



Blend Your Way to Bliss: Tasty Superfood Smoothie and Herbal Elixir Recipes That Burn Fat, Boost Energy and Beautify Your Skin (Blend Smarter Book 1)

Adam Collins

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#1 Amazon Bestseller!

Foreword by David Wolfe

*To sum up this book in one sentence: **Blend Your Way To Bliss** is about having fun creating next level - high energy Superfood Smoothie and Herbal Elixir recipes without sacrificing taste.*

Did you know that simply adding in one of these easy-to-make superfood smoothie or herbal elixir recipes into your daily regimen, it can:

- Dramatically improve your overall health
- Massively boost your energy levels
- Help you burn excess fat
- Induce inspiration and motivation
- Improve your overall quality of life

Imagine enjoying just one of these delicious recipes 5 days a week and experiencing a truly upgraded lifestyle.

This superfood smoothie recipe book shows you how to really upgrade your smoothie experience and Blend Smarter™.

"When we eat good we feel good. When we feel good we smile more. When we smile more we're happier. When we're happier we are more inspired. When we're inspired we can contribute more. When we contribute more everyone wins." ~ Adam Collins

I believe that Superfood Smoothies and Herbal elixirs are one of the most exciting and fastest ways to make a rapid shift in your overall health and quality of life.

I've learned over the last 15 years being on this high performance health journey, that if I blend together the right ingredients in the right proportions and stay consistent, I feel more inspired, have high energy levels, maintain my ideal healthy body weight, have better looking skin and I simply enjoy life more.

Just about everyone I've shared these recipes with says the same thing; they "feel" it and notice the pounds melting away if their overweight. Their energy levels soar and that healthy glow you only get from truly being healthy comes out.

I believe that's the true test. Let your body decide, not what all the different people are trying to tell you, including me. I get it, we're all human and by nature don't want to be constrained by the wall of diets and

“you can never have that again” type mentality. There’s definitely some things I’d recommend to never have again, and those are just common sense.

Blend Your Way To Bliss: Tasty Superfood Smoothie and Herbal Elixir Recipes and a bonus Healthy Lifestyle Blueprint including surprise bonus recipes and more.

Is this a raw foods cookbook?

Is this a paleo smoothies ebook?

Are these gluten free smoothie recipes?

Are these recipes vegetarian or vegan?

Blend Your Way To Bliss is like all 5 and more without being boxed into any one category. For example, you’ll find a few ingredients in some of the recipes such as Raw Honey. And that isn’t technically a vegan product, so this book can’t be considered 100% vegan.

However, the recipes are designed to make it very easy for people who follow any style of eating to enjoy these recipes. Honey for example could be switched out for coconut palm sugar, or maple syrup.

High energy gluten free superfood smoothie recipes for weight loss are finally here.

Who Is This Book For?

This book is for people who want to upgrade their smoothie experience to the next level. This book is for you if you are willing to invest in your health and get the proper ingredients that are needed to

deliver the results you desire.

Download this book to discover the following:

- **How To Make Yummy Blender Recipes That Burn Fat**
- **What To Add To Your Superfood Smoothies To Maximize Their Energy Boosting Power**
- **How To Improve Your Sex Drive**
- **How To Maximize Your Inner Motivation**
- **Green Smoothie Cleanse Diet Tips, Tricks and much more.**

Download **Blend Your Way To Bliss** today and discover the **Blend Smarter™** experience for yourself...

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From reader reviews:

Nicole Garner:

Now a day individuals who Living in the era exactly where everything reachable by connect with the internet and the resources within it can be true or not require people to be aware of each facts they get. How a lot more to be smart in having any information nowadays? Of course the correct answer is reading a book. Reading a book can help individuals out of this uncertainty Information specifically this Blend Your Way to Bliss: Tasty Superfood Smoothie and Herbal Elixir Recipes That Burn Fat, Boost Energy and Beautify Your Skin (Blend Smarter Book 1) book since this book offers you rich information and knowledge. Of course the knowledge in this book hundred per-cent guarantees there is no doubt in it as you know.

Luis Garcia:

Reading a book being new life style in this yr; every people loves to examine a book. When you examine a book you can get a wide range of benefit. When you read guides, you can improve your knowledge, simply because book has a lot of information into it. The information that you will get depend on what sorts of book that you have read. If you need to get information about your review, you can read education books, but if you want to entertain yourself look for a fiction books, such us novel, comics, along with soon. The Blend Your Way to Bliss: Tasty Superfood Smoothie and Herbal Elixir Recipes That Burn Fat, Boost Energy and Beautify Your Skin (Blend Smarter Book 1) offer you a new experience in looking at a book.

Deb Valdez:

Is it a person who having spare time and then spend it whole day through watching television programs or just lying down on the bed? Do you need something totally new? This Blend Your Way to Bliss: Tasty Superfood Smoothie and Herbal Elixir Recipes That Burn Fat, Boost Energy and Beautify Your Skin (Blend Smarter Book 1) can be the response, oh how comes? The new book you know. You are so out of date, spending your free time by reading in this fresh era is common not a nerd activity. So what these ebooks have than the others?

Terra Runyan:

What is your hobby? Have you heard which question when you got students? We believe that that concern was given by teacher on their students. Many kinds of hobby, Every person has different hobby. And you know that little person similar to reading or as examining become their hobby. You must know that reading is very important along with book as to be the factor. Book is important thing to incorporate you knowledge, except your teacher or lecturer. You get good news or update with regards to something by book. Numerous books that can you choose to adopt be your object. One of them is Blend Your Way to Bliss: Tasty Superfood Smoothie and Herbal Elixir Recipes That Burn Fat, Boost Energy and Beautify Your Skin (Blend Smarter Book 1).

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