



Drink Simple Smoothies for Your Health And Weight Loss!

Hadley Howard

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Drink Simple Smoothies for Your Health And Weight Loss! Hadley Howard

Looking for smoothies for weight loss, smoothies for health or simple recipes? This book is for you!

Smoothies are a convenient way to attain your weight loss goals or improve your health. This nutrient rich drink not only offers convenience, it also offers a full meal replacement. They are fun and easy to make, and the combinations you can create are endless.

In this book I will cover some of the health benefits of smoothies in general as well as the health benefits of certain ingredients. Ingredients such as bananas, leafy greens, and berries are covered as well as a few basics for using smoothies for weight loss.

I have compiled 24 various recipes that include these ingredients. I found these recipes to be easy, and they taste good. I hope you find them as enjoyable as I have!

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