



# Easy Everyday Shakes: 20 Freshly Blended Smoothies and Juices for Instant Energy and Health

*Liza Viyr*

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With some 20 fruit, vegetable and meal replacement shake recipes inclusive of vitamins, antioxidants and cleansing, this innovative shake guide illustrates the beauty of natural smoothies, as well as, the potential health benefits of the key ingredients. This shake guide not only caters to the health-conscious connoisseur, but also to the novice reader as well. An ingenious glossary arrangement classes the key ingredients, health benefits and nutritional values. In Addition, a helpful suggestion system was included to enhance the awareness and effectiveness of the included ingredients.

Respectively each shake recipe was created to give an individual an assortment of juices for palate, well-being, energy, restoration and endurance.

Recipes Include:

Dew the Ripe Thing  
The Breakfast Club  
Mean Green  
Red October  
Cafe de Leche  
Yoga  
Twilight  
Chupacabra  
Kid's Choice  
Sweet Potato Pie  
Ppalli Ppalli (Hurry Hurry)  
Paradise  
Marathon  
Moment of Clarity  
Apple Crisp  
Beet Camp  
Cali Twist  
Cest La Vie  
The Bow Tie  
Unstoppable

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Spent a free time for you to be fun activity to accomplish! A lot of people spent their down time with their family, or their very own friends. Usually they accomplishing activity like watching television, about to beach, or picnic from the park. They actually doing same task every week. Do you feel it? Would you like to something different to fill your own free time/ holiday? Could possibly be reading a book may be option to fill your free of charge time/ holiday. The first thing that you will ask may be what kinds of publication that you should read. If you want to try look for book, may be the e-book untitled Easy Everyday Shakes: 20 Freshly Blended Smoothies and Juices for Instant Energy and Health can be excellent book to read. May be it might be best activity to you.

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