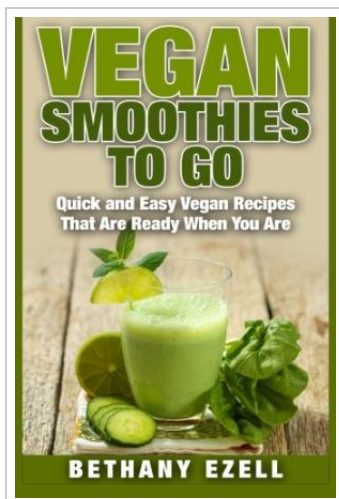




Vegan Smoothies to Go: Quick and Easy Vegan Recipes That Are Ready When You Are

By Bethany Ezell

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Healthy Smoothies Whether you are Vegan or Not If you are like me, you enjoy a healthy smoothie as part of your day. It is easy to keep making the same recipes every day until you just can't drink one more. The smoothies can be made with fresh ingredients to give you an additional reason to try one or two or more. The 25 recipes in this book are all vegan but that does not mean that you can't enjoy one if you aren't a vegan. They include both fruit smoothies and vegetable smoothies-something for every taste bud.



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