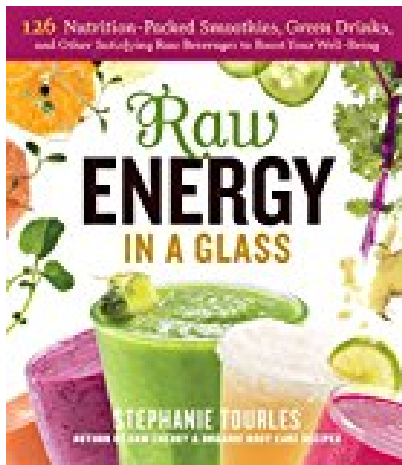


Raw Energy in a Glass 126 Nutrition-Packed Smoothies Green Drinks and Other Satisfying Raw Beverages to Boost Your Well-Being



BOOK DETAILS

- Author : Stephanie L. Tourles
- Pages : 288 Pages
- Publisher : Storey Publishing, LLC
- Language : English
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BOOK SYNOPSIS

Raw Energy offers more than 120 delicious, super-nutritious recipes for smoothies, shakes, green drinks, power shots, mocktails, longevity elixirs, and fermented beverages, all designed to boost your health and energy. All of the recipes are vegan, including a recipe for vegan yogurt, use only raw ingredients, and can be made in a standard blender. From Green Grapefruit Refreshers and Ginger-Lime Mocktino to Golden Antioxidant Fusion, Aloe and Pineapple Digestive Health Elixir, Pain-Away Chlorella Smoothies, and Sunbutter Banana Shakes, there's no shortage of nourishing, energizing, and irresistible choices.

RAW ENERGY IN A GLASS 126 NUTRITION-PACKED SMOOTHIES GREEN DRINKS AND OTHER SATISFYING RAW BEVERAGES TO BOOST YOUR WELL-BEING

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