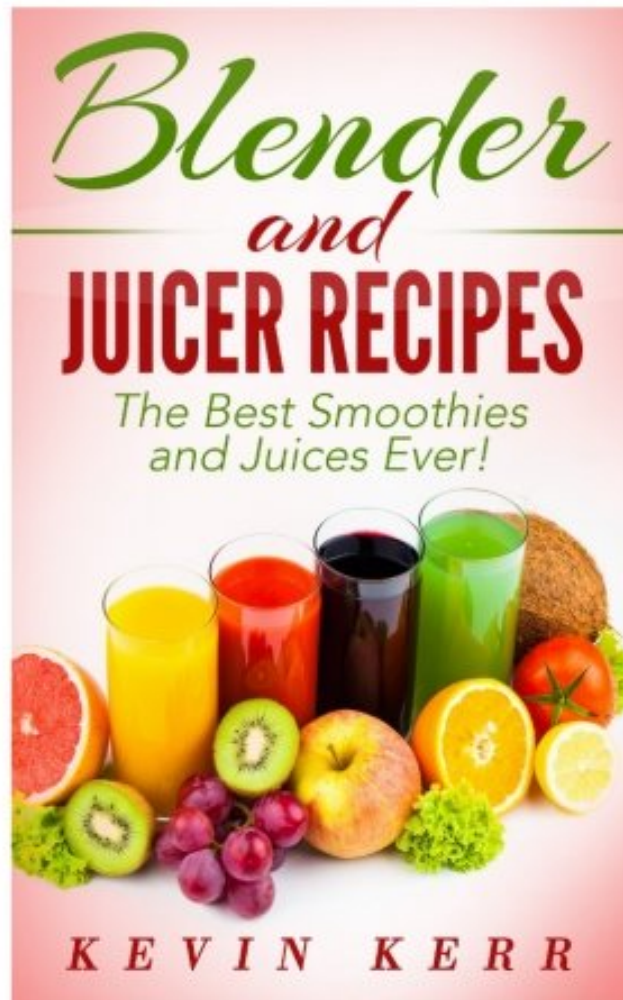


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## Blender and Juicer Recipes: The Best Smoothies and Juices Ever!

Kevin Kerr

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**Kevin Kerr : Blender and Juicer Recipes: The Best Smoothies and Juices Ever!** before purchasing it in order to gage whether or not it would be worth my time, and all praised Blender and Juicer Recipes: The Best Smoothies and Juices Ever!:

3 of 3 people found the following review helpful. A must have for anyone looking to become healthyBy LauraI have tried about fifteen recipes so far and all of them have satisfied my taste buds and helped with food cravings. I was impressed by the wide variety of ingredients and super foods the author uses in some of the smoothies and I look forward to trying all of the creative combinations. I have lost about 10 pounds in a week drinking green smoothies for

breakfast and lunch! I don't find it as a sacrifice because they taste great and give me more energy than I've ever had! 0 of 0 people found the following review helpful. Handy By Jim Manning Thin book, but good for quick reference. Really, how many recipes do you need? 1 of 1 people found the following review helpful. Awesome recipes By reader I must say this is probably the best book of it's kind on this subject due to the fact that it contains incredibly valuable information and delicious recipes! My family has loved all the recipes I have made for them so far and they look forward to trying the rest! I enjoyed it so much that I decided to buy a physical copy to have in my kitchen. Fabulous work Kevin!

Did you know that there are over 5,000 phytochemicals in plants that have been discovered and more being identified as you read this sentence? Smoothies and juices are the easiest ways to get an abundance of these life-supportive compounds into our bodies without having to waste any of our energy on digestion! Here are 150 delicious and nutritious recipes that I have personally crafted over the last several years. 50 smoothie recipes and 100 juice recipes to help you get started or to add to your collection. I consume one or more of these longevity elixirs on a daily basis not only because they taste good but because they make me feel amazing! I guarantee you will love them as much as I do!