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Smoothie
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Healthy Smoothies 7

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Tasty Tropical

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Book - Strawberry

Banana Smoothie

Recipe - Fruits And

Vegetables Smoothies

~~Smoothies For When~~

~~You're Feeling Lazy •~~

~~Tasty Recipes~~

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Cranberry Pleaser

Smoothie Recipe BEST

Green Smoothie Recipe

EVER! (5 SIMPLE

Ingredients) How to

Make a Smoothie

Recipe Guide – Easy,

Tasty, Healthy

Build Your Own

Smoothie Book – Mix

\u0026 Max 60,000+

Recipes! Breakfast

Smoothie Bowl Recipes

| Subah Saraf | Satvic

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Smoothie

Movement 10 Common

Smoothie Mistakes |

What NOT to do! The

ONLY Green Smoothie

Recipe You Need To

Know | Jenna Dewan

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Snyder *7 Easy Healthy*

Breakfast Smoothies |

Recipes \u0026 Ideas!

Blueberry + Avocado

Fat Burning Smoothie

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Recipe!

**SPINACH SMOOTHIE
THAT TASTES GOOD
// KETO FRIENDLY //**

My Intentional Life

**How
to Eat Vegetables if
You Don't Like Them |**

**Dr. Berg What I Eat
Breakfast | Dr Mona**

Vand *How to Make a
Kale Shake-Transform
Your Kitchen-Episode*

#8 7 Smoothie Freezer

Packs | How To Meal

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Prep | A Sweet Pea Chef

My Top 3 Weight Loss
Smoothie Recipes | How

I Lost 40 Lbs Meal

Replacement Smoothie

Banana, Kiwi And Kefir

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Healthy Breakfast

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u0026 My Biggest

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5 Healthy Green
Smoothie Recipes
~~The Best Kale Smoothie
That Tastes Like Ice~~

~~Cream~~ **Delicious and
Nutritious Keto**

Smoothie *Smoothie
Recipe Book Easy Tasty*

The Smoothie Recipe
Book for Weight Loss
will show you how to
make simple, delicious
smoothies that can help
you achieve your weight-

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loss goals and leave you feeling fit and nourished. With 72 vitamin-rich smoothie recipes and an easy 10-day meal plan, The Smoothie Recipe Book for Weight Loss will help you incorporate healthy and refreshing smoothies into your diet so you can lose weight permanently.

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*The Smoothie Recipe
Book for Weight Loss:
Advice and 72 ...*

The Smoothie Recipe
Book is the perfect
motivation I need to get
my Magic Bullet
blender out of the
cupboard more than
once a month and create
some delicious, healthy
and EASY meals for
myself. I love how the
author prefaces each set

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of recipes with the situation in which they are most beneficial, as well as the health benefits of the fruits and veggies used in each concoction.

The Healthy Smoothie

Recipe Book: Tasty

Smoothies Recipes ...

Best 100 Smoothies for

Kids: Incredibly

Nutritious and Totally

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Delicious No-Sugar-
Added Smoothies for
Any Time of Day by
Deborah Harroun | 19
May 2015 4.7 out of 5
stars 117

*Amazon.co.uk: smoothie
recipe books*

Featuring Strawberry
Ginger Beet Smoothie,
Orange Mango Carrot
Smoothie, Immunity-
Boosting Smoothie,

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Easy Tasty And
Ways, Tropical Green
Healthy
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Cookbook Smoothie

Cleanse Smoothie Bible

Smoothie Diet Book

(Smoothie Recipe Book

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Smoothie) by Mason,

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cleanse your body and
lose weight! Smoothies
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with superfoods and
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fruits and vegetables,
making them the easiest
and tastiest way to
improve your health,
and get glowing skin
and hair!

*The Smoothie Recipe
Book: 150 Smoothie
Recipes Including ...*

Almond milk, avocado,
and honey are all you
need for this easy
smoothie. Recipe

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Smoothie

creator Desire For Fit

says, "Do not let the ingredients scare you!

This antioxidant-rich smoothie will brighten

your skin, fill you up, and taste like the most delicious smoothie

you've ever had! Add additional milk if desired."

25 Easy Smoothie

Recipes With 3

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Smoothie

Ingredients or Less ...

Our filling green smoothie is packed full of nutritious ingredients.

Choose from cavolo nero or spinach and whizz up with flaxseeds, almond butter, cinnamon and the milk of your choice. We went with almond milk as a vegan option. Bananas and dates add a hit of natural sweetness, too.

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Try our green smoothie recipe. 4. Avocado & strawberry smoothie

5 quick & easy fruit

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Magazine subscription – save 44% and get a cookbook of your choice ... Try this tasty breakfast smoothie to start your day, pairing sweet fruit with

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Smoothie

nutritious spinach and avocado for a dose of calcium, vitamin C, folate and fibre 5 mins

... This simple kiwi, mango and pineapple fruit smoothie makes an ideal morning treat. ...

Smoothie recipes - BBC Good Food

Try this tasty breakfast smoothie to start your day, pairing sweet fruit

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Smoothie

with nutritious spinach
and avocado for a dose
of calcium, vitamin C,
folate and fibre 5 mins

Easy

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*Vegetable smoothie
recipes - BBC Good*

Food

Healthy Smoothie

Recipe Book: Easy Mix-
And-Match Smoothie

Recipes for a Healthier

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Smoothie

Koslo, Jennifer:

9781623156718: Books.

This book is included
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membership. Read for
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Healthy Smoothie

*Recipe Book: Easy Mix-
And-Match Smoothie ...*

This smoothie recipe
book focuses on the
ingredients to help you
pack in vital nutrients

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that your normal diet may be leaving out. It incorporates whole fruits and vegetables as well as superfood powders and grains. However, do note that many of these ingredients may be harder to find or more expensive depending on where you live. Despite that, this book is built for superfood beginners

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and is a fantastic resource for those willing to make the investment.

Smoothie

Top 10 Best Smoothie Recipe Books in 2020 (Women's Health ...

The Smoothie Recipe Book: 150 Smoothie Recipes Including Smoothies for Weight Loss and Smoothies for Good Health by

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Smoothie

Mendocino Press | 4

Dec 2013 4.3 out of 5
stars 1,171

*Amazon.co.uk: smoothie
recipe book*

Smoothies are an easy way to get more fruits and vegetables into your day, but calories can add up fast. For a smoothie that's only about 200 calories, follow our formula and use 1 cup

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Smoothie

fresh fruit or vegetables and/or cooked, frozen vegetables + 1 cup fruit juice. Blueberries and grape juice are featured here.

Smoothie Recipes |

Allrecipes

50 Smoothies 1. Banana
Blend 2 bananas, 1/2
cup each vanilla yogurt
and milk, 2 teaspoons
honey, a pinch of

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Smoothie

cinnamon and 1 cup ice.

2. Strawberry-Banana

Blend 1 banana, 1 cup

strawberries, 1/2 cup

each vanilla yogurt and

milk, 2 teaspoons

honey, a... 3. Strawberry

Shortcake Blend 2 cups

...

Smoothie

Recipes For

50 Smoothies : Recipes

and Cooking : Food

Network...

Keep your smoothie at

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Smoothie

around 10 oz (most store-bought smoothies are at least 16 oz or more). If you make too much, freeze the extra portion for later.

Smoothies can leave you feeling hungry.

Make sure your smoothie contains the right balance of ingredients. Adding protein and healthy fats will help make you feel

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Smoothie

full longer. Book

Easy Tasty And

*How to Make the BEST
Healthy Smoothies - 7*

Easy Recipes!

Preparation. Add the berries, banana, Greek yogurt, almond milk, and peanut butter to a blender and blend until smooth. Top with your favorite toppings.

Nutrition Calories: 1709

Fat: 130 grams Carbs:

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Smoothie

108 grams Fiber: 37

grams Sugars: 48 grams

Protein: 57 grams.

Enjoy!

Smoothie

Berry Smoothie Bowl

Recipe by Tasty

It is simple and concise.

The green smoothie

recipes are easy to use.

You can customize your

recipes. It has more than

100 recipes. Cons. It is

heavy with 304 pages;

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Check Price. 2. 10-Day

Green Smoothie

Cleanse Book. This

book authored by JJ

Smith is more than a

smoothie recipe book –

it is your guide to

healthy weight loss in

just 10 days.

Recipes For

The 7 Best Healthy

Smoothie Recipe Books

In 2020

Banana And Chocolate

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Smoothie

Smoothie. Sally Sar.

Community Member.

Print. This recipe was

submitted by a Tasty

Community Member,

and hasn't been tested

by the Tasty recipe

team. Have a recipe of

your own to share?

Submit a recipe here!

Ingredients. for 1

serving. ... Need easy

dinner ideas?

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Recipes Including
Smoothies for Weight
Loss and Smoothies for
Optimum Health

Smoothies are not only
an easy and delicious
way to increase your
daily intake of fresh
fruits and vegetables,
they also provide proven

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health benefits for both your mind and body.

The Smoothie Recipe

Book serves up 150

enticing recipes for

every palate. Enjoying

the many advantages of

smoothies has never

been simpler: • 150

delicious recipes include

green smoothies, protein

smoothies, low-fat

smoothies, weight-loss

smoothies, anti-aging

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smoothies, smoothies for diabetics, and more.

- Learn how smoothies can help you reach your weight-loss goals and keep the weight off for good without making you feel like you're starving.
- Make kid-friendly smoothies that get them to eat their daily dose of fruits and vegetables without ever knowing it!
- The

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Smoothie Recipe Book

is your guide to the optimum health and weight loss. Working

healthful, nutritious

food into busy, on-the-go lifestyles can be

difficult, so let The

Smoothie Recipe Book

be your quick guide to detoxing and cleansing your system as well as

for getting essential,

natural vitamins and

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minerals to gain
boundless energy and
optimum health. Fiber-
rich, low-calorie
smoothies made with
whole fruits and
vegetables, herbs, and
spices are also a tasty
way to take unwanted
pounds off as part of
your weight-loss
regimen. With The
Smoothie Recipe Book:

150 Smoothie Recipes

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Including Smoothies for
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Smoothies for Optimum
Health, you'll

experience the vitality
and energy to be your
best.

Delicious

Healthy Smoothie

Recipe Book: Easy Mix-
and-Match Smoothie

Recipes for a Healthier

You From registered

dietician Jennifer Koslo,

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Author of The 21-Day
Healthy Smoothie Plan
Enjoy nearly endless
options for imaginative
and healthy smoothies
with more than 100
nutritious, easy-to-make
recipes. The Healthy
Smoothie Recipe Book
is packed with tasty mix-
and-match ideas for
crafting creative
smoothies--from brain-
boosting breakfasts to

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supercharged afternoon snacks. Whatever you crave, The Healthy Smoothie Recipe Book is your go-to guide for creating customizable smoothies that are perfect for you. Cutting calories? Choose low-fat ingredients for lighter versions. Spicing things up? Handy spice charts give your smoothies an extra kick.

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Stumped for ideas? Mix-and-match charts help you customize smoothies to your tastes.

Smoothie

troubleshooting tips:
Too thick? Too bland?
Too watery? There's a smoothie solution for that. Handy dietary labels: Colorful icons match smoothies to health goals, from weight loss, immune

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Smoothie

boosting, and more.

Jennifer Koslo, PhD,
RD, CSSD, is a

registered dietitian, a
board certified specialist
in sports dietetics, and a
nationally recognized
nutrition expert who has
impacted hundreds of
people's lives through
her nutrition consulting
work and her writing.

Snack

Jen Hansard and Jadah

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Sellner are on a fresh path to health and happiness--deprivation not included. In their book, Simple Green Smoothies, these two friends invite you into a sane and tasty approach to health that will inspire and energize you on your own journey toward a happier life.

The Simple Green Smoothies' lifestyle

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doesn't involve counting calories or eliminating an entire food group.

Instead, it encourages you to make one simple change: drink one green smoothie a day. Simple Green Smoothies

includes a 10-day green smoothie kick-start to welcome you into the plant-powered lifestyle, with shopping lists included. Follow it up

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Smoothie

with 100+ delicious recipes that address everything from weight loss to glowing skin to kid-friendly options.

Hansard and Sellner are two moms raising their own families on healthy, whole-food recipes.

They've seen the amazing health benefits of green smoothies firsthand--from losing 27 pounds to getting

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more energy. Their wildly popular website has changed the lives of over 1 million people and made them the #1 green smoothie online resource. Simple Green Smoothies will empower you to take control of your health in a fun, sustainable way that can transform you from the inside out.

Ready to join the plant-

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powered party?

Easy Tasty And

Reached the Amazon

Top 100 list. Rated 5

Stars by Grady Harp:

Amazon Hall of Fame,

Top 100 Reviewer;

"Stop thinking and start

whizzing." Movie

Maker "Rik," Amazon

Vine Voice "Just

terrific, and well priced!

Tons of feel great

recipes, but TWO of

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Smoothie

them are particularly outstanding! Read on!"

Satisfy your anytime cravings with a smoothie! On a summer day, after an intense workout, or on a lazy afternoon, nothing refreshes better than a cold smoothie.

Unfortunately, it can often take a lot of time and effort to make and

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enjoy them. But not the smoothie recipes in *Easy Tasty And Healthy, Quick & Easy Smoothies*. You won't need more than 10 minutes and no more than 5 ingredients to make any smoothie in this book-and they're all under 300 calories! *Healthy, Quick & Easy Smoothies* includes these features: 100 mouthwatering recipes

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for tropical fruit, berry, combination, and green smoothies Complete nutritional data to help with your weight loss goals Expert information from Dana Angelo White, nutritionist for the Food Network, on why smoothies are better than juices and how to best make smoothies Every recipe contains

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complete nutritional data to help you plan your meals and meet your daily dietary needs.

Many recipes also offer modifications you can make-but the healthy, quick, and easy promises never change.

And because you have so many delicious smoothies to choose from, your blender is sure to occupy a

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permanent place on your
countertop!

Discover Paleo Recipes
for Rapid Weight Loss:
50 Delicious, Quick &
Easy Recipes to Help
Melt Your Damn

Stubborn Fat Away! Let
me ask you a few
questions... Do you find
that you don't have
enough time to prepare
healthy and delicious

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meals and snacks?

Would you love to have more energy, be happier and feel healthier every

single day? Do you

want an abundant supply of delicious, quick and easy recipes

at your fingertips? If

any of the above questions made you say "Yes," then this book is

for you! Inside this

book's pages, you'll be

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introduced to the benefits of eating a Palaeolithic diet while getting 50 of the best Paleo recipes out there specifically designed for weight loss and a healthier version of yourself. This book is informational, to the point and organized in such a way that you can come back to it again and again for easy

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reference. Want to get access to some delicious, quick and easy Paleo recipes?

What are you waiting for? Download your copy TODAY. See you on the inside so we can get started! Fat Loss Nation

Over 100 green smoothie recipes packed with vitamins, minerals,

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superfoods, and antioxidants Green smoothie recipes for weight loss, energy, detoxing, improving digestion, beauty, and more Step-by-step instructions for purchasing a blender, preparing produce and blending your own green smoothie ingredients A guide to shopping for produce,

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and when to buy organic

Smoothies for all

seasons and occasions,

including Berry Basket

Breakfast Smoothie,

Banana-Walnut

Wonder, Cucumber-

Melon Cooler, and kid-

friendly recipes like

Chocolate-Covered

Cherry

"Everyone loves

smoothies. Everyone!

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Smoothie

With an infinite number of delicious, natural flavors, colors, and health benefits to mix and match, smoothies are the easiest way to embrace a healthy lifestyle on a daily basis.

Now you can give your smoothie-blending routine a boost when you use the most antioxidant-, vitamin-, and mineral-packed

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foods in the world:
superfoods. Superfood
Smoothies offers 100
nutrient-dense recipes
plus innovative culinary
methods to get the most
health benefits and pack
in the maximum amount
of nutrition into every
incredible drop of these
satisfying drinks. You'll
discover which
superfoods are the best
for smoothies; find out

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which ingredients to avoid; and learn countless secrets to making your smoothies more nutritious (and more delicious) than anything you could buy in the store. From athletes to kids to fast-paced executives, and to anyone seeking a gentle cleanse, Superfood Smoothies will upgrade your nutrition, energize

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your day, and inspire
you to power up your
blender now!"--

Healthy

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recipes for ultimate
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even more reasons to
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created specifically for
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appliance. You'll learn

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nutrient-rich smoothies
that help you meet all of
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and detoxing your body
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Boosting your brain
function Shedding
excess pounds
Organized by health
benefit, each chapter
gives you a tasty and

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nutritious blend of fruits and vegetables that will keep you feeling full throughout the day.

Whether you're looking to increase your energy, stimulate weight loss, or improve your skin, you'll transform your body from the inside out with these nourishing NutriBullet recipes!

Snack

With 100,000 Twitter

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followers and a blog that receives half a million unique visitors a month, food writer

Kathy Patafsky loves sharing her passion for healthy, vegan cuisine.

With 365 Vegan Smoothies, she makes it possible for everyone to enjoy this daily diet enhancement that is free of animal products (even honey) and the

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saturated fats, chemicals, and hormones that often accompany them. From her frosty sweet "Peach Pick-Me-Up" to green smoothies such as her revitalizing "Green with Energy," Patalsky's innovative smoothie recipes are built around themes such as brain boosters, weight loss, healthy digestion, and

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detoxification. She also includes mood tamers, such as the "Cheerful Chocolate Chia," with B-complex vitamins and omega fatty acids to boost serotonin levels. Featuring vibrant color photographs and simple steps to stock a healthier pantry, 365 Vegan Smoothies serves up the perfect blend for everyone.

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