



The Best Green Smoothies on the Planet: The 150 Most Delicious, Most Nutritious, 100 Vegan Recipes for the World's Healthiest Drink

By Tracy Russell

BENBELLA BOOKS, United States, 2015. Paperback. Book Condition: New. 226 x 178 mm. Language: English . Brand New Book. Indulge in these easy, delicious recipes and discover the incredible health benefits of green smoothies! founder Tracy Russell tried just about every fad diet and expensive superfood supplement out there, with negligible results. It wasn't until she discovered green smoothies that she lost 40 pounds, lowered her cholesterol by 50 points, and started running marathons. In *The Best Green Smoothies on the Planet*, Russell shares healthy, down-to-earth recipes made with unprocessed whole foods. Packed with fresh fruits and vegetables--particularly leafy greens--that you can find at your neighborhood grocery store or local farmers market, every recipe in this book contains nutrition information as well as options for substitutions and variations. Russell reveals optimal flavor pairings (which green goes best with which fruit and which fruits blend best together) and specific health benefits of key ingredients. Focusing on the many positive effects of drinking green smoothies, including detox and cleansing, natural weight loss, and mood enhancement, Russell offers nutrient-rich recipes with flavorful, fun combinations such as: Pineapple-Ginger Chocolate-Peanut Butter Mango-Avocado Cherry-Pomegranate Nectarine-Goji Berry With 150 delicious green smoothie favorites (enough smoothies for...



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