

Smoothies are not only delicious, convenient, and fun to drink, but they're also a great way to get your daily requirements of fruits and vegetables. However, not all are created equal when it comes to health—some smoothies from a popular chain weigh in at 500, 800, even 1,000 calories! Shell Harris and Elizabeth Johnson have tasted and tested hundreds. Skinny Smoothies features 101 original recipes for lighter drinks—low in fat and calories and high in nutritional value—ideal for anyone who wants to lose weight without feeling deprived. The book includes nutritional information and tips on foods and supplements to rid the body of harmful toxins. Try a Glowing Skin Smoothie or an Apricot Energy Punch, and get started on a delicious path to a healthier life.

Smoothie Recipes for Weight-Loss, Detox, Anti-Aging & So Much More!

The Skinny Nutribullet = 5

The Skinny Actifry Cookbook

SKINNY NUTRIBULLET HEALTHY DELICIOUS RECIPES FOR SMOOTHIE SOUP AND MEALS IN MINUTES 3 BOOKS.. COLLECTION SET.

SKINNY NUTRIBULLET HEALTHY DELICIOUS RECIPE COOKBOOK COLLECTION SET

The Answers to Life's Everyday Questions (in 50 F*cking Recipes)

The Skinny Nutri Ninja Recipe Book: Delicious & Nutritious Healthy Smoothies Under 100, 200 & 300 Calories.

Reached the Amazon Top 100 list. Rated 5 Stars by Grady Harp: Amazon Hall of Fame, Top 100 Reviewer; "Stop thinking and start whizzing." Movie Maker "Rik." Amazon Vine Voice "Just terrific, and well priced! Tons of feel great recipes, but TWO of them are particularly outstanding! Read on!"