



Smoothies for Life!: Yummy, Fun, and Nutritious!

Daniella Chace, Maureen B. Keane

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Smoothies for Life!: Yummy, Fun, and Nutritious! Daniella Chace, Maureen B. Keane
Blend Your Way to Better Health!

Join the millions of health-conscious individuals who have already discovered the tasty, nutritional, revitalizing goodness of smoothies. In **Smoothies for Life**, **Daniella Chace** and **Maureen Keane** (coauthor of the million-copy bestseller *Juicing for Life*) show you how to make high-energy, delicious smoothies right in your own home! All you need is a blender (or food processor), a few, simple ingredients, and you're ready to embark on a new taste and nutrition adventure. Learn how you can:

- Beat fatigue with Mocha Magic
- Build athletic endurance with Tropical Elixir
- Lose weight with Peachy Almond Freeze
- Boost immunity with Rasanana Berry
- Reduce stress with Ginseng Soother
- Improve your memory with Pink Hurricane
- Detoxify your body with Watermelon Cooler
- And much more!

These tantalizing smoothies contain creative combinations of antioxidant-rich fruits, healing tinctures, flavorful extracts, and natural sweeteners — and they are always delicious. Once you start, you'll be drinking these smoothies for life!

Includes information for adding revitalizing herbs such as ginkgo, echinacea, goldenseal, and kava!

From the Trade Paperback edition.

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