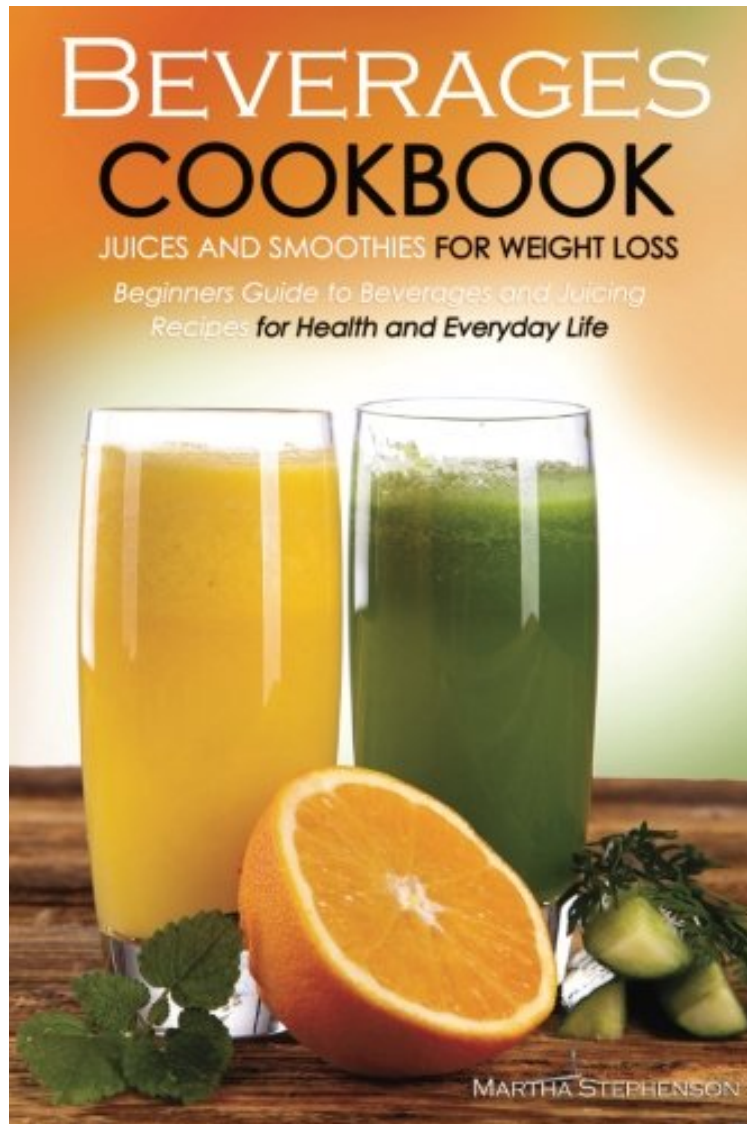


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## **Beverages Cookbook - Juices and Smoothies for Weight Loss: Beginners Guide to Beverages and Juicing Recipes for Health and Everyday Life**

*Martha Stephenson*

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**Martha Stephenson : Beverages Cookbook - Juices and Smoothies for Weight Loss: Beginners Guide to Beverages and Juicing Recipes for Health and Everyday Life** before purchasing it in order to gage whether or not

it would be worth my time, and all praised Beverages Cookbook - Juices and Smoothies for Weight Loss: Beginners Guide to Beverages and Juicing Recipes for Health and Everyday Life:

Creating your own beverages can be just as exciting as baking a 6-layer cake or roasting a 5-pound ham. Even if you have never stepped foot into the wonderful world of beverages, the "Beverages Cookbook - Juices and Smoothies for Weight Loss: Beginners Guide to Beverages and Juicing Recipes for Health and Everyday Life" will help navigate you through the process to ensure success in your kitchen. In this beverages cookbook, you will find 25 of the best juicing, smoothies and various other drinkable recipes that help promote a healthy life. In fact, you will find several juicing and smoothies for weight loss recipes that can help you lose those unwanted pounds. Even if you're not looking to reduce the number on the scale, making your own beverages gives you the ability to control what ingredients go into the drink. This means that you can add or remove ingredients based on your tastes and needs. For example, if cinnamon upsets your stomach, you can replace it with cloves or allspice. The "Beverages Cookbook - Juices and Smoothies for Weight Loss: Beginners Guide to Beverages and Juicing Recipes for Health and Everyday Life" is designed so that anyone, no matter what their cooking level, can easily and successfully recreate every recipe found in this book. You will also learn the benefits that making your own smoothies and juice provide. Each recipe contains readily available ingredients that you can find in your local grocery store. In addition, every recipe includes detailed and easy-to-follow step-by-step instructions, serving size and time it will take for you to prepare the drink. Whether it be smoothies for weight loss, detoxifying drink for energy or juicing recipes for health, you're sure to find what you're looking for in this book. So what are you waiting for? Start reading this beverages cookbook today.