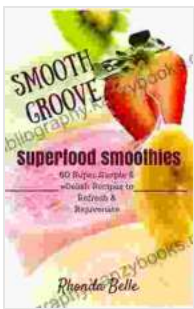


60 Super Simple Delish Smoothie Recipes To Refresh & Rejuvenate

Looking for a delicious and refreshing way to start your day? Our 60 super simple delish smoothie recipes are the perfect way to get your daily dose of fruits, vegetables, and nutrients. With so many delicious flavors to choose from, you'll never get bored of your morning smoothie again.



Smooth Groove Superfood Smoothies: 60 Super Simple & Delish Smoothie Recipes to Refresh & Rejuvenate (60 Super Recipes Book 1) by Rhonda Belle

★★★★☆ 4.3 out of 5

Language : English
File size : 683 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 30 pages
Lending : Enabled



What's Inside?

- 60 easy-to-follow smoothie recipes
- A variety of flavors to choose from
- Nutritional information for each recipe
- Tips for making the perfect smoothie

Why You'll Love This Book

- It's the perfect way to start your day
- It's a great way to get your daily dose of fruits and vegetables
- It's a delicious and refreshing way to cool down on a hot day
- It's a great way to use up leftover fruits and vegetables
- It's a fun and easy way to get kids to eat their fruits and vegetables

Free Download Your Copy Today!

Don't wait another day to start enjoying the delicious and refreshing benefits of smoothies. Free Download your copy of 60 Super Simple Delish Smoothie Recipes To Refresh & Rejuvenate today!

Free Download Now

Sample Recipes

Here are a few sample recipes from the book:

Strawberry Banana Smoothie

- 1 cup frozen strawberries
- 1 banana, frozen
- 1 cup plain yogurt
- 1/2 cup milk

Green Smoothie

- 1 cup spinach

- 1/2 cup kale
- 1/2 banana, frozen
- 1/2 cup plain yogurt
- 1/2 cup water

Tropical Smoothie

- 1 cup frozen mango
- 1 cup frozen pineapple
- 1 banana, frozen
- 1 cup plain yogurt
- 1/2 cup coconut milk

Testimonials

"I love this book! The recipes are so easy to follow and the smoothies are delicious. I've been drinking smoothies every morning for breakfast and I feel so much better. I have more energy and I'm eating healthier. Thanks for sharing these amazing recipes!"

"I'm not a big fan of smoothies, but I decided to give this book a try. I'm so glad I did! The recipes are so good and I've actually started to enjoy drinking smoothies. I love that I can get my daily dose of fruits and vegetables in such a delicious way."

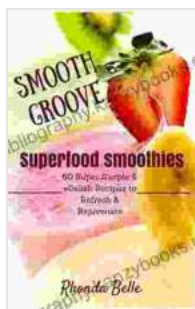
"I've been looking for a good smoothie book for a long time. I'm so glad I found this one. The recipes are simple and the smoothies are delicious. I've already tried several of the recipes and I've loved them all. I highly

recommend this book to anyone who loves smoothies or is looking for a healthy and delicious way to start their day."

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