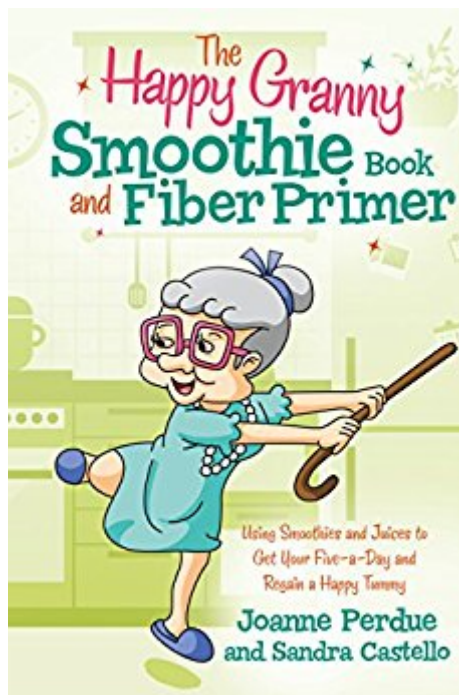




The book was found

The Happy Granny Smoothie Book And Fiber Primer: Using Smoothies And Juices To Get Your Five-a-Day And Regain A Happy Tummy



Synopsis

How do you get all five of your recommended servings of fruits and vegetables per day? And now, some experts are saying it's not five, it's nine! Who could possibly eat that much roughage? Or, how do you get the nutrients necessary to survive a serious illness when you can't digest anything (or at least you feel like you can't)? And, equally important, how do you make those nutrients taste good? Enter: the smoothie - the roughage, vitamin, probiotic powerhouse of foods! The one meal with all five of your five per day and you're good to go. The Happy Granny Smoothie Book begins with a basic, user-friendly primer on nutrition and a smoothie How-To manual with tips on smoothie essentials like sweetening without sugar and creating the perfect texture. After the primer are recipes for smoothies and juices along with tips to get you started creating your own special blends. Every smoothie in this book has been developed by necessity with the highest-quality, organic foods. And every recipe has been perfected to be not just tolerable, but fun, delicious, and pleasurable to the drinker. Because -and let's face it - the only way we're going to keep at something is if it's yummy. Otherwise, why write a book about smoothies?

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Customer Reviews

Only 4 stars because my book is falling apart....pages are falling out. I just received this book and 2 pages fell out upon opening. Otherwise, well written and informative.

Very informative and great recipes!

Awesome!

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