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10 Day Unofficial Detox Green Smoothie Recipe Book: Over 30 Life Changing And Delicious Recipes



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Synopsis

Did you enjoy the 10 Day Green Smoothie Cleanse? How about all the recipes included in the book, could you use a few more? Here are 30 more exciting and delicious green smoothie recipes for your weight loss goals, as well as for healthy and nutritious living.

[SAMPLE RECIPE]

MANGO SALSA GREEN SMOOTHIE

This smoothie strikes a beautiful balance between sweet, spicy and savory. With the sweetness of mango blended with the jalapeno pepper and other greens this smoothie has a lot of antioxidant and other vitamins and minerals that promote energy, decrease heart disease and promotes healthy skin and hair. Serves: 3

INGREDIENTS:

4 cups fresh or frozen mango
2 cups filtered water
1/2 cup fresh cilantro
1/2 cup dandelion greens (optional)
1/2 cup cucumber, peeled
2-3 tbsp freshly squeezed lime juice
2 tsp jalapeno pepper
1/2 tsp red onion
1/2 tsp Celtic sea salt

DIRECTIONS:

1. If fresh mango is used, add 2 cups of ice. If using fresh mango, peel and slice mango into small portions.
2. Wash and chop cilantro, cucumber and jalapeno pepper.
3. Peel and chop red onion into small pieces.
4. Ingredients can be adjusted by adding more salt, jalapeno pepper, red onion or lime juice, add according to taste.
5. Place all ingredients in blender, process until smooth.
6. Serve immediately.

[Click the Cover "Look Inside" for More Sample Recipes!]

Note:
This book is not affiliated nor endorsed by JJ Smith's awesome book, 10-Day Green Smoothie Cleanse: Lose Up to 15 Pounds in 10 Days! This recipe book is a supplement to Ms. Smith's book which has been created by someone who enjoys green smoothies. I hope that you will like that this recipe collection book provides green smoothie recipes in a straightforward manner without having to struggle through a lot of text. This book is all about the recipes, some new, some old, but still great tasting and healthy!

Book Information

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Customer Reviews

My fiancÃ© and I have enjoyed learning how to make these invigering green smoothes. Thank you

Simple smoothies... not too imaginative.

The information was very helpful.

loved the recipes

Very informative

Nice variety of recipes, and this works well with my weight-loss regimen.

Smoothies are tasty

Great detox program, and it really works!! I also follow JJ Smith on Facebook where she gives great tips on weight management.

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