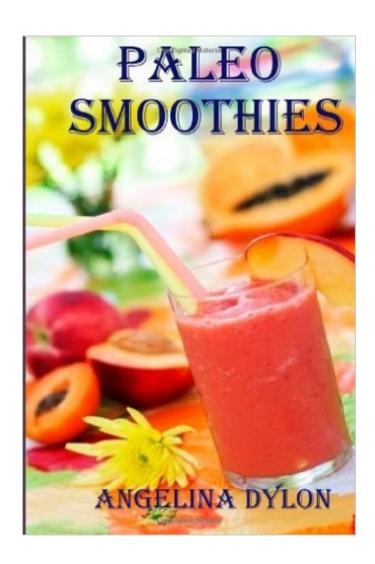
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Paleo Smoothies: Recipes To Energize And For Weight Loss





Synopsis

Delicious smoothie recipe book which is quick & easy to make for weight loss and Healthy! The Paleo diet may seem restricting but with this cook book, the reader can find a variety of smoothie recipes that are acceptable meals or snacks in the paleo diet. Recipes for the following smoothies are included: Vegetable and green smoothies, fruit smoothies including strawberry, banana, rhubarb, coconut, and pineapple, detox smoothies. Also included in the book are:ÂÂÂ Nutritional facts for each recipe and some fun and interesting facts on ingredients used in the recipes.ÂÂÂ Book helpful for those following the Paleo diet, but it also provides variety for anyone who is interested in eating healthy.ÂÂÂ Ingredients used in these smoothies are not uncommon, but are easily obtained ingredients; this makes creating these smoothies enjoyable, easy and delicious. Scroll Up To Grab A Copy!!

Book Information

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Average Customer Review: 4.1 out of 5 stars Â See all reviews (117 customer reviews)

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Wine > Beverages & Wine > Juices & Smoothies #44 in Books > Cookbooks, Food & Wine >

Special Diet > Paleo

Customer Reviews

These smoothies contain healthy foods that are easy to use without any odd ingredients. The only thing I would suggest is cooking the rhubarb for the two recipes that use it in advance. I love rhubarb but having a supply of it already cooked and sweetened makes using it easier. All the nutritional information is great too!

This is a wonderful way to start the new year! Having just purchased a Ninja Kitchen appliance, smoothies have become my go to drink for meals and snacks. Juber Ibrahim has really put himself out there to give great insight in the introduction about how to get the smoothie to be the right

consistency. All the recipes are right on target with power food ingredients, this book is a winner!Lyn Watner

This book was great for my weight lost boost. As a busy person I wanted to jump start the new year with dropping a few pounds. I did not want to do any fad diets so I integrated these smoothies in my day. This was great. They were easy to make, great tasting and some of them felt like I had a little desert. Not only did my energy stay up throughout the day I am down 6 pounds. This is great. I can't thank you enough. Looking forward to your next book. This one is a keeper. I especially love the Spinach Peach!

I'm so glad to have a simple and easy recipe book for healthy foods/smoothies. This will help tremendously as I work on improving my eating habits as I must do to improve my health. This recipe book will make it so much easier and fun to eat healthy. I also like the nutrition facts Angelina shares and the helpful info she includes. It just adds to the recipe book and makes it more interesting. Beverly B.

The recipes were e say to make. I gradients were easy to find. I really enjoyed the kindle version. The smoothies that contained spinach were tasty. I used unsweetened almond milk as a substitute for the coconut milk.

I'm new to the paleo world, but have been doing smoothies for years. This book has so many great ideas, and they taste great. My family and I have enjoyed these smoothies and will keep making them

Only 27 recipes. I suppose OK if you get it free with Kindle Prime.But the little pamphlet is way overpriced compared to smoothie books.Clever to mash up the trendy Paleo title with the popular smoothie craze.Smart marketing combo in need of a better book.

This is a great book that shares two loves: paleo & smoothies!Angelina does a wonderful job at sharing some really cool recipes that will help energize your health and help aid in weight loss. The smoothies are all Paleo friendly, so you know they're all natural! Great stuff.

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