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Power Smoothies (mini book)

By Ellen Brown, Karen Konopelski Hensley

Fair Winds Press. Paperback. Book Condition: new. BRAND NEW, Power Smoothies (mini book), Ellen Brown, Karen Konopelski Hensley, It's now an accepted medical fact that the nutrients in certain fruits and vegetables make them "super foods" because they are the highest in the vitamins and other nutrients that naturally build our immune systems. Smoothies - frosty, thick, luscious drinks--are a way that all members of the family can gleefully boost their nutrition and maintain strong immune systems, and Power Smoothies is a mini-book that allows them to do so deliciously. Here are the top recipes for special smoothies, including a delicious assortment of foods and flavors. They only take minutes to prepare, and are packed with the vitamins, antioxidants, and minerals that fight autoimmune disorders. Most importantly, they taste great--because readers won't benefit from what they don't drink.



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