



Green Smoothies For Dummies

Jennifer Thompson

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Sip your way to ultimate nutrition and feel better than ever

Whether you're looking to detox, lose weight, or just add more veggies to your diet, green smoothies are the way to go. Easy to prepare, portable, and endlessly customizable, green smoothies are the trendy new beverage in everyone's cup. Think you don't like kale, collard greens, or watercress? Try them in a smoothie and you'll never see them the same way again. Green smoothies are the easiest, most painless way to add more nutrients to your diet, so you can feel better than ever before.

Green Smoothies For Dummies is your beginner's guide to the world of drinkable greens. Author and international smoothie guru Jennifer Thompson explains the benefits of green smoothies, and provides over 90 recipes that will make you start craving your vegetables. You'll get to know the flavors and properties of each ingredient, and how to combine ingredients for complete nutrition.

- Replace meals with green smoothies without sacrificing nutrients
- Boost your nutrition even higher with protein and fiber supplements
- Reduce hunger and feel full longer with the right smoothie blends
- Customize your smoothies to your personal nutritional needs

Before too long, you'll be experimenting and coming up with your own favorite combinations. Your vegetable intake will skyrocket, and you'll look and feel fantastic. How often does something so good for you taste so delicious? Green smoothies help you fill the nutrient gaps in your diet so you can experience optimal health and well-being. *Green Smoothies For Dummies* is your guide to all things smoothie, and will get you started now.

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Doug Martin:

In this era globalization it is important to someone to find information. The information will make a professional understand the condition of the world. The condition of the world makes the information much easier to share. You can find a lot of references to get information example: internet, magazine, book, and soon. You will observe that now, a lot of publisher which print many kinds of book. The book that recommended to your account is Green Smoothies For Dummies this reserve consist a lot of the information with the condition of this world now. That book was represented how can the world has grown up. The vocabulary styles that writer use for explain it is easy to understand. The writer made some research when he makes this book. Honestly, that is why this book suited all of you.

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