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Acai Recipes - More Than Just Smoothies!

Jonathan Doue M.D.

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Bowls, smoothies, and a load of other recipes for your pleasure. I highly recommend this book for some unusual acai recipes that you never thought of making. Wonderful.0 of 0 people found the following review helpful. great little recipe bookBy MicheleP63This was on sale...free for a day...great little recipe book.0 of 0 people found the following review helpful. Five StarsBy always learningCan't wait to try some of the recipes.

Finally recipes for Acai other than just smoothies!!! Considered as the world's number one super food, Acai Berry is one of the most healthy antioxidants and best tasting fruits on the planet. Wouldn't you like to have Acai in things other than just the usual smoothie or gelaton? So would we! We have collected the most delicious and best selling Acai recipes from around the world. Enjoy! Did You Know Acai berries have very good levels of antioxidants, minerals, and vitamins that have health benefiting and disease preventing properties. Acai berries contain high levels of Omega 3, 6 and 9 essential fatty acids (healthy fats) Acai berries have high levels of dietary fiber. Adequate fiber in the diet helps clear cholesterol through the stools. Acai berries are very high in Vitamin C and ellagic acid, an immune-system-boosting combination that has been shown to suppress the growth of cancer. Acai berries may contribute to an ability to slow or reverse typical processes of ageing related to inflammation and cellular oxidative damage. Just look at some of the recipes found inside this book! Acai Berry Pancakes Coconut Acai Popsicles Acai Berry Jam Acai Fudge Acai Cheesecake Introduce Acai berry into your diet today! Scroll up grab your copy now!