

Smoothies are a great way to extra nutrients into your diet. Packed with multiple servings of fruits and veggies in every sip theyâ€™re quick to make, easy to digest, delicious to drink, and they charge your body with the energy and nutrients you need to stay healthy. The benefits of these frothy drinks come from â€™functional foods,â€™ foods that contain large amounts of immunity-boosting nutrients to fortify your entire bodyâ€™”a feat no pill or supplement can match. Each of the wholesome and luscious recipes in Smoothies for Better Health is annotated for both its overall nutritional profile and for the specific nutrients it delivers, so youâ€™ll learn exactly what benefits you are getting from every drink.

Aldo Bakker, Nathan Coley, Total Workday Control Using Microsoft Outlook, Historical Sketches V3 (1897), The Barefoot Book of Ballet Stories, Anne of Geierstein, Or, the Maiden of the Mist, Volume 1, The Billionaires Realm (Billionaire Erotic Romance),

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