



Jamaican Green Smoothies: The Essential Guide to Transforming Your Life, One Cup at a Time, with the Leafy Greens Fruits in Your Backyard (Paperback)

By Didan Ashanta

Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Over the past few years, green smoothies have become very popular worldwide. We ve seen them in our friends social media posts, watched as celebrities sipped them in the movies or shared their favourite recipes on different TV shows; and it seems like everyone who has tried the green stuff gets hooked. If you do a little research, you will realise that a green smoothie habit is a very efficient way to encourage healthy eating habits, and an excellent solution for those who struggle with food addictions and lifestyle-related diseases. But, if you ve been looking around for green smoothie recipes, signed up for a 30-day challenge or downloaded any introductory guides, you would ve noticed that everyone is listing out some leafy greens and fruits that you ve never heard of nor seen in Jamaica. Even if you seen them, they re often imported and expensive - let s not even mention all those high-priced superfoods! Jamaican Green Smoothies was written to fill this void. It will show you how to explore our farms, backyard gardens, and produce...



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Reviews

Extremely helpful to all of category of men and women. it had been writtern extremely completely and helpful. You are going to like the way the blogger compose this publication.

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An extremely great ebook with lucid and perfect explanations. It is full of knowledge and wisdom Its been printed in an exceedingly straightforward way in fact it is merely right after i finished reading through this publication by which really transformed me, alter the way i believe.

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