

Essential Smoothies: 50+ Smoothies That Will Boost Your Energy And Improve Your Health, Quick & Easy, Step-by-step Today only, get this Kindle book for 2.99. Regularly priced at \$5.99. Read on your PC, Mac, smart phone, tablet or Kindle device. Smoothies represent usually sweet beverages made from real fruit and vegetables, milk, yogurt, coconut water and some other additions. They have a smooth consistency which is thicker than slush and is a great if you want a fast and healthy meal or just to add additional vitamins and minerals. Smoothies can also contain nutritional boosts, like protein powders which make them as superb drink for endurance when exercising. In this book you will find different smoothies, from meal substitutions, for breakfast or lunch, smoothies that can substitute desserts, to pre and post-workout smoothies which will provide essential nutrients to your body. Sample recipe: Mango-banana smoothie Serves: 2 Ingredients: 2 cups mango 2 bananas, frozen, peeled 1 avocado 1 cup Greek yogurt 1 cup milk 2 tablespoons chia seeds 2 teaspoons honey Directions: 1. Blend all ingredients together in a food processor and process until smooth. 2. If you want a thinner consistency you can add some more milk, 1-2 tablespoons. 3. Serve immediately. If you download this book NOW, you will get: Recipes for breakfast smoothies Recipes for lunch smoothies Recipes for dinner smoothies Recipes for pre and post-workout smoothies Recipes for green smoothies, with a unique and tasty mix of fruit and vegetables To order, click the BUY button and download your copy right now! Tags: Smoothie, Detox, Nutricious, Weight Loss, Lose Weight, Blender, Recipes, Cookbook, Recipe

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