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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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Smoothie ... Recipe Cookbook for Healthy Weight Loss 1) Super Mario: Ultimate Jokes & Memes for Kids! Over 150+ Hilarious Clean Super Mario Jokes! (Nintendo Memes, Nintendo Jokes, Super Mario Jokes, Super Mario Memes, Super Mario Bros) Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weight loss, Eat Clean Diet Book Vegan: Vegan Diet Cookbook for Delicious and Healthy Recipes (Vegan Recipes, Vegan Cookbook, Vegan Diet, Delicious and Healthy Recipes) Vegan Diet: Easily Get a Lean Body & All Day Energy + 5 Day Meal Plan for Faster Weight Loss Results and Success Stories (vegan weight loss meal plan, vegan diet for beginners, vegan diet guide) Vegan: The Vegan Slow Cooker Cookbook - Delicious, Savory Vegan Recipes for Your Slow Cooker (Vegan Slow Cooker, Vegan Slow Cooking) Healthy Super Shakes and Smoothies: 25 Sugar Free Dairy Free Shakes and Smoothies Recipes (Here's the DEAL - Healthy Weight Loss and Fat Burning Book 3) Ice Ice Babies: Ice Planet Barbarians: A Slice of Life Short Story Depuraci3n Smoothie Verde 10 (10-Day Green Smoothie Cleanse Spanish Edition) (Atria Espanol) DETOX SECRET & WEIGHT LOSS SMOOTHIES: Detox Secret & Weight Loss Smoothie Recipes for Everyone Who Want to Be Slim Vegan: Vegan Diet for Beginner: Easy 123 Recipes and 4 Weeks Diet Plan (High Protein, Dairy Free, Gluten Free, Low Cholesterol, Vegan Cookbook, Vegan Recipes, Cast Iron, Easy 123 Diet Book 1)

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