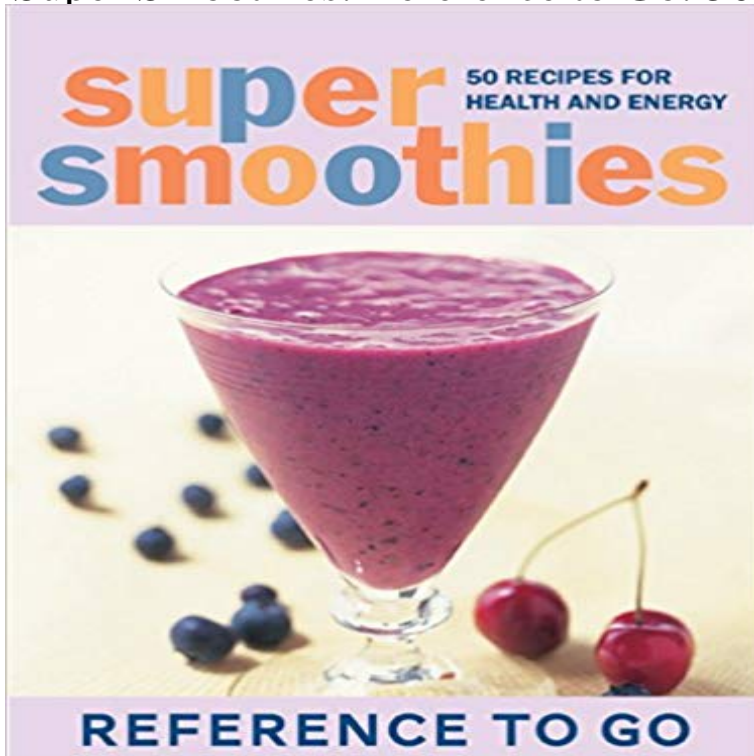


Super Smoothies: Reference to Go: 50 Recipes for Health and Energy



Not just fancy fruit drinks anymore, smoothies have evolved. The 50 recipes in this ebook combine all kinds of nutritious ingredients to create smoothies that are as healthy as they are delicious. You'll find something for everyone: smoothies to soothe a teething baby, fuel a workout, tame a hangover, ward off a cold, and even enhance your love life! Open this ebook, turn to any page, and blend away to your hearts content.

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