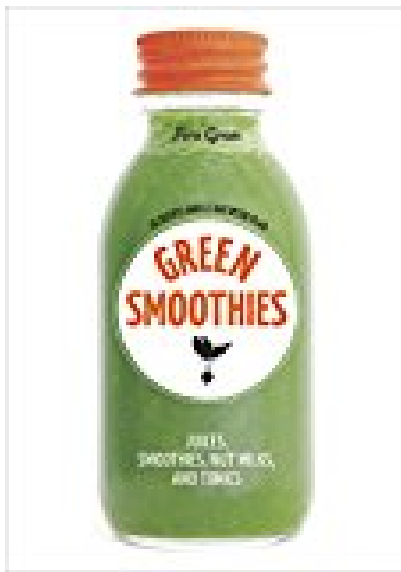


Green Smoothies Recipes for Smoothies Juices Nut Milks and Tonics to Detox Lose Weight and Promote Whole-Body Health



BOOK DETAILS

- Author : Fern Green
- Pages : 160 Pages
- Publisher : Ten Speed Press
- Language : English
- ISBN : 1607749386

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BOOK SYNOPSIS

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, Popeyes 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.

GREEN SMOOTHIES RECIPES FOR SMOOTHIES JUICES NUT MILKS AND TONICS TO DETOX LOSE WEIGHT AND PROMOTE WHOLE-BODY HEALTH -

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