



Dairy-Free Smoothies: Seriously Yummy Paleo, Vegan, and Gluten-Free Non-Dairy Smoothies (Paperback)

By Diana Welkins

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Are you currently searching for delicious and dairy-free smoothies designed to suit any diet? Smoothies are a fantastic solution to sneak nutrition into any diet plan. Consuming hefty servings of fruit provides you with all the nutrients you will need in a simple and satisfying way! The perfect types of smoothies are non-dairy. All natural fruit smoothies provide you with more energy and are fulfilling, therefore smoothies are an easy way to start off your day. The fruits all-natural flavors will take control of the taste! If you would like a selection of terrific tasting and stimulating smoothie recipes, select Dairy-Free Smoothies. Why are Dairy-Free Smoothies the best option? There are numerous explanations why non-dairy is the best option. Avoiding milk, ice cream and yogurt reduces lots of calories from your smoothie, and can actually be more nutritious. Regardless of whether it s a hot summer day or you are simply out of milk or ice cream. Consuming a dairy-free fruit smoothie will taste amazing, and make you feel rejuvenated. Similar to almost all smoothies, these are fairly inexpensive...



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