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40 Energy Smoothie Recipes: Juice and Smoothie Recipes for Energy and Vitality (Smoothies Book 2)

Jake Rhodes

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- # The 40 Energy Smoothie Recipe

These recipes will give you some of the best energizing healthy smoothie recipes to keep you going all day without sacrificing your health.

With some of the most powerful superfoods, these smoothies for energy will fill you up and leave you feeling rejuvenated. Your body will love you as you give yourself a healthy source of energy with powerful fruits and vegetables that naturally energize you without the need for energy drinks and coffee.

This book provides several recipes, and fresh new combinations, with a easy to read layout. These smoothies are so simple to make and are packed with flavor bursting superfruits that leave you feeling refreshed.

If you are looking to get natural energy without the need of processed foods and supplements then try these recipes and feel good about the choices you make to energize yourself.

The smoothie recipes in this cookbook will...

• Give you natural energy that last all day without the need for caffeine and sugar
• Allow you to maintain a healthy diet and improve your overall health
• Energize your entire body with no sugar crashes or jittery feelings
• Provide you with numerous health benefits for overall health other than just gaining energy
• Provide you with healthy energy alternatives
• Give you several combinations of flavors that you are guaranteed to love!

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From reader reviews:

Todd Jacobs:

A lot of people always spent their particular free time to vacation or go to the outside with them family members or their friend. Were you aware? Many a lot of people spent they free time just watching TV, as well as playing video games all day long. If you wish to try to find a new activity that is look different you can read a new book. It is really fun for you personally. If you enjoy the book that you read you can spent the whole day to reading a reserve. The book 40 Energy Smoothie Recipes: Juice and Smoothie Recipes for Energy and Vitality (Smoothies Book 2) it is very good to read. There are a lot of folks that recommended this book. These folks were enjoying reading this book. If you did not have enough space to deliver this book you can buy the particular e-book. You can m0ore quickly to read this book from the smart phone. The price is not to fund but this book possesses high quality.

Steven Cordell:

People live in this new day time of lifestyle always aim to and must have the spare time or they will get wide range of stress from both day to day life and work. So , when we ask do people have time, we will say absolutely yes. People is human not really a robot. Then we consult again, what kind of activity are there when the spare time coming to you of course your answer may unlimited right. Then ever try this one, reading ebooks. It can be your alternative throughout spending your spare time, typically the book you have read is actually 40 Energy Smoothie Recipes: Juice and Smoothie Recipes for Energy and Vitality (Smoothies Book 2).

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