



# **Green Smoothies: Recipes for Smoothies, Juices, Nut Milks, and Tonics to Detox, Lose Weight, and Promote Whole-Body Health**

*Fern Green*

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**Green Smoothies: Recipes for Smoothies, Juices, Nut Milks, and Tonics to Detox, Lose Weight, and Promote Whole-Body Health** Fern Green

**A collection of 66 illustrated smoothies, juices, nut milks, and tonics to kick-start metabolism, fire up the mind, and promote whole-body health.**

An easy-to-follow and informative guide, this book pares smoothie-making back to its essence. Each recipe is presented in a highly visual spread, and grouped ingredients are displayed opposite finished smoothies and juices, providing at-a-glance instruction. Recipes like Dandelion Tonic, Popeye's Juice, Coconut Kale, and Pineapple Twist provide a simple introduction for the new smoothie maker, as well as new inspiration for the experienced blender. A seven-day detox plan with straightforward recipes energizes and invigorates.

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Why don't make it to become your habit? Right now, try to ready your time to do the important action, like looking for your favorite e-book and reading a guide. Beside you can solve your long lasting problem; you can add your knowledge by the e-book entitled Green Smoothies: Recipes for Smoothies, Juices, Nut Milks, and Tonics to Detox, Lose Weight, and Promote Whole-Body Health. Try to make book Green Smoothies: Recipes for Smoothies, Juices, Nut Milks, and Tonics to Detox, Lose Weight, and Promote Whole-Body Health as your good friend. It means that it can for being your friend when you experience alone and beside those of course make you smarter than previously. Yeah, it is very fortunated in your case. The book makes you more confidence because you can know anything by the book. So , let's make new experience and also knowledge with this book.

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