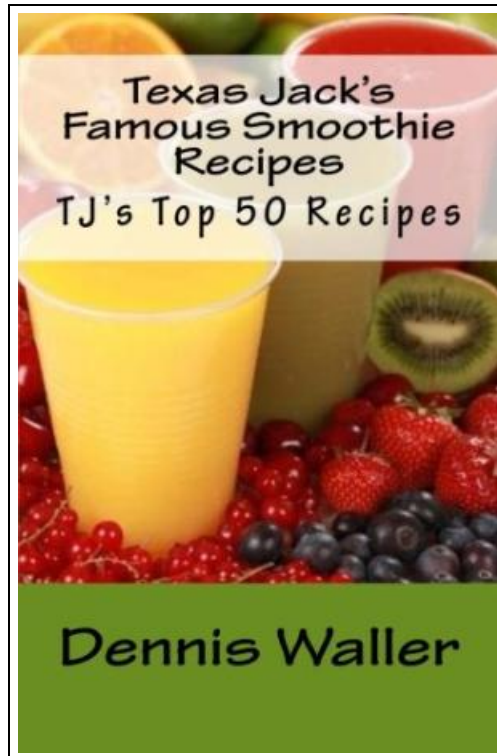


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(Modesta Stamm PhD)

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Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. The only limit to making smoothies is your imagination. You can make them as sweet or as tart as you want. You can make them extremely healthy or sinfully delightful. You have the ability to make your smoothie to fit the mood at the moment, the power to create whatever your heart desires. An excellent aspect to smoothies is they are great as a breakfast drink, a dessert, or a mid-day snack. Plus the range of ingredients is boundless. There is nothing too strange that you can't use. Well, maybe. I don't think I would like an Anchovy and Sardine smoothie but that doesn't mean someone wouldn't like one. Either way, there is a recipe for that too. However, the greatest aspect to the art of smoothies is the Health Benefits they can provide. Smoothies are an excellent source for fiber and nutrients. Drinking a healthy smoothie will provide you with a ton of good stuff for you in a most delicious way. Consuming raw fruits and vegetables helps in keeping you hydrated, providing your body with much needed fuel, and making your digestive track happy. Well with all of that and without further ado, let's get started making some delightful and delicious smoothies.



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