

# [PDF] Healthy Smoothie Recipes - Healthy Herbal Smoothies That Are Nutritious, Delicious And Easy To Make

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#### Description:

If you're sluggish and tired all day, it's probably because you're not getting enough nutrients. But with today's fast paced lifestyles, who has time to make sure they get their USRDA of fruits and vegetables?

Smoothies are a quick, easy and delicious way to make sure you get all the fruits and veggies you need, and the smoothies in this book take it one step further and include herbs and spices that will

boost your health and energy levels!

Not only will these smoothies give you a quick way to get vitamins and minerals, but they'll also help keep you healthy. Herbs and spices are packed with health benefits (many, like turmeric, are being studied today for their ability to prevent and treat disease like arthritis, Alzheimers and even cancer) and this book shows you how to incorporate them into your smoothies for a delicious nutrient packed punch!

Now you can drink your way to health with delicious recipes like:

Apple Pie Smoothie  
Pumpkin Pie Smoothie  
Pizza Smoothie  
Pina Colada Smoothie  
Drink Your Salad Smoothie  
Orange Cream Smoothie  
Vitamin A Smoothie  
Vitamin K Smoothie  
Blood Pressure Lowering Smoothie  
Blood Sugar Regulating Smoothie  
Sore Throat Soothing Smoothie  
Anti Inflammatory Smoothie  
Mood Boosting Smoothie  
Memory Enhancing Smoothie  
Sweet and Salty Smoothie  
Stomach Soothing Smoothie  
Scarborough Fair Smoothie  
..... and more!

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