

THE ESSENTIAL HOLIDAY JUICES AND SMOOTHIES COOKBOOK

**Delicious and Nutritious Recipes
to Celebrate the Holidays**

ELENA VASQUEZ

Smoothies And Juices Essentials Collection Cooking Paperback By

Lola Berry



Smoothies And Juices Essentials Collection Cooking Paperback By:

Lola Berry's Little Book of Smoothies and Juices Lola Berry, 2015-10-27 A collection of easy and delicious recipes from Lola Berry author of *The 20/20 Diet* and *The Happy Cookbook* Too busy to eat healthy Not any more This little book is packed with delicious and nourishing smoothie and juice recipes that you can whip up in a jiffy All recipes are free of gluten dairy and refined sugars Drink your way through the rainbow from antioxidising greens and potassium rich yellows to luscious pinks and purples chock full of vitamin C Drink your way to energy radiance and good health This is a specially formatted fixed layout ebook that retains the look and feel of the print book *Juicing / Smoothies Low Carb Recipes* Lisa Shea, 2014-01-15 We know the value of eating fresh healthy food We know how wonderful it is to pluck a fresh apple off a tree and to eat it without pesticides without processing and without added sugar The philosophy of juicing and smoothies is to appreciate those natural flavors that exist all around us Draw in the bounty of the nutrients and fiber that our world provides for our sustenance It's good both to incorporate natural foods into your daily diet and also to occasionally do a cleanse A cleanse allows your body to free itself of allergens and toxins and to start fresh It's like rebooting your computer to cleanse out any memory issues which may have cropped up Version Note This is an early release of this smoothie juicing ebook It currently has 19 recipes in it Please email me and let me know your favorite fruits and veggies I will then create custom recipes using those flavors I'll both email them to you and add them to the book [The Big Book of Healthy Smoothies and Juices](#) Adams Media, 2014-05-14 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

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