



**Superfoods Smoothies Bible: Over 170 Quick &  
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Blender Recipes full of Antioxidants &  
Phytochemicals (Natural Weight Loss  
Transformation) (Volume 100)**

*Don Orwell*

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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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