


[DOWNLOAD](#)


Power Blends and Smoothies: How to Unlock Hidden Nutrition for Weight Loss and Health

By Catherine Atkinson

Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, Power Blends and Smoothies: How to Unlock Hidden Nutrition for Weight Loss and Health, Catherine Atkinson, Use the recipes in this book to turbo-charge your body and mind with freshly made smoothies and blends that are bursting with health-giving vitamins, minerals, phytonutrients and antioxidants. It will help you get the most out of using your power blender and enable you to incorporate healthy habits into your hectic life with ease. Each of the nearly 150 recipes includes delicious and beneficial fruit and vegetable super foods: Health Improvers: detoxers, brain boosters, antioxidants, mood lifters, and more; Weight Busters: get slim with protein packers, natural juices, dried fruits - and raw chocolate!; Exercise Enhancers: recipes to increase oxygenation, bone density, and muscle strength; Beauty Boosters: enjoy clear eyes and healthy skin, and slow the ageing process. Power Blending and Juicing provides simple, quick and easy ways to get much more than your daily requirement of healthy fruit and vegetables. Use the recipes to create goodness in a glass, with a range of blends and smoothies that are packed with nutrients - and utterly delicious.



READ ONLINE
[8.53 MB]

Reviews

Merely no words to describe. I have got study and i am confident that i am going to planning to go through yet again once again in the foreseeable future. You will like just how the writer compose this publication.

-- **Devante Schmitt**

Complete guideline! Its this sort of excellent read. I could comprehended every little thing out of this written e publication. Its been designed in an remarkably easy way and it is only right after i finished reading this publication by which really transformed me, affect the way i think.

-- **Prof. Shanie Schinner Sr.**