



Superfoods Smoothies Bible: Over 170 Quick & Easy Gluten Free Low Cholesterol Whole Foods Blender Recipes full of Antioxidants & Phytochemicals (Natural Weight Loss Transformation) (Volume 100)

Don Orwell

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How Can You Go Wrong With 100% Superfoods Smoothies?

Superfoods Smoothies Bible-**third edition** contains over 170 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.

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Sara Jones:

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