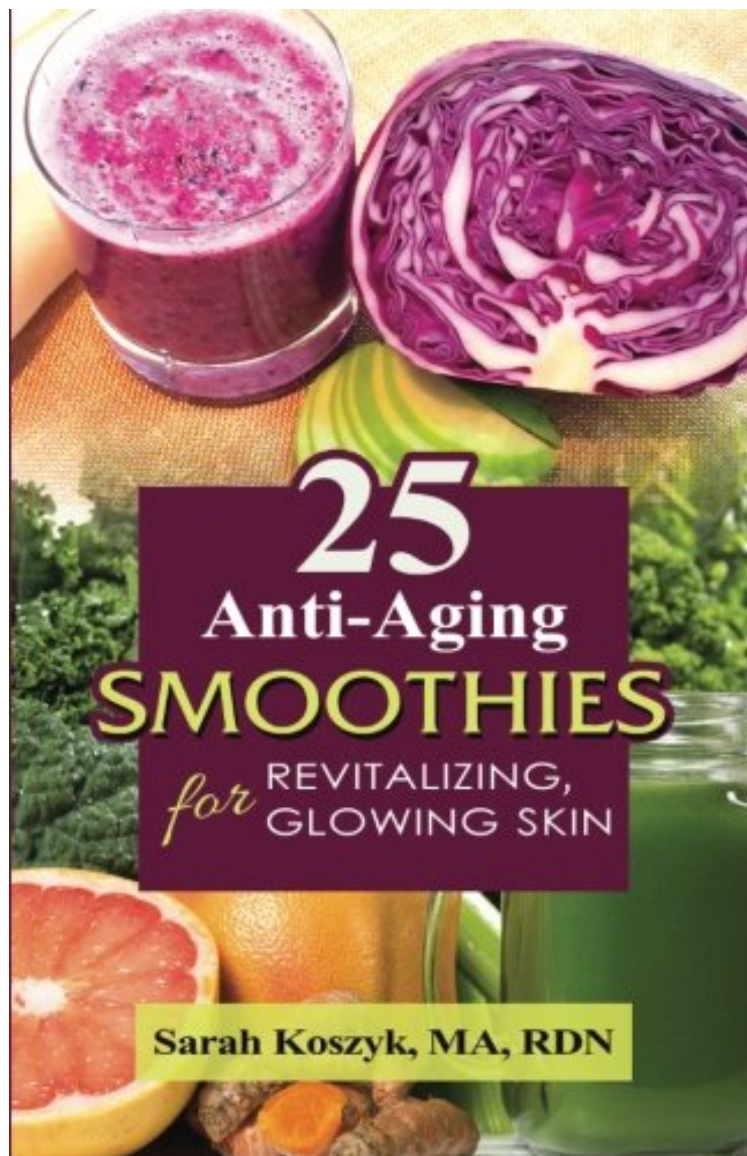


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before purchasing it in order to gauge whether or not it would be worth my time, and all praised 25 Anti-Aging Smoothies for Revitalizing, Glowing Skin: 25 smoothie recipes with less than 300 calories per smoothie. Gluten-free, dairy-free, ... while enjoying a plethora of benefits.:

1 of 1 people found the following review helpful. I'm always super busy and need quick and easy on the go ...By CustomerAbsolutely loving the anti-aging smoothies!! Living in LA, I'm always super busy and need quick and easy on the go meals. I love that they're filling with minimal ingredients packed with all the nutrients to keep me focused throughout my day. Seriously this is my smoothie bible! I really liked the descriptions of the smoothies and which vitamins help improve our skin as well. It's only been a week and I'm already noticing the difference. So is everyone else.0 of 0 people found the following review helpful. I liked how the smoothies were in 5 categories containing different ...By JillianI liked how the smoothies were in 5 categories containing different vitamins and nutrients. The author provided a good explanation of how each nutrient has anti-aging properties and which ingredients in the smoothies contain that specific nutrient. I now know what beta-carotene is and what foods have it.1 of 1 people found the following review helpful. Three StarsBy Maria GiordaniHad some good recipes in it.

Enjoy 25 anti-aging smoothie recipes with less than 300 calories per smoothie that are gluten-free, dairy-free, soy-free, vegan, and contain protein to keep your skin radiant and vibrant. Each smoothie provides you with 4 key-components for a perfectly well-balanced mix of: • 1-2 servings of fruit to keep the natural sugar low • heart-healthy fats to help the absorption of our fat-soluble vitamins • high-sources of fiber to aid in digestion and keep you nourished • a good source of protein to provide you with a complete meal in one drink In addition, various tips are given throughout the book on how to modify the smoothies based on your dietary preferences. The smoothies are separated into five different anti-aging categories including Vitamin E, Vitamin C, Beta-Carotene, Omega-3s, and Polyphenols. Every category demonstrates foods which contain these properties and each smoothie is loaded with the anti-aging ingredients. Whether your goal is to improve your skin, optimize your health, or stay nourished and satiated, 25 Anti-Aging Smoothies is a delicious way to maintain a youthful lifestyle while enjoying a plethora of health benefits.

About the AuthorSarah Koszyk, MA, RDN, is an award-winning registered dietitian/nutritionist specializing in weight management and sports nutrition. Sarah is founder of Family. Food. Fiesta. providing families with delicious, healthy recipes, meal plans, and kid cooking videos in order to optimize one's performance and nutrition. Sarah coaches athletes, adults, and pediatrics towards their health and wellness goals. With a passion for delicious food that nourishes the body, mind, and soul, Sarah emphasizes a holistic approach to learn a sustainable, lifelong, positive relationship with food as fuel for the body. She has been featured on Bay Sunday CBS San Francisco, Al Despertar Univision 41, in Runner's World, Today's Dietitian, and more. She has a monthly column in UltraRunning Magazine, NutritionJobs, and ExerciseJobs. She co-wrote Brain Food: 10 Simple Foods That Will Increase Your Focus, Improve Your Memory And Decrease Depression. Sarah contributed to Whole Body Reboot: The Peruvian Superfoods Diet To Detoxify, Energize, And Supercharge Fat Loss. Connect with her at www.SarahKoszyk.com and join her fiesta.