



# The Green Smoothie Bible: 300 Delicious Recipes

*Kristine Miles*

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## **SUPERFOODS IN EVERY SIP**

You know a daily diet rich in fruits and vegetables can maximize your health and well-being. But did you know that drinking a smoothie every day made from fruits and vegetables can dramatically increase the amount of life-saving nutrients your body takes in?

- **Lose Weight**
- **Detoxify the Body**
- **Increase Energy**
- **Fight Heart Disease**
- **Prevent Diabetes, Depression and Certain Cancers**
- **Boost the Immune System**
- **Improve Skin and Hair**

More than 300 inviting recipes in *The Green Smoothie Bible* show how to combine leafy green vegetables and delicious, antioxidant-rich fruits into the most nutritious drinks imaginable—leaving you healthy and feeling amazing inside and out.

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