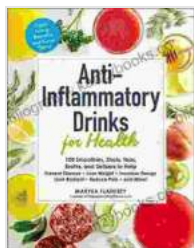


100 Smoothies, Shots, Teas, Broths, and Seltzers: Your Ultimate Guide to Health and Vitality



Anti-Inflammatory Drinks for Health: 100 Smoothies, Shots, Teas, Broths, and Seltzers to Help Prevent Disease, Lose Weight, Increase Energy, Look Radiant, Reduce Pain, and More! by Maryea Flaherty

★★★★☆ 4.6 out of 5

Language : English
File size : 75354 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 161 pages





BLUEBERRY GINGER SMOOTHIE

Serves: 2
Prep time: 5 minutes
Ingredients:
1 cup fresh blueberries
1/2 cup fresh ginger
1/2 cup water
1/2 cup coconut milk
1/2 cup honey
1/2 cup lemon juice

Instructions:
1. Wash the blueberries and ginger thoroughly.
2. Cut the ginger into small pieces.
3. Add all ingredients to a blender.
4. Blend until smooth.
5. Pour into glasses and serve.

Notes:
This smoothie is perfect for breakfast or as a healthy snack. It is also a great way to incorporate ginger into your diet.

Recipe:
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Are you ready to embark on a transformative journey towards vibrant health? Our groundbreaking book, "100 Smoothies, Shots, Teas, Broths, and Seltzers: Your Ultimate Guide to Health and Vitality," is the key to unlocking your body's full potential.

Within these pages, you'll discover a treasure trove of over 100 nutrient-packed and flavorful recipes, each meticulously crafted to support your well-being. From energizing smoothies and immune-boosting shots to detoxifying teas and gut-healing broths, this comprehensive guide empowers you to take control of your health and achieve lasting vitality.

Harness the Healing Power of Nature

Our curated collection of recipes harnesses the natural healing properties of whole, unprocessed ingredients. Each smoothie, shot, tea, broth, and seltzer is formulated with a specific purpose in mind:

- **Smoothies:** Fuel your body with essential vitamins, minerals, antioxidants, and fiber, promoting overall well-being and a radiant glow.
- **Shots:** Concentrated blasts of nutrients that deliver a potent boost to your immune system, protect against disease, and boost energy levels.
- **Teas:** Soothe, detoxify, and restore balance to your body through the healing power of herbs and spices, promoting relaxation and reducing inflammation.
- **Broths:** Nourish your gut and promote digestive health with warming, nutrient-rich broths that support a healthy microbiome.
- **Seltzers:** Hydrate and refresh with infused seltzers that provide a burst of flavor and support alkalinity in the body.

Empower Your Health Journey

This book is more than just a cookbook; it's a roadmap to empower your health journey. With step-by-step instructions, clear nutritional information, and expert guidance, you'll have everything you need to:

- Prevent and combat chronic diseases such as heart disease, diabetes, and cancer
- Lose weight and maintain a healthy weight
- Boost your energy levels and improve your mood

- Strengthen your immune system and protect yourself from illness
- Reduce inflammation and promote detoxification
- Support your digestive health and alleviate gut issues

Exclusive Bonuses

As a special bonus, purchasing our book grants you access to exclusive downloadable content, including:

- A comprehensive guide to the health benefits of each ingredient
- Meal plans and shopping lists to make incorporating these recipes into your daily life a breeze
- A private online community where you can connect with other health-minded individuals and share your success stories

Testimonials

"This book has completely transformed my life. The smoothies are so delicious and nutritious, and I've noticed a significant improvement in my energy levels and overall well-being." - Sarah J.

"I've always struggled with digestive issues, but the broths in this book have been a game-changer. They've helped regulate my digestion and reduce my bloating." - John D.

"The shots are my secret weapon for boosting my immune system. I take them every morning and haven't been sick all winter." - Emily C.

Invest in Your Health Today

Don't wait another moment to invest in your health and vitality. Free Download your copy of "100 Smoothies, Shots, Teas, Broths, and Seltzers: Your Ultimate Guide to Health and Vitality" today and embark on a transformative journey towards a healthier, happier you.

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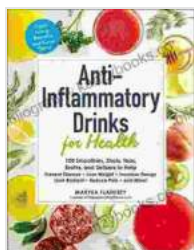
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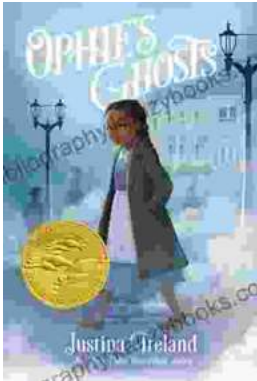
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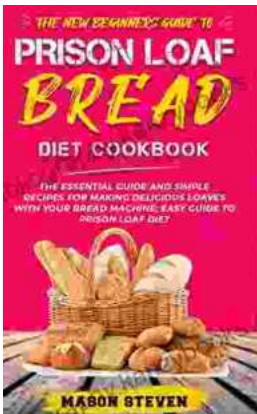
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