



## Smoothies for Better Health: 100 Nutrient-packed Drinks to Boost Your Energy and Supercharge Your Immune System

By Ellen Brown, Karen Konopelski Hensley

Fair Winds Press. Paperback. Book Condition: new. BRAND NEW, Smoothies for Better Health: 100 Nutrient-packed Drinks to Boost Your Energy and Supercharge Your Immune System, Ellen Brown, Karen Konopelski Hensley, Each of these wholesome and luscious smoothie recipes is annotated for both its overall nutritional profile and for the specific nutrients it delivers, so you'll learn exactly what benefits you are getting from every drink. Smoothies are a great way to extra nutrients into your diet. Packed with multiple servings of fruits and veggies in every sip they're quick to make, easy to digest, delicious to drink, and they charge your body with the energy and nutrients you need to stay healthy. The benefits of these frothy drinks come from "functional foods," foods that contain large amounts of immunity-boosting nutrients to fortify your entire body-a feat no pill or supplement can match. Each of the wholesome and luscious recipes in Smoothies for Better Health is annotated for both its overall nutritional profile and for the specific nutrients it delivers, so you'll learn exactly what benefits you are getting from every drink.

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