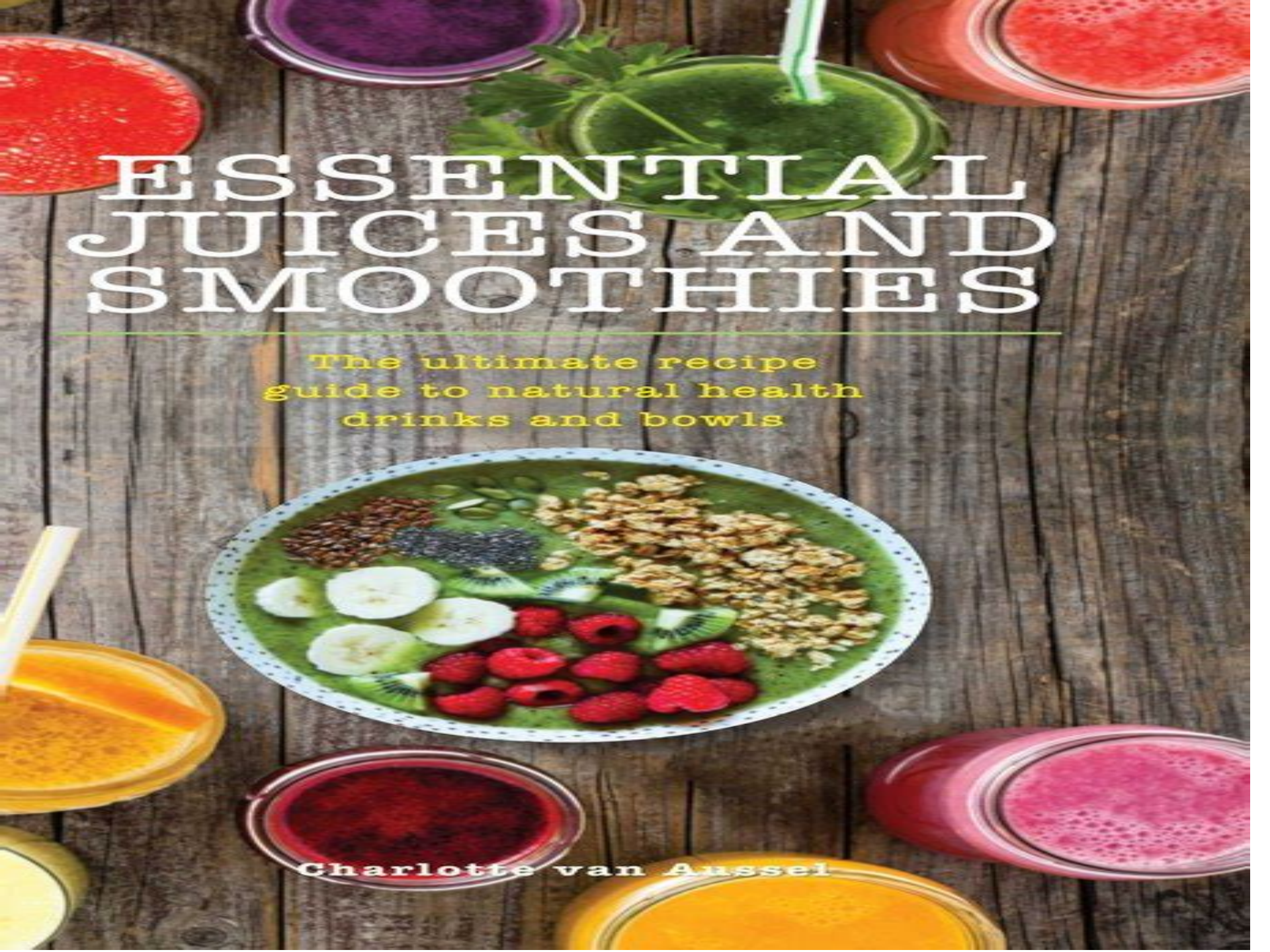


The background of the cover is a rustic wooden table. Scattered around are several glass bowls and cups containing smoothies of various colors: red, purple, green, orange, and pink. In the center, a white bowl with a blue rim is filled with a green smoothie, topped with sliced bananas, kiwi, raspberries, granola, and chia seeds. A green smoothie in a glass cup with a straw and a lemon slice is at the top center.

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guide to natural health
drinks and bowls

Charlotte van Aassel

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Essential Juices and Smoothies Charlotte van Aussel, 2019-07-16 Juice your way to better health with more than 1 000 easy recipes Essential Juices and Smoothies contains more than a thousand easy recipes for juices smoothies and breakfast bowls including well known favorites as well as more exotic but no less delicious creations Understand the nutritional benefits of veggie and fruit ingredients and find recipes that target specific goals such as cleansing and detoxifying Whether you re looking for a breakfast smoothie an afternoon snack or a healthy dessert Essential Juices and Smoothies is your guide to creating delicious blends

The Big Book of Healthy Smoothies and Juices Adams Media, 2014-05-30 Hundreds of delicious smoothies and juices right at your fingertips Need a quick burst of energy and nutrition With this cookbook you ll learn how to combine fresh fruits and vegetables into hundreds of tasty drinks that will keep you feeling full throughout the day Featuring step by step instructions and nutritional data for each flavorful drink The Big Book of Healthy Smoothies and Juices offers more than 500 easy to make recipes such as Strawberry breakfast smoothie Cabbage kale cleanse Green lemonade smoothie Apple melon cooler Chocolate banana blitz smoothie Whether you re interested in cleansing your body or just looking to incorporate more wholesome foods into your diet you ll find all you need to indulge in the vitamin packed drinks you love in The Big Book of Healthy Smoothies and Juices

201 Organic Smoothies and Juices for a Healthy Pregnancy Nicole Cormier, 2013-01-18 Nutritious drinks that you and your growing baby will love When you re pregnant eating right becomes more important than ever While prenatal vitamins fill the gaps in your diet nothing can replace the all natural goodness of fresh fruits and vegetables Filled with a variety of delicious food combinations 201 Organic Smoothies and Juices for a Healthy Pregnancy shows you how to blend nutrient rich drinks right in your own home From superfoods like avocado and spinach to revitalizing apples and oranges these smoothies and juices will not only satisfy your tastebuds but also provide you with the energy and nourishment you need for every week of your pregnancy When made with only organic ingredients each recipe is free of pesticides hormones GMOs and additives so you can focus on the nutrients your body requires and not have to worry about what else is in your drink Get ready to enhance your nutrition intake and ensure that your baby grows healthy and strong one organic drink at a time

Fresh Essentials: Fruit Smoothies And Power Shakes Ruth Tal, Jennifer Houston, 2014-12-09 Longtime patrons of Fresh restaurant know what to expect scrumptious meatless meals made from all natural wholesome ingredients full of exotic flavours and energy boosting nutrients designed to make them feel incredible In the Fresh Essentials series founder Ruth Tal and co owner and head chef Jennifer Houston bring you contemporary vegetarian and vegan recipes perfect for every occasion Loaded with nutritious recipes as well as time saving tips Fresh Essentials Fruit Smoothies and Power Shakes contains fifteen recipes that will help you serve up delicious smoothies and shakes including the Rise and Shine Smoothie the comforting Hot Apple Pie Smoothie the Aphrodisiac Power Shake and many more Fresh Essentials Fruit Smoothies and Power Shakes is the ideal guide to easy and delicious smoothies

and shakes from one of Toronto's top vegetarian restaurants [10 Day Green Smoothie Cleanse : A Box Set of 100+ Recipes For A Healthier You Now!](#) Scott Green, 2015-06-10 Many smoothies are made with fruit that is mixed with milk or yogurt and crushed ice. Still, other recipes utilize fruit juices, especially those that need to be dairy-free for someone that is lactose intolerant. However, it is safe to say that there is a specific smoothie recipe that is available for virtually every type of individual and every need. Grab this box set of 100 recipes to brew your favorite green smoothie now *Juicing & Smoothies for Beginners* JC. Maria, Lose Up to 10 Pounds in 30 Days How to Choose Juicing Equipment and Over 40 Delicious Juicing Recipes for Everyday This Juicing Smoothies for Beginners will guide you how to adding juicing recipes into everyday life which benefits for weight loss and better health with over 40 simple and delicious juicing recipes as well as a complete guide for a better health with juicing smoothies. Discover the nutritional benefits of each ingredient from fruits to vegetables to herbs and spices and find out how to create your flavorful juicing recipes with ease. With easy-to-follow instruction and great juicing recipes Juicing Smoothies for Beginners is your complete juicing guide. What you will learn in the Juicing Smoothies for Beginners guide: Chapter 1 Juicing 101 Introduction to Juicing What is Juicing Popular Kinds of Juicing The Pros and Cons of Juicing To Juice or Not to Juice What is the Better Choice Chapter 2 Getting Started With Juicers What's the Difference between Juicer and Blender Types of Juicers How to Choose the Best Juicer Chapter 3 An Ultimate Juicing Guide for Your Health How to Prepare For Your Cleanse How to Start Improving Your Diet with Juices Keeping It Fresh Make Your Juice Last Longer Fruit Juice VS Vegetable Juice Top 20 Fruits Juicing For Health Top 20 Vegetables Juicing For Health Make Better Juice with Herbs and Spices Four Secrets of Successful Juice Fast Chapter 4 The Simple Guide to Healthy Cleaning How to Cleanse the Liver Does Your Colon Need Cleaning Protecting Your Kidneys Chapter 5 Juicing for Health and Disease Prevention Information and example of recipes Juicing for Health Anti-aging Juices for Youthful and Glowing Skin How Juicing Can Help You Quit Smoking How to Cures Acne with Juicing Juice Recipes to Keep Your Brain Young Skinny Juices 101 Juice Recipes for Weight Loss Juicing for Arthritis and Joint Pain Juicing for the Cold Juicing Recipes for Good Eyesight Chapter 6 The Ultimate Guide to Losing Weight with Smoothies Fruit Smoothies Green Smoothies Nutty Chocolate Smoothies Savory Smoothies Nutritionist Favourites And Much More Would You Like To Start Now Download and start getting healthier today Scroll to the top of the page and select the buy button *Juicing & Smoothies For Dummies* Pat Crocker, 2015-04-30 Lose weight and feel great with juicing and smoothies. For those of us who don't have time to cut up or cook fruits and vegetables with every meal, juices and smoothies are a fast and easy way to consume them at home or on the go. Packed with over 100 recipes Juicing Smoothies For Dummies covers the most up-to-date information on incorporating this healthy lifestyle into your everyday routine. From how to safely cleanse the body of toxins to the hottest ingredients to bolster juices and smoothies including chia seeds, coconut oil, hemp seeds, bee pollen, and more, it arms you with everything you need to sip your way to a healthier, happier you. There are many health benefits to drinking freshly juiced fruits and

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