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TOP 20 GREEN SMOOTHIE CLEANSE RECIPES: DETOX DELICIOUS SMOOTHIE FOR WEIGHT LOSS (PAPERBACK)

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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Green Smoothies are becoming a staple in the lives of those who want to improve their overall health. Why a green smoothie, you ask? Well, because it s rich with vitamins and antioxidants. It has many health benefits and they include weight loss, antioxidants, mental clarity, clearer skin, increased energy and that it is an excellent source of minerals for healthy bones. Here is a sample recipe that I urge you to try: 1 orange, peeled 1 medium banana, peeled 1/2 lime, peeled 1 tbsp chia seeds, soaked for 5 minutes small piece of ginger, grated 2 cups kale or dandelion greens, chopped 8 ounces of water Add all ingredients, except for the greens, to your blender and hit the pulse button a few times. Next, add the greens and blend on high for 30 seconds, or until the smoothie is creamy. Happy Detoxification! This book provides you a real understanding of the benefits of green smoothies in boosting energy power, detoxification, beautifying and enhancing skin and hair. Also, the book provides you with a selection of smoothie recipes divided into different sections depending on their uses and benefits. Chapter 1: Green Smoothie to Perk your Energy and Health Chapter 2: Great Green Detox Smoothies Chapter 3: Green Smoothies for Weight Loss Chapter 4: Green Smoothies for Amazing Skin Chapter 5: Green Smoothies for Healthy Hair Blend up one of these healthy green smoothie recipes for a great start to your day!.

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