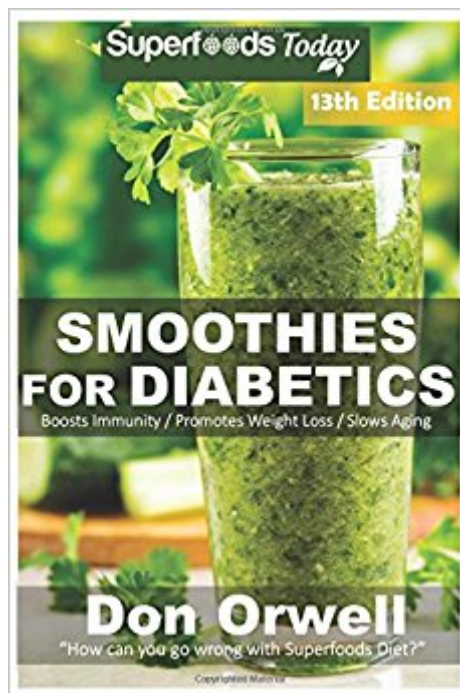




The book was found

Smoothies For Diabetics: Over 175 Quick & Easy Gluten Free Low Cholesterol Whole Foods Blender Recipes Full Of Antioxidants & Phytochemicals (Diabetic ... Weight Loss Transformation) (Volume 5)



Synopsis

How Can You Go Wrong With 100% Superfoods Smoothies? Smoothies for Diabetics - 13th edition, contains over 175 Superfoods Smoothie recipes created with 100% Superfoods ingredients. No soy milk, no cows milk, no artificial flavors, only 100% natural Superfoods that deliver astonishing amounts of antioxidants, essential fatty acids (like omega-3), minerals, vitamins, and more. Superfoods Fruits in these Smoothies are carefully selected for Diabetics with diabetes type-2. More than 90% of recipes are Vegan. Superfoods are foods and the medicine and they offer tremendous dietary and healing potential. Superfoods slow aging, boost immunity, energize and detoxify. Would You Like To Know More? Download and start getting healthier today. Scroll to the top of the page and select the buy button.

Book Information

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Customer Reviews

This book is really nice. This book has a ton of recipes for smoothies for diabetics. There's lots of easy, fast, great recipes with a nutritional info. breakdown for each smoothie recipe, so that you know what nutrients (proteins, carbohydrates, fat, and calories) that you're getting within each smoothie. Overtime you will realize there are a few basic ingredients and then you begin to add a little more each time. Good book to start with though!!

The recipes look delicious and they look like they are pretty easy to follow. I do not think that they

will be too complicated although some of the ingredients are things that I would not routinely have on hand but that is something that I should be changing now. I did receive this product for a discount but that in no way affects my review of the product. I was not paid to review the product and the opinions are all my own. I have given great reviews of products when they deserved them and bad reviews as well when they deserved them. All of my opinions are objective.

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