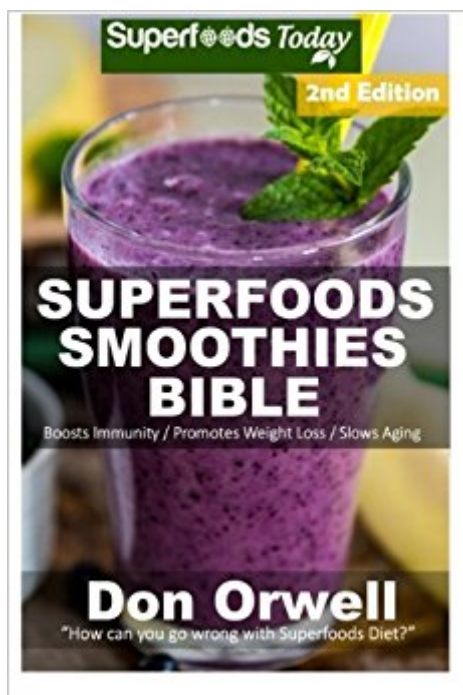


The book was found

# Superfoods Smoothies Bible: Over 160 Blender Recipes, Whole Foods Diet, Heart Healthy Diet, Natural Foods, Blender Recipes, Detox Cleanse Juice, ... Loss - Detox Smoothie Recipes) (Volume 60)



## Synopsis

How Can You Go Wrong With 100% Superfoods Smoothies? Superfoods Smoothies Bible-second edition contains over 160 Superfoods Smoothie recipes created with 100% Superfoods ingredients. No soy milk, no cows milk, no artificial flavors, only 100% natural Superfoods that deliver astonishing amounts of antioxidants, essential fatty acids (like omega-3), minerals, vitamins, and more. More than 90% of recipes are Vegan. Superfoods are foods and the medicine and they offer tremendous dietary and healing potential. Superfoods slow aging, boost immunity, energize and detoxify. Would You Like To Know More? Download and start getting healthier today. Scroll to the top of the page and select the buy button.

## Book Information

Series: smoothies detox - detox green cleanse - detox diet plan - sugar detox - green smoothies for weight loss - detox smoothie recipes

Paperback: 208 pages

Publisher: CreateSpace Independent Publishing Platform; 2 edition (May 7, 2015)

Language: English

ISBN-10: 1512088528

ISBN-13: 978-1512088526

Product Dimensions: 6 x 0.5 x 9 inches

Shipping Weight: 13.3 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 4 customer reviews

Best Sellers Rank: #769,514 in Books (See Top 100 in Books) #114 in Books > Cookbooks, Food & Wine > Kitchen Appliances > Blenders #142 in Books > Cookbooks, Food & Wine > Special Diet > Low Cholesterol #190 in Books > Cookbooks, Food & Wine > Special Diet > Whole Foods

## Customer Reviews

This book I love. I like colored pictures and this doesn't have them but the smoothies are simple, not too many exotic ingredients. I've only tried one recipe which is delicious and easy. The first pages of the book list red smoothies, green smoothies, etc. I'm high-lighting about five at a time with the ingredients I have or can get and trying them. I then mark them as good, excellent, etc. I added some cucumber to the watermelon smoothie today, just a little and it's so refreshing. I absolutely love this book. All of these recipes have only a few ingredients, which I like because of storing too many things. Also, when bananas, any fruit or vegetable gets a little more ripe than I like, you can

use them in a smoothie. Saves throwing many things out. We're retired, I don't want to cook all the time so this morning I made the watermelon smoothie and I had made zucchini bread a few days ago, the smoothie has Chobani yogurt in it which has 12 grams of protein in it so all in all, a decent breakfast for my husband and no cleanup. I bought another book too which is more complicated and has a lot of ingredients which I will refer to and probably use too. I'm glad I have that one too. It's Superfood Smoothies by Julie Morris. Also got the Superfood Soups by Julie Morris.

Don Orwell's book entitled: Superfood Smoothie Bible is an excellent collection of smoothie recipes designed for and around superfoods -- those dense in nutrients and beneficial to your health. Get a copy. Lose weight. Lower your cholesterol. Get healthy. Karl Minner, author of Thought to Kindle

Nice book. Fast shipping. Thank you very much!

Very informative

[Download to continue reading...](#)

Superfoods Smoothies Bible: Over 160 Blender Recipes, Whole Foods Diet, Heart Healthy Diet, Natural Foods, Blender Recipes, detox cleanse juice, ... loss - detox smoothie recipes) (Volume 60) Smoothies: 365 Days of Smoothie Recipes (Smoothie, Smoothies, Smoothie Recipes, Smoothies for Weight Loss, Green Smoothie, Smoothie Recipes For Weight Loss, Smoothie Cleanse, Smoothie Diet) Smoothies: Everyday Smoothies For Beginners (Smoothie, Smoothies, Smoothie Recipes, Smoothies for Weight Loss, Green Smoothie, Smoothie Recipes For Weight ... Diet)) (healthy food for everyday Book 5) E JUICE RECIPES: 51 Awesome E Juice Recipes (e juice, e juice recipes, e juice cookbook, vaping, vaping juice, vaping started kit, vape recipes, vaping juice) Superfoods Smoothies Bible: Over 160 Quick & Easy Gluten Free Low Cholesterol Whole Foods Blender Recipes full of Antioxidants & Phytochemicals (Natural Weight Loss Transformation) Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole foods, 30 Day Whole ... Whole Foods Cookbook, Whole Foods Diet) The Liver Cleanse and Detox Diet: Ultimate Liver Cleansing Guide to stay Healthy and Lose Weight! (fatty liver, healthy diet detox, liver disease, cleanse ... fat loss, detox diets, healthy cooking,) Ninja Blender Recipe Bible: 50+ Delicious Recipes for your High Powered Blender (Ninja Recipes, Ninja Recipe Book, Green Smoothies, Weight Loss Smoothies, ... Protein Shake Diet, Green Smoothie) Red Smoothie Detox Factor: Red Smoothie Detox Factor (Vol. 2) - Healthy Red Smoothies with Superfoods That Detoxify Your System Superfoods Smoothies Bible: Over 180

Quick & Easy Gluten Free Low Cholesterol Whole Foods Blender Recipes full of Antioxidants & Phytochemicals (Natural Weight Loss Transformation Book 163) Whole Food: The 30 Day Whole Food Challenge â “ Whole Foods Diet â “ Whole Foods Cookbook â “ Whole Foods Recipes (Whole Foods - Clean Eating) Green Smoothie Recipe Book: 500 Delicious Green Smoothie Recipes for Weight Loss, Better Health, Energy & Cleansing (Green Smoothies, Nutribullet Recipe ... Juicing Recipes, Fat Loss, Cleanse, Detox) My Oster Pro Blender Smoothie Book: 101 Superfood Smoothie Recipes for Your 1200, MyBlend, 6811, or Simple Blend Blender! (Oster Blender Recipes) (Volume 1) Tea Cleanse: 7 Day Tea Cleanse Diet Plan: How To Choose Your Detox Tea's, Shed Up To 10 Pounds a Week, Boost Your Metabolism and Improve Health (Tea Detox, ... Body Cleanse, Detox Tea, Flat Belly Tea) Oster Pro Blender Smoothie Book: 101 Superfood Smoothie Recipes for Your 1200, MyBlend, 6811, or Simple Blend Blender! (Oster Blender Recipes) Nutribullet Recipes: 365 Days of Smoothie Recipes for Rapid Weight Loss, Detox & Burning Fat: Smoothie Recipes for Weight-Loss, Detox, Anti-Aging & So ... Loss Drinks, Anti-Aging, Juicing Recipes) Detox Cleanse & Juice Cleanse Recipes Made Easy: Smoothies and Juicing Recipes South Beach Diet Smoothie Cleanse: Weight-Loss, Detox, Anti-Aging , Quick and Delicious South Beach Diet Smoothie Recipes to Lose Weight, Boost Brain Power and Increase Energy 50 Shades of Superfoods Salads: Over 50 Wheat Free, Heart Healthy, Quick & Easy, Low Cholesterol, Whole Foods, full of Antioxidants & Phytochemicals: Cooking ... (Fifty Shades of Superfoods Book 2) Fruit Infused Water - 80 Vitamin Water Recipes for Weight Loss, Health and Detox Cleanse (Vitamin Water, Fruit Infused Water, Natural Herbal Remedies, Detox Diet, Liver Cleanse)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)