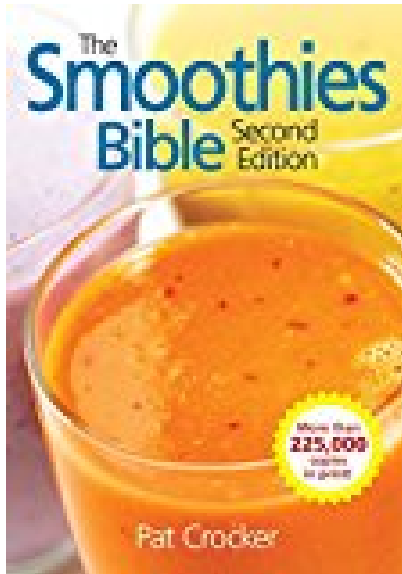


# The Smoothies Bible

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## BOOK DETAILS

- Author : Pat Crocker
- Pages : 384 Pages
- Publisher : Robert Rose
- Language : English
- ISBN : 0778802418

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## BOOK SYNOPSIS

Whatever your fitness regimen, health goals, or daily routine--this massive book of 100+ smoothie recipes has a recipe for every occasion. Potassium-rich bananas, free radical-fighting blueberries, nutrient-rich spinach, succulent mango, or light and sweet almond milk, every delicious natural ingredient you can think of pairs up in this smoothie bible for devoted followers of the healthy smoothie revolution that's sweeping the nation. Author Farnoosh Brock shares her knowledge, discoveries, useful tips, and lessons learned from years of making smoothies and getting healthier from the powerhouse of nutrition from these drinks. She gives you the full scoop on how to get started, how to keep it simple, how to listen to your body as you add healthy smoothies into your life and how to heal your body and return it to harmony using the magic of your blender. Wondering how to stay motivated after the initial excitement wears off? How to make smoothies quickly and efficiently while still keeping it fun and fresh? Farnoosh talks you through all of those situations, and gives you tips on how to manage each as you move forward with The Healthy Smoothie Bible. So start your blenders--and enjoy this comprehensive resource about every aspect of the wonderful world of healthy smoothies!

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