



Simply For Two: 39 Green Smoothie Recipes: Detox, Lose Weight and Feel Great! (Volume 1)

Dr. Tom James

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Green Smoothies are a delicious way to get a healthy eating start on your day, consuming fruits and vegetables that can be hard to fit in to a busy day. Whether you have a super blender, or a basic one, the recipe instructions are simple and easy to use. In this 'vegetarian cookbook', we have provided 39 green smoothie recipes, and nearly all of them are simple recipes for two. There are many benefits to drinking green smoothies, including weight loss and stabilizing blood sugars - in the book, we talk about 11 benefits you will likely experience! We have also included a full chapter of nutrition information, indicating what vitamins and minerals are found in what foods, and the ways they can benefit you.

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