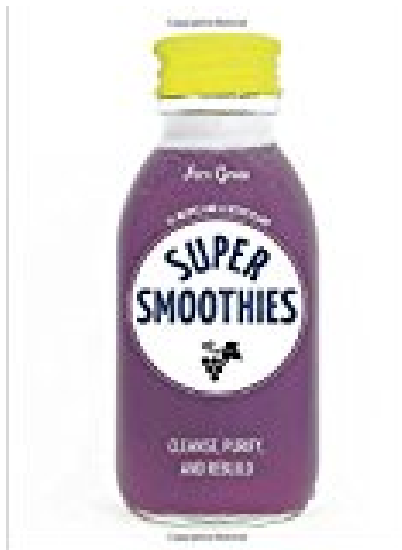


Super Smoothies 61 Recipes and 12 Detox Plans



BOOK DETAILS

- Author : Fern Green
- Pages : 160 Pages
- Publisher : Ten Speed Press
- Language : English
- ISBN : 0399579354

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BOOK SYNOPSIS

A fresh collection of more than 60 illustrated recipes for delicious, healthful blended beverages with targeted detox plans and step-by-step instructions for creating custom smoothies. This easy-to-follow and informative guide pares smoothie-making back to its essence. The recipes are presented in highly visual spreads, with each ingredient photographed for at-a-glance instruction. Suggested 3- and 5-day detox plans target specific concerns, such as weight loss, metabolism, digestion, and clear skin, and the smoothies are optimized to enhance and rejuvenate well-being, with health benefits noted for each recipe. Using fresh fruits and vegetables, Super Smoothies provides the perfect introduction for novice smoothie makers, as well as new inspiration for experienced blenders. From the Trade Paperback edition.

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