



# Green Smoothie Joy: Recipes for Living, Loving, and Juicing Green

*Cressida Elias*

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## **Green Smoothie Joy: Recipes for Living, Loving, and Juicing Green** Cressida Elias

*Green Smoothie Joy* is your easy-to-use guide for healthy green smoothies (and more!) at any time of day. It seems like everyone is turning to green juices these days whether it's part of a healthy detoxing regimen, a love-the-skin-you're-in weight loss plan, or just to increase the amount of fruits and vegetables in your diet. The health benefits of smoothies and juices are enormous--so get started today!

Includes:

- Snack time smoothies like Dandelion and Apple
- Green smoothies like Ginger Green
- Healthy smoothies like Winter Cold
- Yogurt smoothies
- Special occasion treat smoothies
- Fruit smoothies like Blueberry Pecan

Busy mom and health-conscious Cressida also covers all the basics:

- Tips on using different types milks, yogurt, and protein powder to cut down on juice content and make fruit smoothies more healthy
- How to get your smoothies the perfect consistency--whether you like them thicker or a little thin
- How to keep your smoothies sugar-free and tasting great
- Information on smoothie makers and juicers

There really is a smoothie recipe for everyone in *Green Smoothie Joy*--for anyone who wants to get healthy, increase their family's fruit and vegetable intake, lose weight, or snack fast while you're on the go! 50 color photographs

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