



The Everything Healthy Green Drinks Book

By Brandon, Britt.

Adams Media. 1 Paperback(s), 2014. soft. Book Condition: New. Combining and juicing fresh fruits and vegetables has become a preferred way to get your essential vitamins, minerals, and other nutrients. Whether you're hoping to detox and lose weight or just looking to incorporate more fresh vegetables and fruits into your diet, this book from personal trainer and fitness nutrition specialist Britt Brandon provides 300 recipes for juices and smoothies, including Green Apple Grape Cocktail, Simple Spinach-Apple Smoothie, Green Carrot Mango Juice, Blackberry Romaine Smoothie, Sweet and Spicy Kale Smoothie, Harvest Health Juice, and Strawberry Breakfast Smoothie. 304.



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