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50+ Delicious Green Smoothie Recipes to Burn Fat, Cleanse, Lose Weight, Detox, and Reboot: NutriBullet and Vitamix Compatible - Make Green Smoothies in Under 2 Minutes

Tara Evans

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The quick and easy way to get all of your nutrients Let's face it: we all know we should eat more fruit and veg, but does the idea of sitting down to a huge mound of greens every night really turn you on? And is it even practical with our busy lives and schedules? Green smoothies are the answer! In just 2 minutes you can quickly throw together a nutritious and delicious smoothie which meets your dietary needs. No more ploughing through bucketfuls of salad, no more tedious preparation, no more fuss and hassle. These green smoothies are fast, affordable and delicious! Who is Tara Evans? I'm a bestselling author specializing in: • Natural Herbal Remedies • Natural Green Cleaning • Natural Beauty • Green Smoothies I'm committed to natural solutions for health, beauty, and home! Do these recipes actually taste good? If you're looking for recipes which taste like chewing on grass, then this isn't the book for you. Instead, these green smoothie recipes contain a mix of delicious fruits, vegetables, a range of dairy and non-dairy milks, nut butters and pastes, spices, energy boosters and super ingredients, along with a selection of different greens. Rest assured – even kids like these recipes! Aren't all green smoothies the same? Variety is the spice of life, so this book contains a wide range of recipes. Here's a teaser of the tasty smoothies you'll enjoy: • Strawberries and Cream Green Smoothie • Mexican Green Smoothie • Chai Green Smoothie • Ginger Citrus Green Smoothie • Hibiscus and Raspberry Green Smoothie • Lavender Green Smoothie • Rosemary and Watermelon Green Smoothie • Forest Berries and Chia Green Smoothie • And much more – this book has over 50 recipes! Will these recipes actually make a difference in my life? People who have tried these recipes have reported: • Increased energy and vitality • Weight loss • Clearer skin • Improved moods • Better mental focus • Reduced food cravings • Boosted immunity • And the list goes on… Do I need a NutriBullet or Vitamix? NutriBullets are a great way to make healthy green smoothies, but if you don't have one, don't worry! All the recipes in this book can be made with either a NutriBullet, Vitamix, or just a plain old traditional blender. Don't get hung up on equipment, because you can make these recipes with whatever you have in your cupboard. Are YOU serious about your health? Are you ready to make real change in your life today? Are you ready to boost your well-being and happiness? Are you ready to finally embrace the fastest, easiest solution for getting your health on track? Grab your copy to discover the life-changing benefits of green smoothies!

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