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Pure Green: 100+ Delicious Green Smoothie Recipes For A Sexier, Healthier, More Vibrant You!



Synopsis

Limited Time Special: Usually \$2.99... Now Only 0.99 Cents!A Complete Collection Of Over 100 Mouth Watering Green Smoothie Recipes!Are you tired of drinking the same smoothies day in and day out?The secret to maintaining a healthy green smoothie lifestyle is having a wide variety of readily available, easy to prepare, taste bud friendly recipes that you can tap into anytime to give yourself a tasty green energy boost.In "Pure Green" Elizabeth presents over 100 uniquely crafted recipes broken down into 10 smoothie categories such as: Weight loss, detoxification, post workout, stress busting, increased vitality and much more!Â "Drink With Caution" The Recipes In This Book Are Known To:-- Increase energy-- Boost mental clarity-- Improve digestion...And Enhance your overall sense of well being!Each Recipe Is Guaranteed To Be:-- Packed with nutrition-- Packed with taste-- Easy to prepare-- And Budget friendlyAdditionally, Youâ™I Also Learn How To:-- Create perfect smoothies each and every time-- Customize your green smoothies-- Select the perfect blender for your needsSpecial Bonus With Every Purchase!Get instant access to Elizabethâ™s email course âœ10 Days To Everlasting Healthâ• which is currently selling for \$17, but you get it for FREE with your purchase (Details Inside).Â Ready to feel amazing? Scroll to the top and click "Add to cart" and learn how you can supercharge your health with the power of green smoothies starting now!

Book Information

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Health, Fitness & Dieting

Customer Reviews

There is a smoothie for every occasion in this recipe book, full of nutritious goodness. These recipes are really quick and easy to put together. I love the way the author had also given a lot of interesting information about the health benefits for each group of smoothies. It is not just a list of recipes, but you also get to understand the reason behind why each particular smoothie recipe is good for different uses, I love the Glowing Skin Green Smoothie Recipes. Especially the Stay Young Green Smoothie! I will definitely be trying lots of these unusual recipes.

I used to be a vegetarian for 15 years so I would get lots of greens in my diet. With the recent addition of seafood to my diet I found that my greens habit was on a slippery slope. So I thought this book would help me get back on track. The recipes included were delightful. They were categorized by health benefits for instance: detox, weight loss, great skin, power drinks and so on. Its nice to know that drinking from the various categories help achieve different health goals. I try to get one smoothie from each broad category each day. I just use the TOC to navigate to the ones I like and use bookmarks to keep track of my favorites. With 100 recipes in all I am sure there is something to suit everyone's taste. Recommended - BUY!

Every since I was a little girl, I loved eating spinach, broccoli, string beans and any other green vegetable put on my plate. So, these smoothies are a great and delightful twist. Thank you for putting this awesome book together with great delicious recipes.

I've been looking for some new recipes to try - we've been going green (smoothie style) for a while now and have been making the same simple recipes over and over again. Tomorrow that changes! These recipes look good & I love the commentary on detoxing and other health benefits the author provides. We need more . . . is there another smoothie book in the works?

I love the idea of rapid, healthy, foods that can be created in one container and can be used as the carrier for all the supplements and vitamins I take. Not only are the smoothies delicious but they are

convenient for making ahead and storing in the freezer. I use it frequently.

This book and the two others pretty much repeat the same info about green smoothies; on the other hand, the recipes are different, and the price of these books is very reasonable, so I have all three. For a person who would like to experiment with green smoothie ingredients, it's a good reading. Personally, I make my smoothies from whatever greens and fruits I find in my fridge.

Short and sweet book and mainly JUST a recipe book. There is not a lot of talk about why green smoothies, and she is very clear about that. I believe she has other books that discuss those. The recipes are great - I tried a few of them and was inspired to create my own after that. There are no pictures. If you like visuals, this book won't do that. I also couldn't see the difference between beauty/glowing smoothies versus post workout. I do however love the simplicity of her recipes with fruits and vegetables and sometimes nuts and seeds. The price was very generous too. Great recipe book for getting your green smoothies into your diet!! I know I do every day! :)

Besides some great smoothie recipes, I was pleased to find out information about the greens that go into the smoothies. I'm happy to report that they taste great!

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