

11 Healthy Smoothies Recipes: 11 Healthy Smoothies Recipes You Wish You Knew



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Reviews

Absolutely essential go through ebook. It is actually rally intriguing through looking at time. I realized this ebook from my i and dad advised this publication to understand.
(Prof. Demetris Rau III)

11 HEALTHY SMOOTHIES RECIPES: 11 HEALTHY SMOOTHIES RECIPES YOU WISH YOU KNEW



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Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.In this 5 minute quick system you will get all the benefits of the ingredients that are included in these healthy smoothies recipes, the smoothie ingredients, the 5 minute quick instructions, some invaluable mobile smoothie tips so that you can still enjoy your smoothies and be healthy on the go and some invaluable personal insights that relate to each healthy smoothie. My name is Juliana Baldec and I have been testing and proving the healthy aspect of smoothies for several years now. I love all about them and especially their healthy ingredients. Since I have been applying a daily Yoga routine myself (thanks to my sister Alecandra Baldec who is a professional and certified yoga and meditation trainer and instructor), I noticed a very powerful thing going on. I did my own research and found out that these healthy ingredients do even become more beneficial to the body and mind if used and consumed in combination with a light yoga workout or any other daily workout plan. Combining healthy smoothies and yoga or any other workout in order to get even more health benefits out of consuming these delicious smoothies kind of makes drinking smoothies a non brainer. I have always felt great and fit with these smoothies, but since I have been changing my lifestyle to include yoga into my lifestyle, I feel fitter than ever and I feel energized all the times. So if you do not do anything else and consume these 11 healthy smoothies you are good to go and you will get some very powerful health benefits out of it and especially if you are going to repeat your healthy smoothie consumption on...



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