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Reviews

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(Jeanette Kreiger)*

GREEN SMOOTHIE MAGIC - 132+ DELICIOUS GREEN SMOOTHIE RECIPES THAT TRIM AND SLIM (PAPERBACK)



Colete Pty Ltd, United States, 2012. Paperback. Book Condition: New. 276 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Delicious. Easy. Healthy.Green Smoothie recipes that you ll think can t possibly be healthy, they taste so good!These simple, easy-to-make recipes will have your friends and family wondering if you made a mistake and served dessert instead!Every single step-by-step recipe has been tested, modified and refined until everyone - from kids to husband; from non-believers to health nuts - rated them as delicious. Green Smoothie Magic also contains instructions to vary each recipe if common ingredients are not in season or available in your area.Great for Vegans and Vegetarians; weight loss; meal replacements - and anyone wanting to improve their health. I read - and write - health books and am especially a huge fan of greens, whole foods, raw foods, green juices and of course, green smoothies. This book is the best. It is visually gorgeous. It is written with the most friendly yet humbling and informative writing voice, it covers everything you may want to know about green smoothies as a beginner and also directs you to the right sections if you are in a hurry to get to the recipes. The author is NOT dogmatic - THANK YOU for sparing us that, Gabrielle - but she is thoroughly convincing and credible. I LOVE this book. Highly recommend it and of course, most of all, get your green smoothie on if you aren t already, book or no book! Got it?:) Good! By Farnoosh Brock (USA) Amazon Vine reviewer Gabrielle provides additional advice on how to make any smoothie tasty for children (and adults too!), tips about washing and storing greens, blending and which blender models and brands to look for that start...

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