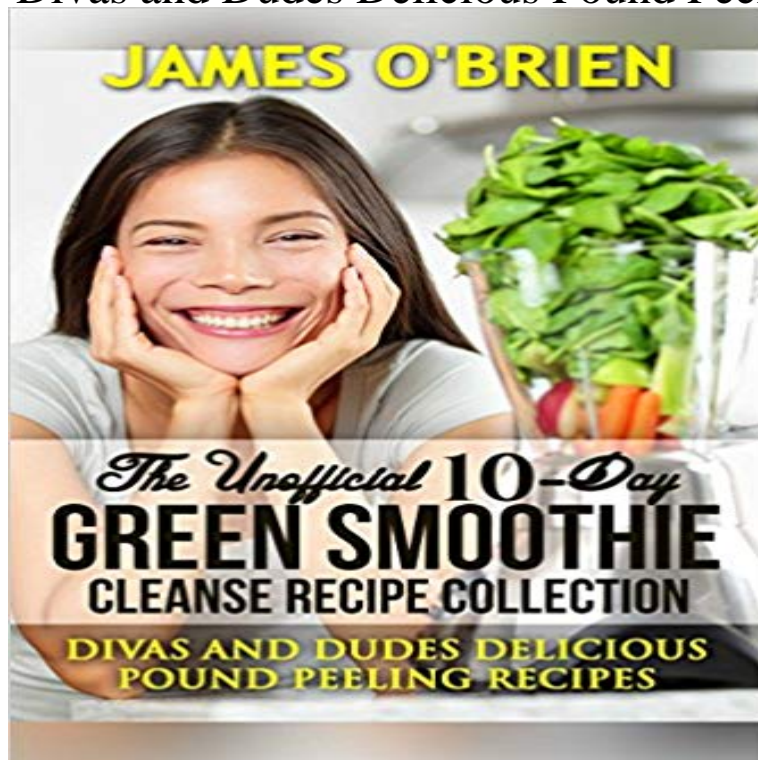


The Unofficial 10-Day Green Smoothie Cleanse Recipe Collection: Divas and Dudes Delicious Pound Peeling Recipes



Loved 10 Day Green Smoothie Cleanse, hungry for more? Heres 30 more tantalizing recipes for your kitchen! [SAMPLE RECIPE] Tropical Kale Coconut Smoothie Serves 2 Ingredients 2 bananas 2 cups kale, tightly packed 2 tablespoons flaxseed 2 tablespoons coconut oil 2/3 cup orange juice Directions 1. Using a high-powered blender, feed in all the ingredients and cover. 2. Blend until consistency is smooth. 3. If a regular blender is to be used, feed in the orange juice, coconut oil and kale first. Once pureed, the bananas and flax seed can be added. Nutritional Info (per 1 serving) Calories: 354.8 Total Fat: 18.8 g Total Carbohydrate: 46.8 g Protein: 6.7 g Click the Cover Look Inside for More Sample Recipes! Note: this book is not affiliated nor endorsed by Janet Jennings Smiths 10-day Green Smoothie Cleanse: How to Lose Up to 15 lbs in 10 days. Its a supplementary recipe book created by a fan. This recipe collection book will just give you the essentials without fluff more good ole recipes!

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