



# Amazingly Quick and Easy Smoothie Recipes for People on the Go

*Wendy Barber*

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## **Amazingly Quick and Easy Smoothie Recipes for People on the Go** Wendy Barber

The biggest reason for not eating breakfast is there isn't enough time to prepare it. Amazingly Quick and Easy Smoothies For People on the Go is the solution. With more than 25 easy to prepare smoothies to choose from, Quick and Easy Smoothie Recipes is the how to book for making nutritious and delicious smoothies that will get you out the door in no time. Smoothies are a lot easier to digest than thick food, will help you feel less fatigued, less irritable and will provide more energy. You will discover foods that help the complexion, help to stabilize blood sugar, support weight loss and aid digestion. Additionally, Amazingly Quick and Easy Smoothie Recipes for People on the Go is also a workbook where you can write down the ingredients and directions for your own smoothie creations and a section to jot down notes about the changes you have made to the smoothie recipes in this book. The book includes sections on cleaning and preparing fruits and vegetables for storage and blending, helpful hints that make smoothie preparation quick and easy and the healing benefits of the smoothie ingredients. There's no better way to have a healthy breakfast that is nutritionally dense.

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