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SMOOTHIES: Antioxidant Power Super Healthy Smoothie & Ice Kreme Recipes For Kids (Smoothie Recipes, Green Smoothies, Healthy Eating For Kids, Juicing, Vegan, Weight Loss)



Synopsis

Smoothies: Antioxidant Power Super Healthy Smoothie & Ice Kreme Recipes For Kids. Learn of the quick and easy antioxidant packed smoothie and icecream from this great cookbook, that is AWESOME for the whole family. Get some extra nutrition in your children's diet with the powerful superfood recipes provided in this book. BLEND PERFECT MEMORIES for your family today! Great Nutrition is the way to great mental and physical wellbeing. Eating a balanced diet is an essential piece for good health. The food you eat influences the way you feel and how your body functions. This book can help you! Variety, balance, and moderation are keys to good nutrition. An assortment of foods, including vegetables, fruits, grain, and protein, are key to ensure you get the full scope of supplement for good well-being. Want to know more? Download your copy today to get this great cookbook! Scroll to the top of the page and select the "buy" button.

Book Information

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Customer Reviews

If you're a lover of smoothies, this book is for you! Jeannie Greene shares numerous recipes. I love smoothies, and have been working my way through the recipes in the book. It's the perfect read for anyone who's looking to become healthier.

Awesome smoothies! I have been making green smoothies every day for over a year now so I know the health benefits. This book offered different recipes and gave good information about the health benefits of certain ingredients so it was helpful that way. I highly recommend anyone to incorporate green smoothies into their life. Very much worth reading!

I am glad that I had this book on a promo. Smoothies plus antioxidants in a single book is just like a jackpot! I am thrilled with it and its entire content. Good thing Jeannie Greene came up with this book that tells a lot how powerful these antioxidants to our body and how healthy it is. Mixing it up on smoothies is just so great!

I love to take smoothies because these are helpful for weight loss, this book have perfect recipes for smoothies which are not only delicious also helpful for weight loss and easy to make. The book is well written and easy to understand thanks.

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