



**Green Smoothie Recipes & other Healthy  
Smoothie Recipes: Discover over 50 Easy Smoothie  
Recipes - breakfast smoothies, green smoothies,  
healthy ... treat smoothies and fruit smoothie  
recipes**

*C Elias*

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# Green Smoothie Recipes & other Healthy Smoothie Recipes: Discover over 50 Easy Smoothie Recipes - breakfast smoothies, green smoothies, healthy ... treat smoothies and fruit smoothie recipes

C Elias

**Green Smoothie Recipes & other Healthy Smoothie Recipes: Discover over 50 Easy Smoothie Recipes - breakfast smoothies, green smoothies, healthy ... treat smoothies and fruit smoothie recipes** C Elias  
**UPDATED Sept 2013 to include All fresh ingredients and even tastier choices.**

Just some of the five star reviews:

- Top 50 Reviewer, Hall of Fame and Vine Voice Reviewer says 'concise and informative....luscious recipes....5 Star'
- others say...'these recipes are amazing...awesome...' and
- 'these recipes are excellent...just what I needed...'
- *Read A Review* wrote "Delicious, Easy, Healthy - What More Could You Want?"
- *PD Hansen* wrote "...these fantastic smoothies..." other comments include "...very tasty" and "many recipes...fantastic book"

This is a **green smoothie recipes** book with other healthy smoothie recipes - in an easy-to-read format with lots of delicious recipes to choose from helping you to lose weight or get healthy or just have a quick meal on the run.

The smoothies are put into different categories to make finding the one you want quick and easy, and the choice is simple without overwhelming you with too many recipes. There is a particularly good section on green smoothies and their health benefits. This is a great starter book for anyone looking for ideas, but also for those more advanced smoothie makers looking for more smoothie recipe ideas.

There is extra information on smoothie makers, how to make smoothies thicker, keep them sugar free, the history and benefits of green smoothies and what other ingredients you can swap in to make delicious fruit smoothies, **quick smoothies** and more.

You will also find tips on using different milks and yogurt, protein powder etc.

This smoothies recipe book includes **breakfast smoothies, green smoothies, healthy smoothies, lunchtime smoothies, yogurt smoothies, special occasion treat smoothies and fruit smoothie recipes.**

A useful book for those interested in **healthy eating!**

If you click on the '**look inside**' feature you will see the long list of smoothie recipes all in very helpful different categories that you can choose from.

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**From reader reviews:**

**Lillian Robbins:**

Why don't make it to become your habit? Right now, try to prepare your time to do the important take action, like looking for your favorite e-book and reading a publication. Beside you can solve your problem; you can add your knowledge by the book entitled Green Smoothie Recipes & other Healthy Smoothie Recipes: Discover over 50 Easy Smoothie Recipes - breakfast smoothies, green smoothies, healthy ... treat smoothies and fruit smoothie recipes. Try to make book Green Smoothie Recipes & other Healthy Smoothie Recipes: Discover over 50 Easy Smoothie Recipes - breakfast smoothies, green smoothies, healthy ... treat smoothies and fruit smoothie recipes as your close friend. It means that it can to become your friend when you truly feel alone and beside that course make you smarter than ever. Yeah, it is very fortunated in your case. The book makes you a lot more confidence because you can know anything by the book. So , let me make new experience as well as knowledge with this book.

**Harley Campbell:**

In this 21st century, people become competitive in every way. By being competitive today, people have do something to make these survives, being in the middle of the crowded place and notice by simply surrounding. One thing that at times many people have underestimated it for a while is reading. Yeah, by reading a guide your ability to survive enhance then having chance to stand than other is high. In your case who want to start reading some sort of book, we give you this Green Smoothie Recipes & other Healthy Smoothie Recipes: Discover over 50 Easy Smoothie Recipes - breakfast smoothies, green smoothies, healthy ... treat smoothies and fruit smoothie recipes book as beginning and daily reading book. Why, because this book is greater than just a book.

**Mathew Holstein:**

People live in this new day of lifestyle always attempt to and must have the free time or they will get great deal of stress from both daily life and work. So , when we ask do people have extra time, we will say absolutely of course. People is human not only a robot. Then we question again, what kind of activity are you experiencing when the spare time coming to you of course your answer may unlimited right. Then do you try this one, reading textbooks. It can be your alternative inside spending your spare time, often the book you have read will be Green Smoothie Recipes & other Healthy Smoothie Recipes: Discover over 50 Easy Smoothie Recipes - breakfast smoothies, green smoothies, healthy ... treat smoothies and fruit smoothie recipes.

**Adrienne Helms:**

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your beginning books that are good idea. We recommend that straight away because this reserve has good vocabulary which could increase your knowledge in words, easy to understand, bit entertaining however delivering the information. The article writer giving his/her effort to put every word into satisfaction arrangement in writing Green Smoothie Recipes & other Healthy Smoothie Recipes: Discover over 50 Easy Smoothie Recipes - breakfast smoothies, green smoothies, healthy ... treat smoothies and fruit smoothie recipes yet doesn't forget the main level, giving the reader the hottest as well as based confirm resource details that maybe you can be one of it. This great information can certainly drawn you into new stage of crucial contemplating.

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