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## Green Smoothie Detox: The Best Green Smoothie Recipes for Good Health (Paperback)

By Alyssa Morris

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Are you wanting to improve your health? Have you heard of detoxification but you are unsure of what it really entails? A Smoothie is a thick smooth drink that is made of fresh fruit with milk, yogurt or ice cream. Unlike the normal smoothies that people know, the green smoothie is dairy-free. Green smoothie is a thick drink that contains fresh fruits and dark green leafy vegetables like kale, spinach, parsley, broccoli, radish greens, beet greens etc. The smooth texture in the green smoothies comes from creamy fruits like bananas, papaya or mangos. The green smoothies are healthy as they are made from all natural ingredients. They contain vitamins, antioxidants and dietary fiber that come from the vegetables. If made well the green smoothie can contain 3-5 servings of fruits and vegetables which is the recommended daily allowance of fruits and vegetables.



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