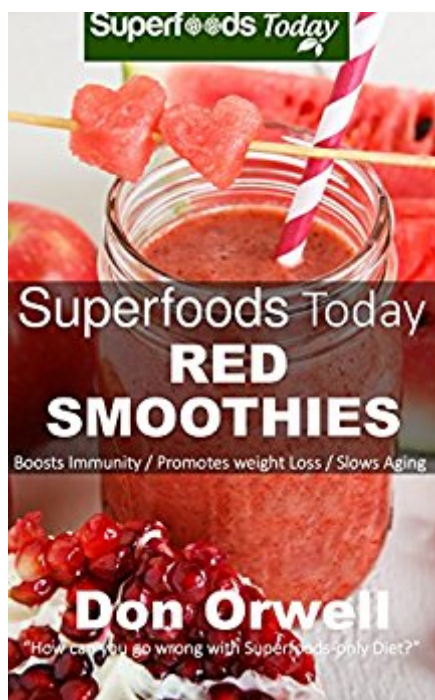


The book was found

Superfoods Today Red Smoothies: Energizing, Detoxifying & Nutrient-dense Smoothies Blender Recipes: Detox Cleanse Diet, Smoothies For Weight Loss Diabetes, Detox Green Cleanse For Weight Loss Energy



Synopsis

How Can You Go Wrong With 100% Superfoods Smoothies? Superfoods Today Red Smoothies contains over 55 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. 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

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Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies

Customer Reviews

I'm a big fan of Superfoods Today and now have several books by this author. What I like most about this book is that he actually goes into how to add the ingredients into the blender for the perfect smoothie. Now, I know this sounds funny because most people think "what's the big deal? Put in the ingredients and blend", right? But I learned that I've been doing it wrong and the difference was in the taste and the consistency of my smoothie. This one little tidbit is worth the

price of the entire book and that is why I am sold on Mr. Orwell's books. He writes from real experience and practicality. He explains why he does things a certain way and how he himself came to discover Superfoods. This gives me, the reader, a sense of connection and inspiration to actually stay on this regimen. Then the book moves into each delicious red recipe (complete with full color images) from both fruits and vegetables. Excellent!

Any smoothie lover would fall in love with this book! I absolutely adore smoothies so this was one book that I definitely had to have. The author highlights the importance of natural superfoods and includes a variety of information regarding the same. I found it to be a pleasant read which helped me detoxify and feel fresh.

If you know anything about digestion, You know that the body (the stomach, intestines etc.) have to break the food down into fine particles before you can absorb the nutrients. Well guess what, using a blender or other device to create a smoothie speeds the process along. Great book...great recipes. Thank you.

This book is AWESOME! For those of you who don't know why smoothies are good for you let me explain why. Smoothies are very quick and easy to make, they taste great and gives you a lot of energy, PLUS you are more likely to lose weight. This book contain a large amount of smoothie's recipes, each one of them is more delicious then the other. You should defiantly get this book.

Highly recommended book!!!!. This book has healthy smoothies which is not only nutritious and healthy but also tasty too!! I love smoothies and this book has many varieties which has been described very well. Overall a great book!!!!!!

One of the best superfood today's book. This book is full of smoothie recipes that are Delicious and easy to make recipes that are guaranteed to make you healthy. With implementing red veggie smoothie into my breakfast, I had more energy than ever before. Highly recommend this book, and if you get this book please try red veggie smoothie since it will change your life

LOVE IT ! Great book! Great Receipts& health information! If you wanna eat healthy and have fun with your cooking, this is the book you dont wanna miss! I have been trying to eating healthy for a few years now. I always stress about how to create my dishes. In this book, they teach you in a very

easy way to handle and master your cooking, and the receipts in the book just making my smoothies even more delicious and healthier!

Quick, succinct and informative! Thoroughly enjoyed. I'm always looking for a quick fix to get fruits and veggies into my diet, and this is the delicious way to do it! Thank you, Don Orwell!

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