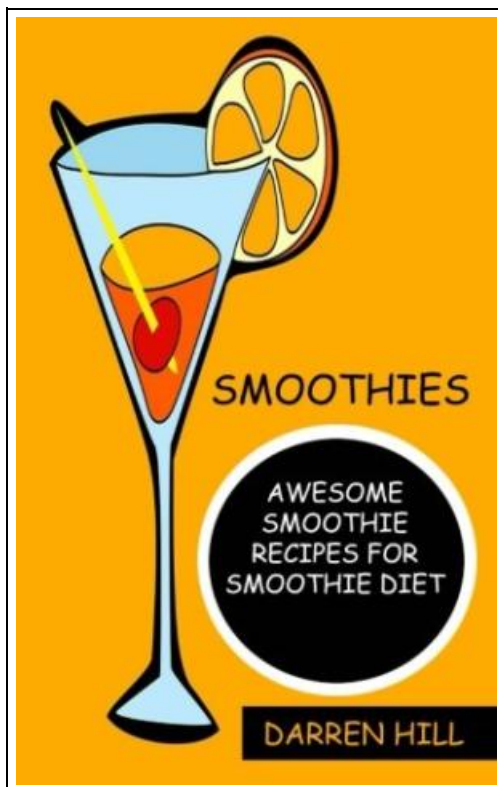


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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Introduction In today s fast world, we barely get a time for ourselves. It becomes quite easy to forget to eat healthy food, because of this unhealthy habit we experience lot of immunity issues like weakness, skin problems, weight problems and allergies etc. To overcome these problems, our body needs nutrients. So question is that how will we get these nutrients easily? Answer to this question is smoothies. Smoothies are fantastic not just for their taste but also for the healthy reasons, they are very rich in nutrients and minerals. They are also easy to make. This book provides simple yet powerful smoothie recipes for healthy body, so enjoy these delicious and healthy smoothie recipes. Reasons to buy this book 1. This book will give you top 25 delicious smoothie recipes. 2. This book is superb!! Smoothies are naturally packed with superfoods and antioxidants from fresh fruits and vegetables, making them the easiest and tastiest way to improve your health, and get glowing skin and hair! The Smoothie Recipe Book will make it easy to start enjoying smoothies on a daily basis and to get an extra boost of vitamins, nutrients, and antioxidants so that you can start losing weight right away! So go ahead and get instant access!.

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