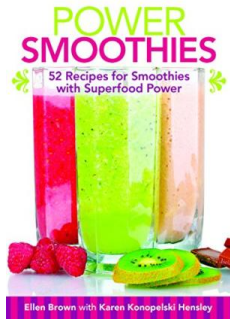


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## POWER SMOOTHIES (MINI BOOK)



Fair Winds Press. Paperback. Book Condition: new. BRAND NEW, Power Smoothies (mini book), Ellen Brown, Karen Konopelski Hensley, It's now an accepted medical fact that the nutrients in certain fruits and vegetables make them "super foods" because they are the highest in the vitamins and other nutrients that naturally build our immune systems. Smoothies --frosty, thick, luscious drinks--are a way that all members of the family can gleefully boost their nutrition and maintain strong immune systems, and Power Smoothies is...

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- Authored by Ellen Brown, Karen Konopelski Hensley
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