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Smoothies For Kids: 80+ Recipes, Whole Foods Diet, Heart Healthy Diet, Natural Foods, Blender Recipes, Detox Cleanse Juice, Smoothies For Weight ... Loss - Detox Smoothie Recipes) (Volume 40)



Synopsis

How Can You Go Wrong With 100% Superfoods Smoothies? Smoothies For Kids contains over 80 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

Series: smoothies detox - detox green cleanse - detox diet plan - sugar detox - green smoothies for weight loss - detox smoothie recipes

Paperback: 150 pages

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Average Customer Review: 4.8 out of 5 stars Â Â See all reviews Â (4 customer reviews)

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Customer Reviews

This is a fun book. It is a great way to have fun with the kids and know they are having healthy foods. This book really makes it easy to make a healthy smoothie with a great variety of healthy food. It gives you the basics and helps you build from there. Recommend this book if you are looking for smoothie recipes.

These smoothies are fun for kids, but they're equally good for adults. I'm on a weight management program which encourages me to eat more fruits and vegetable and less sugar. All of these recipes

fit that description, and they taste delicious. I was having a hard time consuming enough fruits and vegetables until I started trying these recipes

This book is a terrific addition to my cookbook shelf. Lots of variety. I am hooked on these smoothies. I did not think healthy smoothies could taste this good. My kids love them too, and I am seeing the health benefits in them. I highly recommend.

These recipes also for adults along with children. I got this book for my children and I found that now he's taking smoothies and he demands me again and again these recipes are too delicious and healthy I also take some of these for enjoyment it's good taste and weight loss thanks.

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