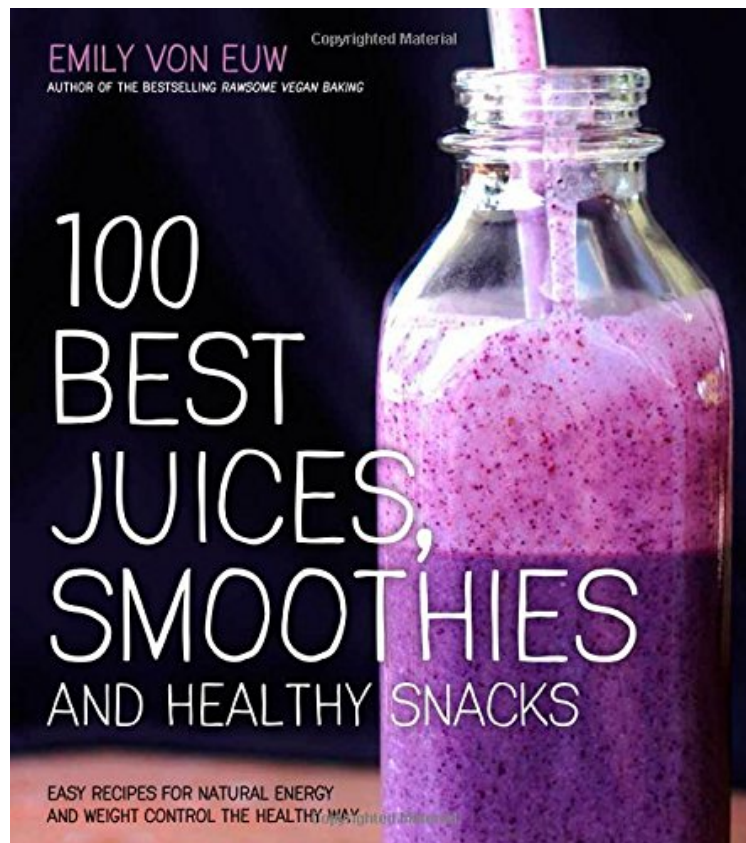


[PDF] 100 Best Juices, Smoothies and Healthy Snacks: Easy Recipes For Natural Energy Weight Control the Healthy Way

100 Best Juices, Smoothies and Healthy Snacks: Easy Recipes For Natural Energy Weight Control the Healthy Way

Emily von Euw

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Emily von Euw : 100 Best Juices, Smoothies and Healthy Snacks: Easy Recipes For Natural Energy Weight Control the Healthy Way before purchasing it in order to gage whether or not it would be worth my time, and all praised 100 Best Juices, Smoothies and Healthy Snacks: Easy Recipes For Natural Energy Weight Control the Healthy Way:

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Standout Healthy and Satisfying Juices, Smoothies and Snacks Juices and smoothies are packed with the vitamins and nutrients you need to nourish your body. And Emily von Euw, creator of thisrawsomeveganlife.com, has recipes that are so delicious you'll be drinking to your health every day. Recipes include: • Lime and Apple Aura • Watermelon Wake Me Up • Carrot Ginger Sipper • Apple Cinnamon Delight • Banana Spinach Almond Dream • Pineapple Berry Mixer • Vanilla Melon Magic • Strawberry Mylkshake • Dark Chocolate Chip, Oat and Hemp Cookies • Dare to Date Squares • Hippie Hemp Hummus • Cheezy Garlic Kale Chips Each sip will boost your metabolism, detox your body, strengthen your immune system and help you get your daily-recommended intake of fruits and vegetables. Plus, swapping in some of these healthy drinks and quick snacks will help control your weight and save you time in the kitchen. With recipes that are not only good for you and easy to make, but tasty and portable as well, you'll be clinging to this healthy living companion with both hands.

“Emily's colorful and creative recipes will become your favorite go-to healthy snacks.” —Kathy Palatsky, author of *365 Vegan Smoothies* “I've been a fan of Emily's for a while now. Her passion for food and healthy living continue to inspire me.” —Melissa King, author of *DIY Nut Milks, Nut Butters, and More* “Emily's beautiful photos and eye for detail will make anyone want to dip their fingers into her delicious vegan world.” —Laura-Jane Koers, *The Rawtarian* “Emily's recipes are wholesome, playful and endlessly creative, and her exquisite photographs will entice anyone to begin exploring more raw and plant-based fare. Whether you're a seasoned plant eater or a newcomer to this lifestyle, you'll be inspired by Emily's passion and artistry.” —Gena Hamshaw, author of *Choosing Raw* About the Author Emily von Euw is the creator of the blog *This Rawsome Vegan Life* and author of the bestselling book *Rawsome Vegan Baking*. Her recipes have been featured in *Vegetarian Times*, *Chickpea* magazine and on *Shape.com*. She lives in British Columbia, Canada.