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# GREEN SMOOTHIES: THE EASY WAY TO GET YOUR GREENS (PAPERBACK)



Book Publishing Company, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book. Green smoothies are a simple, delicious way to get more healthy greens into your diet. Jam-packed with vitamins, minerals, phytonutrients, protein, and fiber, leafy greens are nutritional powerhouses that can safeguard your health. Naturally sweet, satisfying, and gluten-free, green smoothies are the ideal alternative to salads and the perfect way to entice picky eaters to eat their vegetables. Raw-food instructor Jennifer Corbleet boosts your daily...

### Read PDF Green Smoothies: The Easy Way to Get Your Greens (Paperback)

- Authored by Jennifer Corbleet
- Released at 2015



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