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# Superfoods Smoothies Bible: Over 180 Quick & Easy Gluten Free Low Cholesterol Whole Foods Blender Recipes Full Of Antioxidants & Phytochemicals (Natural Weight Loss Transformation Book 163)





## Synopsis

How Can You Go Wrong With 100% Superfoods Smoothies? Superfoods Smoothies Bible-fourth edition contains over 180 Superfoods 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. More than 90% of recipes are Vegan. 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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## Customer Reviews

This book is very informative book. I learned a lot from this book. I hope it comprised more information about which smoothies contribute to force, weight loss, cardiovascular benefits and ETC. I

am glad that I establish this recipe book on smoothie where are a lot of recipes to select from and you will not have to be listless on making a smoothie.

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