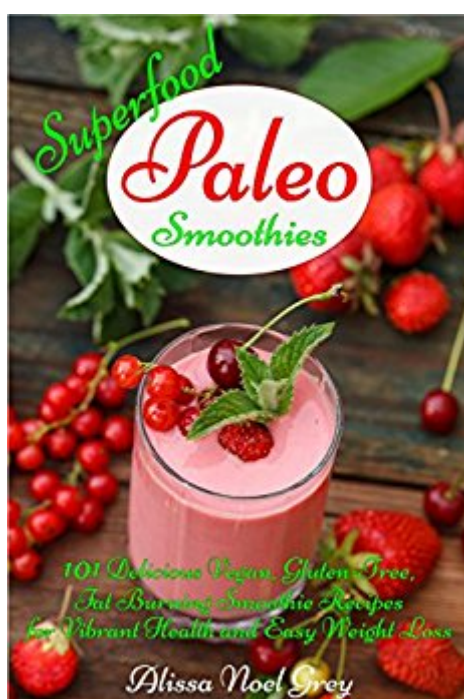


The book was found

Superfood Paleo Smoothies: 101 Delicious Vegan, Gluten-Free, Fat Burning Smoothie Recipes For Vibrant Health And Easy Weight Loss (Gluten Free Cookbook Collection 3)



Synopsis

Vegan Superfood Smoothies for Better Health and Easy Weight Loss From the author of several bestselling cookbooks and busy mum Alissa Noel Grey comes a great new collection of recipes. This time she offers us her insanely easy and enjoyable vegan superfood smoothie recipes. Preparing paleo and vegan smoothies for you and your family is fun and rewarding because it is just another way of offering your loved ones a future of well-being and optimum health. Superfood Paleo Smoothies: 101 Delicious Vegan, Gluten-Free, Fat Burning Smoothie Recipes for Vibrant Health and Easy Weight Loss is an invaluable and delicious resource for anyone who is interested in living a healthy life, learning healthy eating habits and safely and effectively.

Book Information

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Customer Reviews

This is a definite help in kick starting the spring/summer season and increasing the vitamin intake. Very imaginative combinations of fruit and veg, some of them quite unexpected for me, such as, for example, adding arugula or shredded cabbage to smoothies, but they tasted deliciously fresh. My particular favorites so far are the Peach and Melon, and the Blueberry and Passion Fruit smoothies. Looking forward to trying every single one of them!

Love it! Pretty much proves you can make smoothies with everything...

Looked the book through have not tried any recipes yet.

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