



101 Smoothie Recipes

Joe Cross

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From the author of *101 Juice Recipes* and the New York Times best-seller, *The Reboot with Joe Juice Diet*, comes a new collection of healthy, plant-based recipes - this time in smoothie form. The book features 101 delicious recipes, containing Joe Cross' favorite ingredients, some of which can't be juiced, such as nuts, nut milks, avocados, and even chocolate, in its purest form. Recipes are organized by color to ensure you receive a wide spectrum of nutrients and flavors. Have a health condition? Follow the key that indicates what juices are best for fighting specific conditions like diabetes, high cholesterol, osteoporosis, etc. Love to exercise? The key also lets you know which smoothies are the most electrolyte-rich and high in protein to optimize your workout. If you're new to blending, this book includes detailed tips on how to prepare your ingredients to save you time and help your smoothies taste delicious.

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