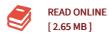




Paleo Smoothies: More than 100 Energizing and AllNatural Recipes

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PUBNI. Paperback. Condition: New. 192 pages. Dimensions: 8.4in. x 5.8in. x 0.7in.Take your smoothies to the next levelgo paleo! Smoothie recipes often contain dairy, gluten andor refined sugars, but its very simple to make the switch. Paleo Smoothies offers more than 100 easy recipes for delicious and nutritious drinks packed with wholesome fruits and vegetables. Quick to fix and incredibly versatile, paleo smoothies are perfect for breakfast, lunch or a healthy snack. These refreshing, allnatural blends are bursting with vitamins and minerals, providing energy, nutrition and an extra immunity boost. You can enjoy the simplicity of pure fruit and vegetable combinations, or try spicing them up a littleadd flavor and texture to your smoothies with paleofriendly ingredients such as fresh herbs, spices, honey, nut butters, seeds and dairyfree milks. Choose from tasty tropical blends, superfood sensations, vibrant green smoothies and dozens of other thirstquenching concoctions. More than 90 beautiful fullpage photographs. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



Reviews

It is an awesome publication which i actually have ever read through. it had been writtern really properly and valuable. I found out this book from my i and dad recommended this pdf to discover.

-- Doyle Schmeler

This book is definitely not simple to begin on studying but quite fun to see. I actually have read and that i am sure that i will gonna read through yet again once again in the foreseeable future. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Brennan Koelpin