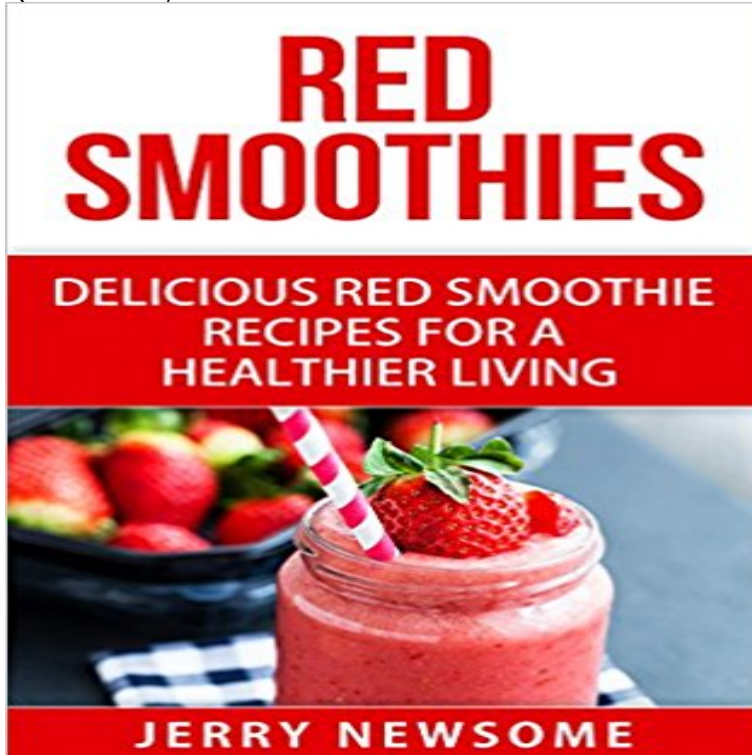


Red Smoothies: Delicious Red Smoothie Recipes for a Healthier Living (Healthy Smoothie Color Series Book 3)



The recipes in this book are red, powerful and healthy. Each smoothie contains a different health benefit; from disease prevention to boosting the immune system. The smoothies in this book are packed with vitamins and nutrients. A wonderful combination of recipes that will improve your well-being and allow you to make a statement while doing so. This book will:

- Inform you of the best ingredients to make beautiful red smoothies with.
- Provide you with delicious smoothie recipes that you have never seen before.
- Inform you of the significance of including red foods into your diet.
- Give you smoothies that have a gorgeous red color.
- Uncover everyday ingredients that you didn't know could be your answer to a healthier life.

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