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Green Smoothie: 50 Green Smoothie Recipes to Detox, Lose Weight and Boost Your Energy

By Amanda Hopkins

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*****.Green Smoothie Cleanse, Green Smoothie Diet Weight

Loss Smoothies When you want a fast and easy way to take

advantage of the many health benefits that fresh fruits and

vegetables have to offer, green smoothies are an excellent

solution. These smoothies are not only high in essential

nutrients, but they are also naturally low in calories and these

homemade drinks offer a natural and healthier juice than

commercially prepared products. There is a good amount of

water in green smoothies as well as fiber and other nutritious

ingredients that can help your body shed toxins throughout the

day. Additionally, many of these healthy green smoothies also

contain substances that will actually help suppress your

appetite, so they provide an excellent weight loss benefit. It

doesn't matter if you're a beginner or an experienced drinker

of green smoothies, this book offers a great selection of new

ideas that you'll want to try. A big hurdle in making green

smoothies is trying to decide what type to make and how to go

about doing...



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