



## Healthy Smoothie: Protein Smoothies, Fruit Smoothies, Veggie Smoothies (Cleanse, Detox, Weight Loss) (Paperback)

By Joseph Atkinson

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.What is a Healthy Smoothie? A healthy smoothie (also spelled smoothy) is a thick blended beverage with shake like consistency, normally pureed in a blender containing fruits and/or vegetables as well as an added liquid such as fruit juice, vegetable juice, milk, or even yogurt. Smoothie Benefits Many people don't eat the recommended amount of fruits and vegetables. Making a fruit smoothie is an easy way to increase your produce consumption, because these drinks often contain multiple servings of fruit and sometimes vegetables as well. Unlike fruit juice, smoothies also provide fiber, because you use the whole edible portion of the fruit. Are Smoothies Healthy? Fruit smoothies can fill you up, satisfy your sweet cravings and when made the right way, provide you with loads of vitamins and antioxidants. They're great in the morning to start your day or as a quick pick-me-up halfway through. To reap the nutritional benefits and spare your waistline, follow our steps to perfect your perfect smoothie combinations. Here is A Preview Of What Is Inside this recipe book. -Protein Smoothie Recipes - Green...



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*A superior quality book along with the font employed was exciting to see. It is one of the most amazing book i have got read through. You wont really feel monotony at anytime of the time (that's what catalogs are for about in the event you ask me).*

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