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By MS Jennifer y Lee

Createspace, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Do you want to join the Smoothie Revolution? Whether you re a beginner or a fitness freak, who s been making smoothie for years, you ll find some of the most delicious and simple smoothie recipes in this book. This Book Will Help You: With over 365 delicious smoothie recipes to last you for an entire year Learn how to pick the right ingredient combinations for your smoothies Teach you how to pick the right blender for your smoothies Discover how to use your blender to make the perfect smoothies that don t clump up and leave you in a mess How to prepare your ingredients My Smoothie Guide Also Addresses Questions Like: What is the right ratio of ingredients to make tasty smoothies? What are the correct proportions of ingredients to use for weigh/fat loss? Is fresh always best for making smoothies? What are some of the nutritional benefits of the ingredients you put in your smoothie? What Some People Say About Me: One of the biggest lessons I ve learned from Jen is that smoothie making is as much of an...

Reviews

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