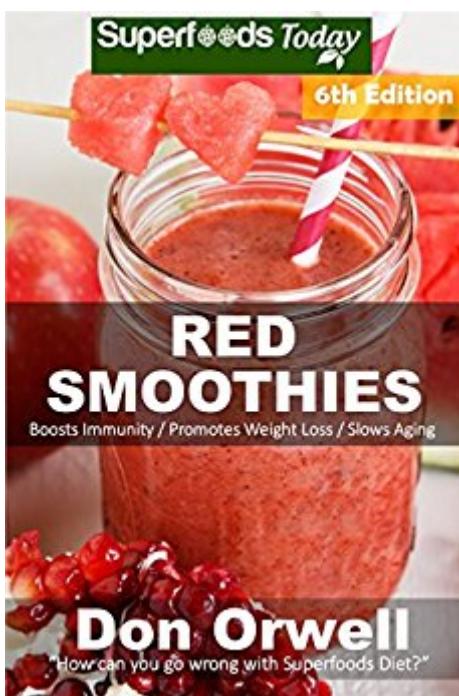


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Synopsis

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Book Information

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Customer Reviews

I'm really impressed with the amount of tips that this guide book has. I think this book will really be helpful for us. In this book the information is organized in a logical way that's easy to access, read and understand. Want to recommend to all my friends and family members. Worth Reading!

Tasty, pretty and healthy red smoothie with raw beets, juicy strawberries and a generous dose of

healthy fats from coconut oil. If you're thinking you don't like beets, especially raw, don't hurry to skip this smoothie book! You might actually end up LOVING it. Like I do! These recipes are so easy to make. All of them are so delicious and so refreshing especially for a hot afternoon. I would encourage you to try this--I believe you are going to love it!

My family like smoothies very much. This book gave me a lot of extraordinary ideas as I was running out of my own). I've come across really unusual combinations. I like smoothies because they are extremely delicious, healthy, and very simple in cooking. Those mouthwatering illustrations made me go to the kitchen. I'm sure my family will be pleasantly surprised. If you like smoothies and are looking for new recipes, this book is for you.

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