



Smooth Groove Superfood Smoothies: 60 Super Simple & #Delish Smoothie Recipes to Refresh & Rejuvenate (60 Super Recipes Book 1)

Rhonda Belle

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Superfoods are called that for good reason. They are nutrient dense with the power to cleanse, detoxify, and enhance overall health. Whether your interest is just a yummy treat, meal replacement or a fun way to encourage kids to eat more fruits and veggies, Smooth Groove Superfood Smoothies is for you! Get the short list of easy to find superfood additives for recipes that are simple to make. Enjoy and Be Well! (Twitter @SoDelishDish)

Tags: superfoods, green smoothies, NutriBullet, superfood snacks, healthy eating, blender meal, superfood recipes, meal replacement, frozen drinks

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