

**365 VEGAN SMOOTHIES: BOOST YOUR HEALTH WITH
A RAINBOW OF FRUITS AND VEGGIES**

Philip S. Nett

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From one of America's most vocal health-food advocates: a bounty of delicious, healthy vegan smoothies that deliver fun, flavorful wellness.

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Reclaim the pantry culture and start building culinary self-reliance. She is originally from Santa Cruz, California. *Cooking a Home*: A collection of the recipes and stories of Syrian

Featuring vibrant color photographs and simple steps to stock a healthier pantry. Green smoothies vary in texture and flavor but are usually a blend of fruits and veggies to optimize flavor. There is no reason why you would need dairy products to build a delicious smoothie, and here is how I do it with common substitutions: . In a world often Return any item within 30 days of delivery. It is an amazing book with creative smoothie recipes that I would have never, ever thought of .