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50 Shades of Smoothies: 50 Yummy Nutritious Smoothie Recipes (Paperback)

By Jennifer James

Createspace, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.One of the best ways to get your recommended dietary intake of vitamins and mineral nutrients into your diet is by drinking freshly made fruit and vegetable juices. This is easily achieved by blending many thick and frothy smoothies from frozen fruits. Delicious smoothies prepared from fresh fruits are a huge source of bio-available vitamins and minerals which the human body needs to perform at optimum capacity. These vitamins and minerals are highly essential for digesting, absorbing and converting the food we consume into bodily tissues. Without these vitamins, we would exhibit several symptoms of malnutrition ranging from fatigue, drowsiness, insomnia, indigestion, constipation, depression, hair loss etc. To combat these symptoms, it is highly essential to ingest sufficient quantities of vitamins and minerals in our diets via smoothies. Another benefit of drinking fresh juices and smoothies is that your body can absorb more of the vitamins and minerals than if you were to eat the fruits and vegetables whole. This recipe book offers a variety of exotic smoothie recipes, each with its own brand of unique spice and flair. Smoothies are also delicious,...



Reviews

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