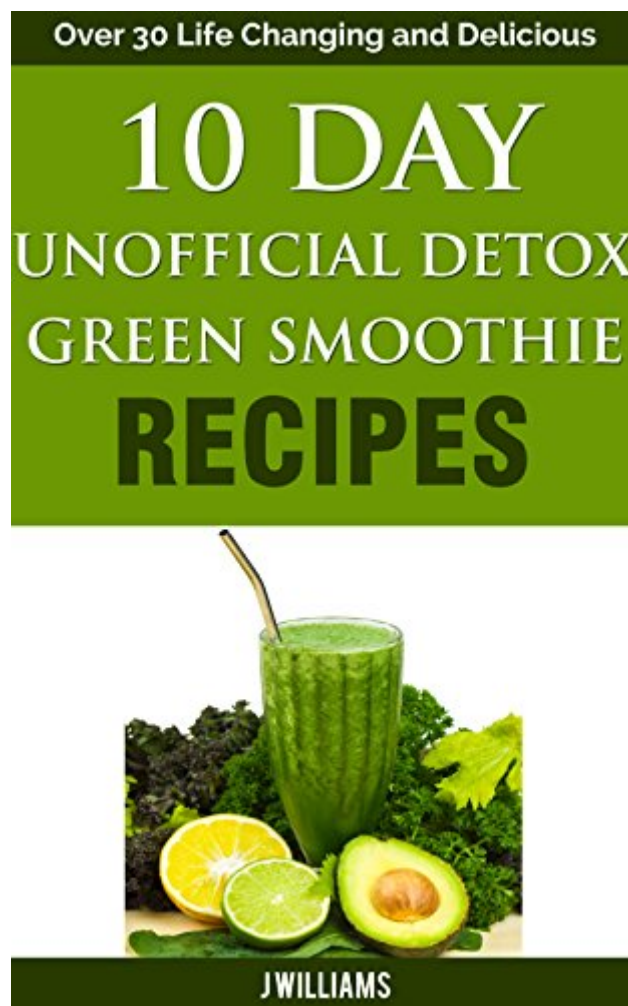




The book was found

10 Day Unofficial Detox Green Smoothie Recipe Book: Over 30 Life Changing And Delicious Recipes



Synopsis

Did you enjoy the 10 Day Green Smoothie Cleanse? How about all the recipes included in the book, could you use a few more? Here are 30 more exciting and delicious green smoothie recipes for your weight loss goals, as well as for healthy and nutritious living. [SAMPLE RECIPE] MANGO SALSA GREEN SMOOTHIE This smoothie strikes a beautiful balance between sweet, spicy and savory. With the sweetness of mango blended with the jalapeno pepper and other greens this smoothie has a lot of antioxidant and other vitamins and minerals that promote energy, decrease heart disease and promotes healthy skin and hair. Serves: 3

INGREDIENTS: 4 cups fresh or frozen mango 2 cups filtered water ½ cup fresh cilantro ½ cup dandelion greens (optional) ½ cup cucumber, peeled 2 ½ tbsp freshly squeezed lime juice 2 tsp jalapeno pepper 1 ½ tsp red onion ½ tsp Celtic sea salt

DIRECTIONS: 1. If fresh mango is used, add 2 cups of ice. If using fresh mango, peel and slice mango into small portions. 2. Wash and chop cilantro, cucumber and jalapeno pepper. 3. Peel and chop red onion into small pieces. 4. Ingredients can be adjusted by adding more salt, jalapeno pepper, red onion or lime juice, add according to taste. 5. Place all ingredients in blender, process until smooth. 6. Serve immediately. [Click the Cover "Look Inside" for More Sample Recipes!]

Note: This book is not affiliated nor endorsed by JJ Smith's awesome book, 10-Day Green Smoothie Cleanse: Lose Up to 15 Pounds in 10 Days! This recipe book is a supplement to Ms. Smith's book which has been created by someone who enjoys green smoothies. I hope that you will like that this recipe collection book provides green smoothie recipes in a straightforward manner without having to struggle through a lot of text. This book is all about the recipes, some new, some old, but still great tasting and healthy!

Book Information

File Size: 902 KB

Print Length: 140 pages

Simultaneous Device Usage: Unlimited

Publication Date: October 3, 2014

Language: English

ASIN: B00O66C642

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #40,702 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #82 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Detoxes & Cleanses #127 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Weight Maintenance #129 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Weight Loss

Customer Reviews

My fianc  and I have enjoyed learning how to make these invigorating green smoothies. Thank you

Simple smoothies... not too imaginative.

The information was very helpful.

loved the recipes

Very informative

Nice variety of recipes, and this works well with my weight-loss regimen.

Smoothies are tasty

Great detox program, and it really works!! I also follow JJ Smith on Facebook where she gives great tips on weight management.

[Download to continue reading...](#)

Smoothies: 365 Days of Smoothie Recipes (Smoothie, Smoothies, Smoothie Recipes, Smoothies for Weight Loss, Green Smoothie, Smoothie Recipes For Weight Loss, Smoothie Cleanse, Smoothie Diet) Green Smoothie Recipe Book: 500 Delicious Green Smoothie Recipes for Weight Loss, Better Health, Energy & Cleansing (Green Smoothies, Nutribullet Recipe ... Juicing Recipes, Fat Loss, Cleanse, Detox) 10 Day Unofficial Detox Green Smoothie Recipe Book: Over 30 Life Changing and Delicious Recipes Smoothies: Everyday Smoothies For Beginners (Smoothie, Smoothies, Smoothie Recipes, Smoothies for Weight Loss, Green Smoothie, Smoothie Recipes For

Weight ... Diet)) (healthy food for everyday Book 5) Nutribullet Recipes: 365 Days of Smoothie Recipes for Rapid Weight Loss, Detox & Burning Fat: Smoothie Recipes for Weight-Loss, Detox, Anti-Aging & So ... Loss Drinks, Anti-Aging, Juicing Recipes) Nutri Ninja Recipe Book: Smoothie Recipes - 50 Delicious, Easy, and Healthy Smoothie Recipes â “ Look Good â “ Feel Better â “ Live Strong (Smoothie Bible) The Ultimate Vegan Recipe and Green Smoothie Cookbook - 50 Delicious Vegan Recipes and 25 Amazing Green Smoothie Recipes Ninja Blender Recipe Bible: 50+ Delicious Recipes for your High Powered Blender (Ninja Recipes, Ninja Recipe Book, Green Smoothies, Weight Loss Smoothies, ... Protein Shake Diet, Green Smoothie) CAKE COOKBOOK: The Top 100 Cake Recipes: cake recipes, cake cookbook, cake, cake recipe, cake recipe book, delicious cake recipes (cake recipes, cake ... cake recipe book, delicious cake recipes) Sugar Detox: How to Cure Sugar Addictions, Stop Sugar Cravings and Lose Weight with Sugar Detox Easy Guide (Include Sugar-free Recipes to Help You Get ... free Recipes, Detox Diet, Detox Cleanse) Badass Blender Body: Stop Chewing Start Losing: (Weight Loss Smoothie Recipes) (Coconut Oil, Detox, Green Smoothie Recipes) Superfoods Smoothies Bible: Over 160 Blender Recipes, Whole Foods Diet, Heart Healthy Diet, Natural Foods, Blender Recipes, detox cleanse juice, ... loss - detox smoothie recipes) (Volume 60) Red Smoothie Detox Factor: Red Smoothie Detox Factor (Vol. 2) - Healthy Red Smoothies with Superfoods That Detoxify Your System South Beach Diet Smoothie Cleanse: Weight-Loss, Detox, Anti-Aging , Quick and Delicious South Beach Diet Smoothie Recipes to Lose Weight, Boost Brain Power and Increase Energy Nutribullet Recipe Book: Smoothie Recipes for Weight-Loss, Detox, Anti-Aging & So Much More! (Recipes for a Healthy Life Book 1) 3 Day Green Smoothie Detox: The Faster, Better, Stronger Weight Loss Plan (Green Smoothies) Detox Diet & Detox Recipes in 10 Day Detox: Detoxification of the Liver, Colon and Sugar With Smoothies Green Smoothies: Alkaline Green Smoothie Recipes to Detox, Lose Weight, and Feel Energized The New Green Smoothie Diet Solution: Nature's Fast Lane for Peak Health (Green Smoothie Guides Book 1) Healthy Smoothie Recipe Book: Easy Mix-and-Match Smoothie Recipes for a Healthier You

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)