



# **Paleo Smoothie Recipe Book: 120 Healthy Smoothie Recipes: Including Smoothies for Weight loss, Detoxing & Smoothies for Good Health - With Nutrition Facts & Photos (Practical Paleo Cookbook)**

*Kristine Campbell*

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## **Delicious Smoothies packed with Goodness for the Entire Family!**

Whether you are new to blending or a smoothie connoisseur, the Smoothie Makers' Handbook is a must have in your journey towards great health.

### **What you get**

This beautifully laid out book, comprises complete guidance on the smoothing making process, 120 smoothie recipes, nutritional information and full color images.

### **You will learn:**

- how to get your pantry ready for smoothie making process
- about choosing a blender and other tools of the trade
- choosing the correct ingredients and combinations for optimal health and taste
- the correct way to store your smoothies to retain nutrients and flavour

These quick and easy recipes are inspired by the Paleo diet and lifestyle. They are also suitable for those following vegan or raw food diets. Even if you are not "on a diet", but are simply looking for a way to quickly and easily incorporate wholesome, natural goodness into your diet, you will benefit by these smoothie recipes. Vegetables, Greens, Fruits, Nuts and Seeds have been used in these tried and tested recipes that are sure to delight you.

### **Take charge of your health**

The accompanying nutritional information enables you to make the right choices that are unique to your individual circumstances. Recipes are also categorized according to special dietary requirements, and include:

- Alkalizing Smoothies
- Detoxing Smoothies
- Antioxidant Rich Smoothies for Anti-Aging
- Low Fructose Smoothies
- Green Smoothies
- Energizing Smoothies
- Weight Loss Smoothies
- Smoothies for Kids
- Advanced Smoothies

## **A cup full of goodness**

Incorporating produce across the color spectrum ensures a fabulous variety of nutrients and goodness. The smoothie recipes in this book make this important aspect of natural health easy to include in your daily diet.

Gorgeous, full color photos and the accompanying guidance help you plan your smoothies ahead. They also inspire you to keep blending, and serve smoothies to your family and friends in style.

From weight loss smoothies to smoothies for kids, and more exotic blends for the advanced smoothie drinker, this smoothie recipe book has a wide variety of delicious blends that you will love.

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**Dolores Rawson:**

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**Walter Feuerstein:**

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**Cynthia Kipp:**

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