



## Green Smoothie Recipes for Weight Loss

By Alston Valerie

Cooking Genius, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Smoothies are blended drinks usually from fresh fruits and they are called smoothies because once the fresh fruits are blended, they usually have this smooth and thick texture and appearance unlike typical fruit juices. Smoothies are usually considered healthy because they are made from fresh ingredients. They may be blended using fruits most of the time but the truth is they can also be blended with the use of vegetables like green leafy vegetables. Thus, the term Green Smoothies was introduced. Green smoothies are gaining popularity nowadays because they allow you to consume green leafy vegetables that you cannot tolerate eating whole and this is because veggies that are blended are easily digested. Another advantage of green smoothies is that they are naturally nutrient-packed. Green leafy vegetables are known to be rich in vitamins and minerals that have positive effects to the health such as boosting the immune system, lowering high blood pressure and a lot more.



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