



## Green Smoothies for Every Season: A Year of Farmers Market-Fresh Super Drinks

By Kristine Miles

Ulysses Press. Hardcover. Condition: New. 128 pages. Lose weight, detox, maximize energy, and stay healthy with 52 delicious and creative smoothie recipes From March blossoms to the October harvest and back again, this one-of-a-kind book guides you through every week of the year with the freshest fruit and vegetable choices for your green smoothies. These creative recipes select the perfect combinations of newly-picked seasonal ingredients: Springs Swiss chard and blueberries Summers watercress and cherryAutumns kale and pomegranateWinters Asian greens and mandarin orangesComplete with 50 gorgeous photographs to accompany the clear instructions, this book is a step above other green smoothie guides. As a green smoothie enthusiast, youll marvel at the easiness and tastiness of these recipes, thanks to the wide availability and pleasing flavors of their ingredients during peak season. A daily diet rich in greens can prevent obesity, diabetes, heart disease, and even some types of cancer, but most people dont eat anywhere near the recommended amount of these foods. On the other hand, those who make green smoothies part of a healthy lifestyle are able to cut calories, increase energy, and transform their physical and mental health. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La...



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