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Vegan Smoothies: Natural and Energizing Drinks for All Tastes

By Eliq Maranik

Ullmann Publishing. Hardback. Book Condition: new. BRAND NEW, Vegan Smoothies: Natural and Energizing Drinks for All Tastes, Eliq Maranik, Make your life even greener and healthier with "Vegan Smoothies" by food expert Eliq Maranik! No matter if you have smoothies for breakfast, during your lunch break, or just as a fruity afternoon treat, the recipes of vegan smoothies collected in this book will not only bring you all benefits of a vegan diet-energizing; strengthening; calming; brain and immunity boosting; healthy heart; anti-aging and vitality - they will also add some tasty pleasure to your wellness program throughout all seasons. With abundant tips on ingredients and their health benefits accompanying the well-balanced recipes, this book is set to be your favorite kitchen companion. Whether you are a health-conscious vegan already or want to start getting into delicious and filling vegan smoothies, this book is ideal, and all you need.



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