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Paleo Smoothies: 150 Smoothie Recipes for Ultimate Health (Paperback)

By Mariel Lewis

Adams Media Corporation, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book. Delicious smoothies--100 free of gluten, dairy, and refined sugar! Think Paleo and smoothies don't mix? Think again! Now, you can enjoy the quick burst of energy and nutrition that comes from the easy-to-make pre-/post-workout drink--without any of the gluten, dairy, or refined sugar! This cookbook shows you how to blend 150 Paleo smoothies right in your own home, so that you never have to worry about what else is in your drink. Whether you're interested in cleansing your body or just need an extra boost of energy after an intense workout, each section offers a delicious blend of all-natural fruits and vegetables that will keep you full throughout the day. Featuring step-by-step instructions and nutritional data, the recipes make a wide variety of tasty Paleo smoothies, including: Pineapple sunshine smoothie, Acai boost smoothie, Vanilla coconut cream smoothie, Kale power smoothie, Pumpkin protein smoothie, Sweet apple pie smoothie. You don't have to give up the vitamin-packed smoothies you love just because you're on the Paleo diet--with Paleo Smoothies, you can have healthy, flavorful smoothies at every meal!



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