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Vegan Smoothie Recipes 3 : Plant Based - Anti - Inflammatory



Synopsis

Are you looking for some delicious, healthy, vegan smoothie recipes? Well, you have found the right page! These healthy, vegan smoothies can be enjoyed for years to come. There are also many extra vegan recipes inside of this book. Take a look at what is inside... Kiwi Coconut Smoothie, Lime Spinach Smoothie, Summer Lime Honeydew Smoothie, Creamy Raspberry Chocolate Smoothie, Orange Peach Raspberry Smoothie, Orange Strawberry Smoothie, Romaine Lettuce Smoothie, Broccoli Banana Lemon Smoothie, Peach Grape Smoothie, Zinger Ginger Pear Smoothie, Apple, Banana, Strawberry, Oranges, Apple, Grape, Banana, Bahama, Orange Energy, Plum, Pear, Blueberry, Cherry, Strawberry, Plum, Apple, Cinnamon, Almond, Beet, Strawberry, Raspberry, Watermelon, Strawberry, Basil, Creamy Cantaloupe, More vegan Smoothie Recipes! Choco Cherry Smoothie, Melon Mint Smoothie, Zinger Ginger Honeydew Smoothie, Guava Smoothie, Cinnamon Raisin, Mango Heavy, Blueberry Cinnamon, Bonus vegan recipes! Fruit and Bean Quinoa Salad, Cranberry Kale Quinoa, Easy Quinoa Porridge, Simple Garlic Quinoa, Quinoa Broccoli Casserole, Healthy Quinoa Salad, Blueberry Breakfast Quinoa, Healthy Asparagus and Tofu, Sweet Rice Pudding, Spicy Lentil Rice, Rice Bean Chili Stew, Cabbage Green Beans and Mushroom Rice, Delicious Risotto, Delicious Cilantro Lime Rice, Tasty Coconut Rice, Fresh Mixed Berry Compote, Mushroom Rice Pilaf, Shitake Black Bean Rice, Coconut Rice with Roasted Almonds, Peanut Rice with Bell Peppers, Lentils Kale and Miso Soup, Apple and Raisin Porridge, Rice, Creamy Mushroom Soup, Spicy and Sour Sweet Potatoes, Lentils, Rice Chili Stew, Banana Coconut Sticky Dessert, Southwest Quinoa, Vegan Lentil Bolognese, Lentil Chili, Avocado-Kefir Smoothie with Mint & Ginger, Coconut-Orange Juice, Mango Lassi, Raw Hot Chocolate, Avocado Tacos, Vegan Style Shepherd's Pie, BBQ Tempeh Sandwiches, Easy Vegan Pasta with Pine Nuts, Mediterranean Zucchini, Pumpkin-Apple Curry with Lentils, Lentil and Veggie Bake, Grilled Tomato-Balsamic Veggies with Couscous, Tempeh Fajitas, Lentil, Kale, and Red Onion Pasta, Teriyaki Tofu with Pineapple, Tofu and Red Bell Peppers with Spicy Peanut Sauce, Toasted Almond and Quinoa Salad, Vegan Chili. Get your copy today, and enjoy!

Book Information

File Size: 8652 KB

Print Length: 172 pages

Simultaneous Device Usage: Unlimited

Publication Date: August 17, 2017

Sold by: Â Â Digital Services LLC

Language: English

ASIN: B074WPVFK3

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #302,248 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #13

in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Regional & International >

Canadian #33 in Books > Cookbooks, Food & Wine > Regional & International > Canadian

#332 in Books > Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies

Customer Reviews

Wow this is such a nice recipe book...it has really simple but good smoothies and...rice cooker bonus and other fantastic recipes. This is a nice gift for anyone

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