



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

*Daniella Chace, Maureen B. Keane*

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## **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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