



Drink Green Smoothies: A Beginner's Guide with 80 Great Recipes for Health and Weight Release

Ebony Jackson

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In this book, I'm going to show you how you can start drinking delicious green smoothies made with healthy ingredients and nutrients that so many of us don't get enough of. I'm also going to share 80 of my favorite recipes with you.

You'll learn a lot about green smoothies, but the most important thing that I hope you'll take away is that something as simple and easy to prepare as a drink can literally change your life. Green smoothies can aid in weight loss by serving as a replacement for high sugar and processed foods. They can also help you feel better than you've ever felt, have more energy than ever before and wonder why you haven't been eating this way for years. Swap the junk food and chemical heavy food in your diet for a healthy green smoothie.

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